

swollen tongue chinese medicine

swollen tongue chinese medicine is a topic of significant interest within traditional Chinese medicine (TCM) and holistic health circles. A swollen tongue can be both a symptom and a diagnostic indicator in Chinese medicinal practice, reflecting underlying imbalances in the body's vital energies or organs. This article explores the causes, diagnostic significance, and treatment methods of a swollen tongue according to Chinese medicine principles. It also examines herbal remedies, acupuncture, dietary recommendations, and lifestyle adjustments that are commonly employed to address this condition. Understanding the TCM perspective provides deeper insight into holistic health approaches and the integration of eastern and western medicine. The following sections will provide a detailed overview of swollen tongue Chinese medicine, its clinical applications, and therapeutic strategies.

- Understanding the Swollen Tongue in Traditional Chinese Medicine
- Causes of Swollen Tongue According to Chinese Medicine
- Diagnostic Significance of Tongue Swelling in TCM
- Traditional Chinese Medicine Treatments for Swollen Tongue
- Herbal Remedies Commonly Used for Tongue Swelling
- Acupuncture and Other Therapeutic Techniques
- Dietary and Lifestyle Recommendations

Understanding the Swollen Tongue in Traditional Chinese Medicine

In traditional Chinese medicine, the tongue is a vital diagnostic tool that reflects the state of internal organs and the balance of Qi, blood, Yin, and Yang. A swollen tongue is often a sign of pathological changes within the body, indicating issues such as dampness, heat, or Qi stagnation. Unlike western medicine, which tends to focus on local causes such as infection or allergy, TCM interprets tongue swelling as a manifestation of systemic imbalance. The tongue's appearance, including its size, color, coating, and moisture, provides practitioners with important clues to diagnose and treat underlying conditions effectively.

Role of the Tongue in TCM Diagnosis

The tongue is seen as a microcosm of the entire body in Chinese medicine. Different regions correspond to different organs: the tip relates to the heart and lungs, the middle to the spleen and

stomach, and the root to the kidneys and bladder. Swelling in specific areas can suggest localized or systemic organ dysfunction. Additionally, tongue swelling may accompany other symptoms such as dryness, discoloration, or coating changes, all contributing to a comprehensive diagnostic picture.

Common Characteristics of a Swollen Tongue

A swollen tongue typically appears enlarged, puffy, and may have teeth marks on the edges due to its expansion. The tongue may feel heavy or uncomfortable, and the swelling often correlates with the accumulation of fluids or dampness within the body. The texture and color of the tongue provide further insights, revealing whether heat, cold, or stagnation is present.

Causes of Swollen Tongue According to Chinese Medicine

Swollen tongue in Chinese medicine is generally attributed to several etiological factors that disrupt the body's internal harmony. These causes are often interrelated and reflect the imbalance of key elements such as dampness, heat, and Qi circulation. Understanding these causes helps to tailor appropriate treatment strategies.

Dampness and Phlegm Accumulation

Dampness is a pathological factor characterized by excessive fluids that fail to be properly metabolized or excreted. When dampness accumulates, it can cause swelling in various body parts, including the tongue. Phlegm, a related concept, refers to thickened fluids or mucus that disrupt the normal flow of Qi and blood. Both contribute to tongue swelling and are often linked to spleen dysfunction, as the spleen is responsible for transforming and transporting fluids.

Heat and Inflammation

Heat syndromes in TCM lead to tongue swelling through inflammation and tissue irritation. Excessive heat can result from infections, internal organ heat, or external pathogenic factors. This heat causes the tongue to become red, inflamed, and swollen, often accompanied by a thick yellow coating. Heat may also damage body fluids, leading to dryness alongside swelling.

Qi and Blood Stagnation

When Qi or blood flow is obstructed, swelling can occur due to the impaired circulation of vital substances. Qi stagnation may cause the tongue to swell unevenly or feel heavy, while blood stasis can lead to purplish discoloration and localized swelling. These patterns often suggest chronic

conditions or trauma affecting the body's energy pathways.

Other Contributing Factors

Additional causes of a swollen tongue in TCM include Yang deficiency, which results in poor circulation and fluid retention, and external pathogenic invasions such as wind or cold. Emotional stress and dietary habits can also exacerbate imbalances leading to tongue swelling.

Diagnostic Significance of Tongue Swelling in TCM

In TCM, the swollen tongue is not merely a symptom but a valuable diagnostic sign that reflects underlying health issues. The interpretation of tongue swelling depends on a detailed assessment of its size, shape, color, coating, and moisture, combined with other clinical signs and patient history.

Patterns Associated with Swollen Tongue

Common TCM patterns linked to tongue swelling include:

- **Spleen Qi Deficiency:** Presents with a pale, swollen tongue with teeth marks and a thin white coating, indicating fluid retention.
- **Damp-Heat Accumulation:** Characterized by a red, swollen tongue with a yellow greasy coating, signifying inflammation and dampness.
- **Yang Deficiency:** A pale, swollen tongue with a moist or wet surface, indicating poor metabolic function and fluid retention.
- **Qi and Blood Stagnation:** Purplish tongue swelling with uneven edges, reflecting circulation issues.

Clinical Implications

Proper diagnosis of the cause behind tongue swelling guides the selection of treatment modalities in Chinese medicine. It can indicate the need for herbal formulas that resolve dampness, clear heat, invigorate blood, or support Yang energy. Additionally, tongue examination helps monitor treatment progress and adjustments.

Traditional Chinese Medicine Treatments for Swollen Tongue

Treatment approaches for a swollen tongue in Chinese medicine focus on restoring balance to the body's internal environment, addressing both the symptom and its root causes. Treatments combine herbal medicine, acupuncture, dietary therapy, and lifestyle modifications.

Herbal Medicine

Herbal formulas are customized to eliminate dampness, clear heat, supplement Qi, or invigorate blood circulation depending on the diagnosed pattern. Chinese medicinal herbs are carefully selected to synergistically treat the underlying imbalances contributing to tongue swelling.

Acupuncture

Acupuncture targets specific meridians and acupoints to restore the flow of Qi and blood, reduce inflammation, and promote fluid metabolism. It is particularly effective in reducing swelling and improving overall organ function.

Dietary Therapy

Diet plays a crucial role in managing swollen tongue conditions by avoiding foods that generate dampness or heat and emphasizing those that support spleen and kidney health. Adjusting eating habits can help prevent recurrence and support systemic balance.

Lifestyle Adjustments

Stress management, adequate rest, and moderate exercise contribute to enhanced circulation and metabolic function, reducing the risk of tongue swelling and associated health issues.

Herbal Remedies Commonly Used for Tongue Swelling

Chinese herbal medicine offers a variety of remedies designed to address the different causes of tongue swelling. These herbs are often combined into formulas to maximize therapeutic effects.

Key Herbs for Dampness and Phlegm

- **Poria (Fu Ling):** Promotes urination and strengthens the spleen to eliminate dampness.
- **Atractylodes (Bai Zhu):** Supports spleen Qi and dries dampness.
- **Pinellia (Ban Xia):** Transforms phlegm and resolves dampness.

Herbs for Clearing Heat and Reducing Inflammation

- **Huang Qin (Scutellaria):** Clears heat and dries dampness.
- **Gardenia (Zhi Zi):** Clears heat and reduces swelling.
- **Mint (Bo He):** Clears heat and alleviates inflammation.

Herbs for Invigorating Qi and Blood

- **Dang Gui (Angelica Sinensis):** Nourishes and invigorates blood.
- **Chuan Xiong:** Promotes circulation and relieves stagnation.
- **Ginseng (Ren Shen):** Tonifies Qi and supports overall vitality.

Acupuncture and Other Therapeutic Techniques

Acupuncture is a cornerstone of traditional Chinese medicine treatment for swollen tongue and related conditions. By stimulating specific acupoints, acupuncture helps regulate organ function and promote fluid metabolism.

Acupoints Commonly Used

- **Spleen 6 (San Yin Jiao):** Strengthens spleen and resolves dampness.

- **Stomach 36 (Zu San Li):** Tonifies Qi and supports digestion.
- **Large Intestine 4 (He Gu):** Regulates Qi and relieves swelling.
- **Kidney 3 (Tai Xi):** Nourishes kidney Yin and Yang, improving fluid balance.

Additional Treatments

Cupping, moxibustion, and Tui Na (Chinese therapeutic massage) may be incorporated to enhance circulation and reduce swelling. These modalities complement acupuncture and herbal therapy for comprehensive care.

Dietary and Lifestyle Recommendations

Managing a swollen tongue through diet and lifestyle is essential for long-term health and prevention of recurrence. Chinese medicine emphasizes the importance of harmonizing external and internal factors.

Recommended Dietary Practices

- Avoid greasy, fried, and sugary foods that promote dampness and heat.
- Limit dairy and cold/raw foods that impair spleen function.
- Include warming foods such as ginger, garlic, and cooked vegetables to support digestion.
- Consume foods that promote fluid metabolism like barley, adzuki beans, and lotus leaf.

Lifestyle Adjustments

- Maintain regular sleep patterns to support organ restoration.
- Engage in moderate physical activity to improve circulation.
- Practice stress reduction techniques such as meditation or Qi Gong.
- Avoid excessive exposure to damp or cold environments.

Frequently Asked Questions

What causes a swollen tongue according to Chinese medicine?

In Chinese medicine, a swollen tongue is often attributed to internal dampness, heat accumulation, or Qi and blood stagnation. It may indicate imbalances in the spleen, stomach, or kidney meridians.

How does Chinese medicine diagnose tongue swelling?

Chinese medicine practitioners diagnose tongue swelling by observing its size, color, coating, and texture. A swollen tongue with a thick, greasy coating typically suggests dampness or phlegm accumulation.

What herbal treatments are used in Chinese medicine for a swollen tongue?

Herbal formulas like Ping Wei San and Er Chen Tang are commonly used to resolve dampness and phlegm, which can reduce tongue swelling. Specific herbs are chosen based on the patient's overall diagnosis.

Can acupuncture help reduce a swollen tongue in Chinese medicine?

Yes, acupuncture can be used to stimulate specific points to improve Qi flow, reduce dampness, and resolve heat, which may help alleviate tongue swelling.

What lifestyle changes does Chinese medicine recommend for managing swollen tongue?

Chinese medicine advises avoiding greasy, spicy, and damp-producing foods, maintaining proper hydration, reducing stress, and supporting spleen and stomach health to help manage and prevent tongue swelling.

Additional Resources

1. *Swollen Tongue Diagnosis in Traditional Chinese Medicine*

This book provides an in-depth exploration of tongue diagnosis with a special focus on swollen tongue conditions. It explains the various patterns and underlying causes from a TCM perspective. The author presents case studies and treatment strategies, making it a valuable resource for practitioners and students alike.

2. *Clinical Approaches to Swollen Tongue in Chinese Herbal Medicine*

Focusing on herbal treatment, this text offers comprehensive guidance on identifying and managing swollen tongue symptoms using Chinese herbs. It includes formula recommendations, ingredient

functions, and preparation methods. The book also discusses the integration of tongue diagnosis with other TCM diagnostic tools.

3. Understanding Tongue Pathology: Swelling and Beyond in TCM

This volume covers a wide range of tongue pathologies with detailed sections dedicated to swelling. It explores the connection between tongue swelling and systemic imbalances in the body's organs and meridians. The author combines classical theory with modern research findings to provide a holistic understanding.

4. Essentials of Tongue Diagnosis: Swollen Tongue and Its Significance

A concise yet thorough guide, this book highlights the significance of swollen tongue presentations in clinical practice. It outlines the diagnostic criteria and differentiates between types of swelling linked to different TCM patterns. The practical approach includes tips for effective examination and documentation.

5. Herbal Strategies for Managing Swollen Tongue in Chinese Medicine

This book concentrates on herbal formulas and dietary recommendations aimed at reducing tongue swelling. It discusses the role of heat, dampness, and qi stagnation as contributing factors. The author emphasizes individualized treatment plans and offers guidance on combining acupuncture with herbal therapy.

6. Swollen Tongue and Internal Organ Disorders: A TCM Perspective

This text explores the correlation between swollen tongue manifestations and internal organ dysfunctions such as spleen deficiency, phlegm accumulation, and blood stasis. Case histories illustrate how tongue swelling can indicate deeper health issues. The book also provides therapeutic protocols to address root causes.

7. Tongue Diagnosis in Chinese Medicine: Recognizing Swelling Patterns

A diagnostic manual focusing on the recognition and interpretation of various swelling patterns on the tongue. It covers visual signs, palpation techniques, and differential diagnosis methods. The book is designed to enhance practitioners' observational skills and improve diagnostic accuracy.

8. Acupuncture and Swollen Tongue: Treatment Techniques and Case Studies

This resource details acupuncture points and treatment strategies specifically for patients presenting with a swollen tongue. It includes clinical cases demonstrating successful outcomes and discusses the physiological effects of acupuncture on tongue tissue. The author integrates traditional methods with contemporary practice.

9. Practical Tongue Diagnosis: Identifying and Treating Swollen Tongue

A hands-on guide for clinicians, this book offers step-by-step instructions on assessing swollen tongue conditions. It emphasizes the importance of correlating tongue findings with patient symptoms and history. Treatment recommendations encompass herbal medicine, acupuncture, and lifestyle modifications for comprehensive care.

Swollen Tongue Chinese Medicine

Find other PDF articles:

<https://www-01.massdevelopment.com/archive-library-808/pdf?docid=BuN40-1231&title=wiring-plu>

swollen tongue chinese medicine: The Treatment of Modern Western Medical Diseases with Chinese Medicine Bob Flaws, Philippe Sionneau, 2001 This book is a textbook and clinical manual on the treatment of modern Western medical diseases with Chinese medicine. By modern Western medical diseases, we mean all the disease categories of Western medicine excluding gynecology and pediatrics. By Chinese medicine, we mean standard contemporary professional Chinese medicine as taught at the two dozen provincial Chinese medical colleges in the People's Republic of China. The two main therapeutic modalities used in the practice of this style of Chinese medicine are acupuncture-moxibustion and the internal administration of multi-ingredient Chinese medicinal formulas. Treatment plans for each disease discussed herein are given for each of these two main modalities.

swollen tongue chinese medicine: Diagnosis in Chinese Medicine - E-Book Giovanni Maciocia, 2018-03-22 Written by world-renowned author and teacher Giovanni Maciocia, *Diagnosis in Chinese Medicine*, 2nd Edition is a comprehensive, highly illustrated, and easy-to-understand resource. With a focus on clear interpretations of real world signs and symptoms, this new edition addresses the practice beyond the theory and leads you through both basic and sophisticated levels of diagnostic interpretation. Since Chinese medicine diagnosis relies on a subtle appraisal of a patient's disharmony, many factors beyond traditional Western symptoms are considered, including a patient's voice, the absence of thirst, feeling hot or cold, the patient's smell, tone of voice, and glitter of eyes. This practical resource helps students and practitioners alike carefully interpret a wide range of diagnostic nuances. - One-of-a-kind text gives you a clinical understanding of Traditional Chinese Medicine. - Rich, unique content offers an unparalleled depth of information that is meticulously cross-referenced. - Includes all the signs and symptoms that a modern patient may present in the clinic, no matter how subtle. - Outlines the decision-making options in key situations to help you through the most challenging topics. - Case histories with diagnoses present common conditions that professionals will often find in practice. - Logically organized to help you quickly find the information you need in clinical situations. - Written by a leader in the field of Chinese medicine provides you with an expert's clinical experience and understanding. - NEW! Clinical and Treatments notes provide practical information on acupuncture – including herbal treatment, when appropriate – for most symptoms and signs, giving the book a clinical application in therapy. - NEW! UPDATED full-color design and color photographs depict external clinical signs for more accurate clinical recognition. - NEW! Learning outcomes summarize the basics that you should know after completing a chapter. - NEW! Thoroughly updated content from an expert author clarifies the best practices for diagnosis in Traditional Chinese Medicine.

swollen tongue chinese medicine: Chinese Herbal Secrets Stefan Chmelik, 1999 Discusses body type, nutrition, exercise, feng shui, and self-diagnosis; lists herbs and their uses; and shares recipes for herbal creams, tinctures, and infusions

swollen tongue chinese medicine: Traditional Chinese Medicine Cassian Pereira, AI, 2025-03-13 Traditional Chinese Medicine (TCM) offers a comprehensive exploration of this ancient holistic healthcare system, revealing its potential for modern health and well-being. Rooted in practices like herbal medicine, acupuncture, and dietary therapy, TCM emphasizes restoring balance within the body. It's intriguing to note that TCM views the body as interconnected, where imbalances in Qi (vital energy) or disruptions in Yin and Yang can lead to illness. The book presents TCM's core principles – including the Five Elements theory – in an accessible manner, bridging ancient wisdom with modern science. It progresses from historical foundations and philosophical roots to practical applications of herbal medicine, acupuncture techniques, and personalized dietary plans. By emphasizing a holistic approach to healthcare, TCM provides unique insights into treating the whole person rather than just symptoms, making it a valuable complement to conventional

medicine.

swollen tongue chinese medicine: The Art and Practice of Diagnosis in Chinese

Medicine Nigel Ching, 2017-05-18 This textbook is a complete diagnostic manual for students of Chinese medicine. It covers how to collect and collate the relevant information needed to make a diagnosis and clearly describes the various diagnostic models in Chinese medicine.

swollen tongue chinese medicine: The Practice of Chinese Medicine E-Book Sebastian

Maciocia, 2021-04-21 Use Traditional Chinese Medicine in diagnosing and treating disease! Maciocia's The Practice of Chinese Medicine, 3rd Edition describes how to apply TCM theory to the diagnosis and treatment of disorders and conditions frequently encountered in practice. Covering common, chronic, and acute conditions, Maciocia's provides guidelines to treatment with both acupuncture and Chinese herbs. Case studies offer real-world insights into determining effective treatment care. From an expert team of editors who were close to the late Giovanni Maciocia and who practice the Maciocia way, this practical, illustrated text makes it easier to apply TCM in Western medical practice. - Coverage of Traditional Chinese Medicine includes the diagnosis and treatment of 48 common diseases, conditions, and disorders. - Discussion of aetiology, pathology, and differential diagnoses according to TCM is provided for each disease, condition, and disorder. - UNIQUE! Summaries of Western differential diagnoses provide alternative treatment options. - Coverage of treatments includes acupuncture and herbs, with explanations of choices. - Reviews of clinical trials and modern Chinese literature report the experience of noted doctors of Chinese medicine. - Practical appendices include Identification of Patterns According to the Six Stages, the Four Levels, and the Three Burners; Prescriptions; and Suggested Substitutions of Chinese Herbs. - English-Pinyin Glossary of Chinese Terms is included. - NEW and UNIQUE! Clinical Tips provide practical guidelines to diagnosing and treating diseases. - NEW and UNIQUE! Red Flags list symptoms that may necessitate a referral to a Western physician. - NEW! Updated clinical trials and references are added. - NEW! Updated Western differential diagnosis sections are added. - NEW discussion on sexuality in Chinese medicine is added. - NEW! Additional tongue photos aid in diagnosing diseases, based on Chinese medicine protocols. - NEW! Updated, full-color photos are added. - NEW! Four new appendices are added, for a total of 10 appendices. - NEW! Reorganization of material provides easier access to key topics.

swollen tongue chinese medicine: Controlling Diabetes Naturally with Chinese

Medicine Lynn M. Kuchinski, 1999 Chinese medicine is the oldest continually practiced professional medicine in the world, and Chinese doctors have recognized diabetes as a distinct clinical condition for 2,000 years. Their research has yielded a wealth of low-cost, noninvasive, natural methods of treatment. Beginning with an overview of Chinese medical theory, this book explores the patterns of imbalance that are used to diagnose diabetes. Also discussed are professional methods of treatment, including acupuncture and herbal medicine, and traditional home remedies, such as Chinese teas and self-massage. Special attention is paid to the role of diet, exercise, and relaxation to the prevention and treatment of diabetes.

swollen tongue chinese medicine: Handbook Of Traditional Chinese Medicine (In 3

Volumes) Stevenson Xutian, Shusheng Tai, Chun-su Yuan, 2014-09-19 For over two thousand years, Traditional Chinese Medicine (TCM) has made many significant contributions to China's growth and prosperity. This textbook, based on the unique characteristics of TCM, discusses its principle theories and presents a comprehensive daily practice guide for health maintenance and disease treatment. The book provides clinical practitioners with a fundamental understanding of the essence of TCM. We highly recommend this book for students interested in TCM, Chinese medicine doctors and other healthcare professionals, biomedical researchers, and interested individuals. Readers will benefit from the inspirational viewpoints discussed in the book.

swollen tongue chinese medicine: The Foundations of Chinese Medicine Giovanni

Maciocia, 2015-07-13 The latest edition of this hugely popular volume continues to provide readers in the West with a clear explanation of the theory and practice of Chinese medicine. Richly illustrated and fully updated throughout, Foundations of Chinese Medicine retains its careful

structure to present the subject in a systemized manner which ranges from first principles to the diagnosis and management of a wide range of disease states. NOW WITH AN ACCOMPANYING WEBSITE containing an extensive bank of review and test material, the latest edition of this important volume has been redesigned to provide a more accessible, up-to-date feel to the content to enhance the reader's learning experience. Offering a unique combination of rigorous scholarship together with a wealth of clinical experience, Maciocia's Foundations of Chinese Medicine will be ideal for all students of Chinese medicine, acupuncture and Chinese herbal medicine as well as qualified practitioners needing to stay up-to-date with changes in the field. For the student or practitioner of Chinese medicine this is a definitive text book. Reviewed by Jim Young on behalf of glycosmedia.com, Aug 2015 25th Anniversary edition of the Western world's best-selling book on Chinese medicine! Logical, sequential organization builds from basic theoretical concepts, through functions of individual organs, diagnosis, pathology, pattern recognition & disease categories, and the appropriate use of acupuncture points Clearly explains the theory and practice of Chinese Medicine to Western medical audiences Based on a unique and invaluable combination of extensive clinical experience in the West, current Chinese Medicine textbooks and ancient sources, in particular, the 'Yellow Emperor's Classic of Internal Medicine' (Nei Jing) and the 'Classic of Difficulties' (Nan Jing) Includes Pinyin equivalents to make it immediately evident which original term is being translated Abundantly illustrated with over 750 line drawings and more than 1000 tables & boxes designed to emphasize the key facts End of chapter Learning Outcomes point out 'must-know' information Cases Studies and Case Histories apply theory to diagnosis and treatment, bringing the subject to life in a realistic context An extensive Glossary explains new terms and their origins from translation Additional Appendices list Prescriptions, Bibliography and Chinese Chronology Authored by Giovanni Maciocia, one of the Western world's leading subject matter experts An accompanying EVOLVE website provides over 650 self-testing questions and answers to help readers check their understanding of frequently complex information New Case Histories help 'bring the subject to life' Expanded subject area coverage including new clinical guidelines and additional acupuncture point combinations Contains further analysis of acupuncture point actions Innovative guidelines aid students learning Chinese Medicine patterns

swollen tongue chinese medicine: Obstetrics and Gynecology in Chinese Medicine

Giovanni Maciocia, 2011-05-12 New edition of the most comprehensive Chinese Medicine Obstetrics and Gynecology textbook in the English language World-renowned author and teacher Giovanni Maciocia gives a clear, detailed explanation of the physiology, pathology and aetiology of women's disorders in Traditional Chinese Medicine (TCM) and adapts these to Western conditions and patients. Seventy gynecological conditions are discussed in detail with consideration given to differentiation between conditions, the advised treatment using acupuncture and herbs, prevention and prognosis. Guidelines on lifestyle and use of the eight Extraordinary Vessels are provided, with case studies allowing easy application of theory to practice throughout. New for this edition: New attractive two-colour layout with book marks to ease navigation Endometriosis and its treatment now included and fully covered in a new chapter Infertility chapter includes recent research highlighting factors in infertility All prescriptions now removed from the text and attractively presented in three appendices: Patient Remedies, Prescriptions and Three Treasure Remedies Obstetrics and Gynecology in Chinese Medicine is a paradigmatic work. It is tempered with reverence and innovation, meticulous archival attention and detailed modern clinical insight. When future generations look back at this work...they will find not only knowledge and wisdom but also reasons for inspiration and awe. From the Foreword to the first edition by Ted J. Kaptchuk, Associate Director, Centre for Alternative Medicine Research, Beth Israel Hospital; Instructor in Medicine, Harvard medical School, Boston, USA. • Physiology and pathology of women's disorders in Chinese medicine • Aetiology and diagnosis of women's disorders • Differentiation and treatment - including acupuncture, herbs and patent remedies - of 64 gynecological conditions • Prevention and prognosis for each disease • Approximately 100 case histories from the author's own practice • A detailed discussion of the use of the eight extraordinary vessels in gynecology

swollen tongue chinese medicine: The Psyche in Chinese Medicine Giovanni Maciocia, 2009-07-30 THE PSYCHE IN CHINESE MEDICINE comprehensively discusses the treatment of mental-emotional disorders with both acupuncture and herbal medicine. Suitable for practitioners and students of Chinese medicine it discusses first the aetiology, pathology and diagnosis of mental disorders. It explores the nature of the Mind (Shen), Ethereal Soul (Hun), Corporeal Soul (Po), Intellect (Yi) and Will-Power (Zhi) and then presents the diagnosis and treatment of the most common psychological disorders with both acupuncture and Chinese herbs in detail. Specific chapters focus on the treatment of common conditions including depression, anxiety, insomnia, panic attacks, bipolar disorder and Attention Deficit Hyperactivity Disorder. Each condition is illustrated with case histories from the author's 35 years-long practice. - Comprehensive discussion of the nature of the Shen, Hun, Po, Yi and Zhi in Chinese medicine - The first detailed description of the nature and functions of the Hun (Ethereal Soul) and how that relates to conditions such as depression, bipolar disorders and Attention Deficit Hyperactivity Disorder - An entire chapter dedicated to the functions of acupuncture points in the treatment of mental-emotional disorders - Case studies that offer realistic insights and understanding to the range of diagnostic and treatment choices the practitioner can make - Attractive 2-colour page layout gives easy access and navigation around the text

swollen tongue chinese medicine: Traditional Chinese Medicine Yuqun Liao, 2011-08-25 An illustrated introduction to the history and theory of traditional Chinese medicine, exploring diagnostic methods and techniques such as acupuncture.

swollen tongue chinese medicine: Chinese Medicine & Healthy Weight Management Juliette Aiyana, 2007

swollen tongue chinese medicine: Clinical Acupuncture and Ancient Chinese Medicine Jingduan Yang, Daniel A. Monti, 2017-09-01 Clinical Acupuncture and Ancient Chinese Medicine weaves together historical perspectives, ancient wisdom, and modern medicine to provide a holistic, effective, and rewarding way to understand and apply acupuncture in clinical practice. Methodology for memorizing the function of acupuncture meridians and points is supplemented by nearly 600 high-quality images that illustrate point locations and needle insertion techniques. Algorithms for making diagnostic formulations, developing treatment strategies, and implementing effective therapeutic interventions are emphasized. Chapters also cover published outcomes data, the critical role of human psychology and spirituality in healing, and adjunctive therapies to acupuncture such as medicinal herbs and cupping. Authored by Dr. Jingduan Yang and Dr. Daniel A. Monti, two internationally known leaders and teachers of Chinese Medicine and Integrative Health, Clinical Acupuncture and Ancient Chinese Medicine is an ideal resource for a diverse range of health care practitioners and trainees including physicians, chiropractors, and licensed acupuncturists.

swollen tongue chinese medicine: The Handbook of Constitutional and Energetic Herbal Medicine Andrew Stableford, 2021-01-28 Based upon a constitutional approach to treatment, The Handbook of Constitutional and Energetic Herbal Medicine is a synthesis of the traditional herbal approach integrated with biomedical constructs. While this holistic approach to treatment may seem incompatible with the biomedical approach, this is largely due to the lack of understanding of the medical interpretation of holism. In fact, the spirit, mind, body axis can be understood in terms of psycho-physiological processes and principles. It is a matter of interpretation and adaptation of principle. There are virtually no texts which cover this vital area and this is a huge gap in both herbal medicine therapeutics and orthodox medicine; The Handbook of Constitutional and Energetic Herbal Medicine aims to bridge that gap. This book will appeal to those involved in both complementary and mainstream medicine seeking a holistic approach which is rational and interpretable in biomedical terms.

swollen tongue chinese medicine: Traditional Chinese Medicine In The Treatment Of Post-covid-19 Syndrome Dan Jiang, Fanyi Meng, Kerry Webster, 2023-06-15 The COVID-19 pandemic dominated the globe for at least three years, and infected a large proportion of the worldwide population. After the acute infection, many stay in poor health for months. The nature of

this aftermath is not yet fully understood, therefore the management of this syndrome through biomedical therapy is not ideal. Health services are struggling to help those who are still suffering. The condition has now been recognised as post-COVID-19 syndrome (PCS) — providing a common platform for academic exchange. Traditional Chinese Medicine (TCM) has been applied to similar conditions for over 2,000 years, including in the aftermath of previous pandemics, and this understanding of such conditions has been validated in clinical practice. In TCM, patterns are established to group the weakness, the residue of pathogens or interaction between pathogens and the defence system. Those patterns form the framework for understanding the illness after acute infections. The authors use this ancient understanding in their own contemporary practice, which is particularly rewarding when the illness within PCS is treated with acupuncture, Chinese herbs, and other therapies in tandem. This is the holistic TCM approach strongly recommended by the authors as they demonstrate great outcomes. The whole-system TCM approach for PCS is now presented in this book to health professions for PCS. This book has been awarded 2023 International Contribution Award of Chinese Medicine - Works Award issued by the World Federation of Chinese Medicine Societies.

swollen tongue chinese medicine: Fundamentals of Chinese Medicine, 1995 This revised edition includes a glossary of terms and a materia medica and formulary sufficient to practice the treatments described in the text. As such it is not only a unique, absolutely-defined and referenced text, but also a self-contained and inexpensive course of study. As a basic text produced to a multi-author, multi-publisher voluntary standard, this revised edition is a unique key for scholars and clinicians alike.

swollen tongue chinese medicine: Chinese Medicine for Maximum Immunity Jason Elias, Katherine Ketcham, 2007-12-18 Reflecting on the connection between the rise in chronic immune disorders and toxic environmental and lifestyle patterns, herbalist and acupuncturist Jason Elias and collaborator Katherine Ketcham looked to the 5,000-year-old The Yellow Emperor's Classic of Medicine to seek clues for restoring the balance of body and mind. In Chinese Medicine for Maximum Immunity, Elias and Ketcham show how to use the preventive strategies and gentle, supportive remedies of traditional Chinese medicine to heal contemporary chronic illnesses and bolster immunity. The book teaches readers how to identify which element--Wood, Fire, Earth, Metal, and Water--most directly influences them and how to correct imbalances that can lead to particular physical, emotional, and spiritual disorders with step-by-step instruction for using stress-reduction techniques, diet and exercise, herbs, and acupressure.

swollen tongue chinese medicine: The Essence and Scientific Background of Tongue Diagnosis Zelin Chen, Meifang Chen, 1989

swollen tongue chinese medicine: Nutrition, Fertility, and Human Reproductive Function Kelton Tremellen, Karma Pearce, 2015-02-24 One in six couples around the world experience infertility. Before undertaking expensive and intrusive assisted reproductive treatment such as in vitro fertilization, many seek advice from their physicians or dietitians on what foods and supplements might enhance their fertility. But health practitioners are often ill equipped to provide dietary re

Related to swollen tongue chinese medicine

Edema - Symptoms and causes - Mayo Clinic Problems walking. Stiffness. Stretched skin, which can itch. Increased risk of infection in the swollen area. Scarring between layers of tissue. Less blood flow. Less ability of

Edema - Diagnosis and treatment - Mayo Clinic Moving and using the muscles in the part of the body that's swollen, especially the legs, might help move fluid back toward the heart. A health care provider can talk about

Swollen lymph nodes - Diagnosis & treatment - Mayo Clinic The usual treatment for swollen lymph nodes caused by a bacterial infection is antibiotics. Swollen lymph nodes that are due to an HIV infection will need treatment for HIV

Hydronephrosis - Symptoms and causes - Mayo Clinic Hydronephrosis is swelling of one or both kidneys. It happens when urine can't drain from a kidney and builds up in the kidney as a result. The condition can be due to a

Hemorrhoids - Symptoms and causes - Mayo Clinic Hemorrhoids are swollen veins in the lower rectum. Internal hemorrhoids are usually painless, but they tend to bleed. External hemorrhoids may cause pain

What causes persistent swelling in the left supraclavicular? Both an ultrasound and CT scan of the area were normal, and the doctor couldn't feel swollen lymph nodes I did read recently that there can be benign reasons for the swelling

Swollen knee - Symptoms & causes - Mayo Clinic A swollen knee occurs when excess fluid collects in or around your knee joint. Healthcare professionals might refer to this condition as an effusion (uh-FU-zhun) in your knee

Common types of eye inflammation - Mayo Clinic Press Conjunctivitis is known as pink eye because the small blood vessels in the conjunctiva become swollen and make your eye look red. Another telltale sign is eye discharge

Does anyone have enlarged lymph nodes in their neck from Long Since starting this nightmare in early 2020, I have had this large 'lump' sitting over my carotid artery on the left side of my neck. When I first noticed, I showed it to my neurologist

Swollen lymph nodes - Symptoms & causes - Mayo Clinic Overview Swollen lymph nodes most often happen because of infection from bacteria or viruses. Rarely, cancer causes swollen lymph nodes. The lymph nodes, also called

Edema - Symptoms and causes - Mayo Clinic Problems walking. Stiffness. Stretched skin, which can itch. Increased risk of infection in the swollen area. Scarring between layers of tissue. Less blood flow. Less ability of

Edema - Diagnosis and treatment - Mayo Clinic Moving and using the muscles in the part of the body that's swollen, especially the legs, might help move fluid back toward the heart. A health care provider can talk about

Swollen lymph nodes - Diagnosis & treatment - Mayo Clinic The usual treatment for swollen lymph nodes caused by a bacterial infection is antibiotics. Swollen lymph nodes that are due to an HIV infection will need treatment for HIV

Hydronephrosis - Symptoms and causes - Mayo Clinic Hydronephrosis is swelling of one or both kidneys. It happens when urine can't drain from a kidney and builds up in the kidney as a result. The condition can be due to a

Hemorrhoids - Symptoms and causes - Mayo Clinic Hemorrhoids are swollen veins in the lower rectum. Internal hemorrhoids are usually painless, but they tend to bleed. External hemorrhoids may cause pain

What causes persistent swelling in the left supraclavicular? Both an ultrasound and CT scan of the area were normal, and the doctor couldn't feel swollen lymph nodes I did read recently that there can be benign reasons for the swelling

Swollen knee - Symptoms & causes - Mayo Clinic A swollen knee occurs when excess fluid collects in or around your knee joint. Healthcare professionals might refer to this condition as an effusion (uh-FU-zhun) in your knee

Common types of eye inflammation - Mayo Clinic Press Conjunctivitis is known as pink eye because the small blood vessels in the conjunctiva become swollen and make your eye look red. Another telltale sign is eye discharge

Does anyone have enlarged lymph nodes in their neck from Long Since starting this nightmare in early 2020, I have had this large 'lump' sitting over my carotid artery on the left side of my neck. When I first noticed, I showed it to my neurologist

Swollen lymph nodes - Symptoms & causes - Mayo Clinic Overview Swollen lymph nodes most often happen because of infection from bacteria or viruses. Rarely, cancer causes swollen lymph nodes. The lymph nodes, also called

Edema - Symptoms and causes - Mayo Clinic Problems walking. Stiffness. Stretched skin, which can itch. Increased risk of infection in the swollen area. Scarring between layers of tissue. Less blood flow. Less ability of

Edema - Diagnosis and treatment - Mayo Clinic Moving and using the muscles in the part of the body that's swollen, especially the legs, might help move fluid back toward the heart. A health care provider can talk about

Swollen lymph nodes - Diagnosis & treatment - Mayo Clinic The usual treatment for swollen lymph nodes caused by a bacterial infection is antibiotics. Swollen lymph nodes that are due to an HIV infection will need treatment for HIV

Hydronephrosis - Symptoms and causes - Mayo Clinic Hydronephrosis is swelling of one or both kidneys. It happens when urine can't drain from a kidney and builds up in the kidney as a result. The condition can be due to a

Hemorrhoids - Symptoms and causes - Mayo Clinic Hemorrhoids are swollen veins in the lower rectum. Internal hemorrhoids are usually painless, but they tend to bleed. External hemorrhoids may cause pain

What causes persistent swelling in the left supraclavicular? Both an ultrasound and CT scan of the area were normal, and the doctor couldn't feel swollen lymph nodes I did read recently that there can be benign reasons for the swelling

Swollen knee - Symptoms & causes - Mayo Clinic A swollen knee occurs when excess fluid collects in or around your knee joint. Healthcare professionals might refer to this condition as an effusion (uh-FU-zhun) in your knee

Common types of eye inflammation - Mayo Clinic Press Conjunctivitis is known as pink eye because the small blood vessels in the conjunctiva become swollen and make your eye look red. Another telltale sign is eye discharge

Does anyone have enlarged lymph nodes in their neck from Long Since starting this nightmare in early 2020, I have had this large 'lump' sitting over my carotid artery on the left side of my neck. When I first noticed, I showed it to my neurologist

Swollen lymph nodes - Symptoms & causes - Mayo Clinic Overview Swollen lymph nodes most often happen because of infection from bacteria or viruses. Rarely, cancer causes swollen lymph nodes. The lymph nodes, also called

Edema - Symptoms and causes - Mayo Clinic Problems walking. Stiffness. Stretched skin, which can itch. Increased risk of infection in the swollen area. Scarring between layers of tissue. Less blood flow. Less ability of

Edema - Diagnosis and treatment - Mayo Clinic Moving and using the muscles in the part of the body that's swollen, especially the legs, might help move fluid back toward the heart. A health care provider can talk about

Swollen lymph nodes - Diagnosis & treatment - Mayo Clinic The usual treatment for swollen lymph nodes caused by a bacterial infection is antibiotics. Swollen lymph nodes that are due to an HIV infection will need treatment for HIV

Hydronephrosis - Symptoms and causes - Mayo Clinic Hydronephrosis is swelling of one or both kidneys. It happens when urine can't drain from a kidney and builds up in the kidney as a result. The condition can be due to a

Hemorrhoids - Symptoms and causes - Mayo Clinic Hemorrhoids are swollen veins in the lower rectum. Internal hemorrhoids are usually painless, but they tend to bleed. External hemorrhoids may cause pain

What causes persistent swelling in the left supraclavicular? Both an ultrasound and CT scan of the area were normal, and the doctor couldn't feel swollen lymph nodes I did read recently that there can be benign reasons for the swelling

Swollen knee - Symptoms & causes - Mayo Clinic A swollen knee occurs when excess fluid collects in or around your knee joint. Healthcare professionals might refer to this condition as an effusion (uh-FU-zhun) in your knee

Common types of eye inflammation - Mayo Clinic Press Conjunctivitis is known as pink eye because the small blood vessels in the conjunctiva become swollen and make your eye look red. Another telltale sign is eye discharge

Does anyone have enlarged lymph nodes in their neck from Long Since starting this nightmare in early 2020, I have had this large 'lump' sitting over my carotid artery on the left side of my neck. When I first noticed, I showed it to my neurologist

Swollen lymph nodes - Symptoms & causes - Mayo Clinic Overview Swollen lymph nodes most often happen because of infection from bacteria or viruses. Rarely, cancer causes swollen lymph nodes. The lymph nodes, also called

Edema - Symptoms and causes - Mayo Clinic Problems walking. Stiffness. Stretched skin, which can itch. Increased risk of infection in the swollen area. Scarring between layers of tissue. Less blood flow. Less ability of

Edema - Diagnosis and treatment - Mayo Clinic Moving and using the muscles in the part of the body that's swollen, especially the legs, might help move fluid back toward the heart. A health care provider can talk about

Swollen lymph nodes - Diagnosis & treatment - Mayo Clinic The usual treatment for swollen lymph nodes caused by a bacterial infection is antibiotics. Swollen lymph nodes that are due to an HIV infection will need treatment for HIV

Hydronephrosis - Symptoms and causes - Mayo Clinic Hydronephrosis is swelling of one or both kidneys. It happens when urine can't drain from a kidney and builds up in the kidney as a result. The condition can be due to a

Hemorrhoids - Symptoms and causes - Mayo Clinic Hemorrhoids are swollen veins in the lower rectum. Internal hemorrhoids are usually painless, but they tend to bleed. External hemorrhoids may cause pain

What causes persistent swelling in the left supraclavicular? Both an ultrasound and CT scan of the area were normal, and the doctor couldn't feel swollen lymph nodes I did read recently that there can be benign reasons for the swelling

Swollen knee - Symptoms & causes - Mayo Clinic A swollen knee occurs when excess fluid collects in or around your knee joint. Healthcare professionals might refer to this condition as an effusion (uh-FU-zhun) in your knee

Common types of eye inflammation - Mayo Clinic Press Conjunctivitis is known as pink eye because the small blood vessels in the conjunctiva become swollen and make your eye look red. Another telltale sign is eye discharge

Does anyone have enlarged lymph nodes in their neck from Long Since starting this nightmare in early 2020, I have had this large 'lump' sitting over my carotid artery on the left side of my neck. When I first noticed, I showed it to my neurologist

Swollen lymph nodes - Symptoms & causes - Mayo Clinic Overview Swollen lymph nodes most often happen because of infection from bacteria or viruses. Rarely, cancer causes swollen lymph nodes. The lymph nodes, also called

Related to swollen tongue chinese medicine

Tongue Diagnosis and Image Analysis in Traditional Chinese Medicine (Nature2mon) In Traditional Chinese Medicine (TCM), tongue diagnosis has long served as a non-invasive means to assess health, whereby changes in tongue colour, texture, and shape are interpreted as reflections of

Tongue Diagnosis and Image Analysis in Traditional Chinese Medicine (Nature2mon) In Traditional Chinese Medicine (TCM), tongue diagnosis has long served as a non-invasive means to assess health, whereby changes in tongue colour, texture, and shape are interpreted as reflections of

Is Your Tongue Warning You About Heart Disease? Signs You Shouldn't Ignore

(TheHealthSite16d) Your tongue can reveal early signs of heart disease. Learn how tongue color, texture, and coating may be linked to heart

Is Your Tongue Warning You About Heart Disease? Signs You Shouldn't Ignore

(TheHealthSite16d) Your tongue can reveal early signs of heart disease. Learn how tongue color, texture, and coating may be linked to heart

Emergency medicine: Sudden, swollen tongue gives man scare (Yahoo3y) Charlie was visiting Columbus from out of town for a football game when his tongue started swelling while drinking his morning coffee at a hotel. He initially thought he had burned his tongue because

Emergency medicine: Sudden, swollen tongue gives man scare (Yahoo3y) Charlie was visiting Columbus from out of town for a football game when his tongue started swelling while drinking his morning coffee at a hotel. He initially thought he had burned his tongue because

Tongue Swelling: Causes of Swollen Tongue (WebMD2y) Your tongue helps you taste, swallow, and talk. But it sometimes may get swollen for some reason. Usually, a puffy tongue is more annoying or uncomfortable than dangerous. But it may be a sign of

Tongue Swelling: Causes of Swollen Tongue (WebMD2y) Your tongue helps you taste, swallow, and talk. But it sometimes may get swollen for some reason. Usually, a puffy tongue is more annoying or uncomfortable than dangerous. But it may be a sign of

11 Possible Reasons Why Your Tongue Is Swollen, According to Doctors (Prevention2y) If you happen to notice you have a swollen tongue, a.k.a. glossitis, you might be a bit concerned. After all, your tongue plays an important role—eating is vital. And much like swollen ankles or

11 Possible Reasons Why Your Tongue Is Swollen, According to Doctors (Prevention2y) If you happen to notice you have a swollen tongue, a.k.a. glossitis, you might be a bit concerned. After all, your tongue plays an important role—eating is vital. And much like swollen ankles or

Back to Home: <https://www-01.massdevelopment.com>