Giovanni Maciocia presents:

Prostate Disorders in Chinese Medicine

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The Prostate in Chinese Medicine

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The prostate is not mentioned in classical texts. Modern Chinese books and journals frequently discuss the treatment of prostatitis and benign prostatic hyperplasia. Few ancient or modern texts are dedicated to the diagnosis and treatment of men’s problems.

For example, Chinese medicine refers to the “Uterus” in all its classic texts, but no mention is ever made of the prostate.

“The Ren and Chong Mai originate from the Lower Dan Tian [literally “Bao”].”

“Bao” is often translated as “uterus”. “Bao” indicates a structure that is common to both men and women: in women, it is the Uterus; in men, it is the “Room of Sperm”.

Both these structures reside in the lower Dan Tian and store Essence (Jing) and, as the Extraordinary Vessels originate from here, they are closely connected to the Essence.

The “Golden Mirror of Medicine” (Yi Zong Jin Jian, 1742):

“The Du Mai arises within the lower abdomen, externally in the abdomen, internally in the ‘Bao’ . . . also called Dan Tian in both men and women: in women it is the uterus, in men it is the Room of Sperm.”

The “Room of Sperm” is in the lower abdomen but we know that the sperm is made in the testicles, seminal vesicles and prostate.

I think it is therefore legitimate to assume that the prostate is a structure that is equivalent to the uterus in women and that the Du, Ren and Chong Mai flow through the prostate.

“Su Wen”, chapter 60

“The abdominal branch of the Du Mai starts in the perineum, flows up the abdomen (in the midline), up to the umbilicus, past the heart, throat, chin, around the lips and reaches the eyes.”

“Su Wen” Chapter 60

**DU MAI - PATHWAY**

“It starts in between the kidneys where the Dong Qi throb, it goes to the uterus and the pubic bone. In women, it flows around the vagina, passes to the perineum, then the buttocks to meet the Kidney and Bladder channel/in the thighs…

... In men, it flows around the penis and goes to the perineum.”

“Su Wen”, chapter 60

**CHONG MAI PATHWAY**

- **Branch 1 (Internal branch)** Origins inside the lower abdomen (uterus in women) and emerges at the Perineum (REN-1).

- **Branch 2 (Abdominal branch)** –This branch emerges at ST-30, connects with the Kidney meridian at KID-11 and ascends through the Kidney channel to KID-21, then disperses in the chest and breast.

- **Branch 3** (Head branch) Ascends along the throat, chin, curves around the lips and terminates below the eyes.

- **Branch 4** (Spinal branch) Emerges from Ren-1 and ascends inside the Lumbar spine to the level of BL-23.

- **Branch 5** (Descending branch) Emerges at ST-30, descends along the medial aspect of the legs, and the medial malleolus. On the foot, it separates at the heel, one branch going to the arch of the foot to connect with the Kidney channel and the other branch going to the big toe to connect with the Liver channel.

**HYPOTHALAMUS-PITUITARY-OVARY/PROSTATE-TESTICLES AXIS**

WOMEN

MEN

[Addition to original handout]
LIVER MAIN CHANNEL

- Reaches pubic region via SP-12 and SP-13 where it encircles the external genitalia
- Ascends crossing the Ren Mai at Ren-2, Ren-3 and Ren-4.

LIVER LUO CHANNEL

- Starts from LIV-5 Ligou
- Connects with the Gall-Bladder channel on the leg
- Ascends to and encircles the external genitalia

The male genital apparatus is sometimes called the "EXTERNAL KIDNEY" (Wai Shen 龜宮) in Chinese medicine. This comprises four elements:

- Penis
- Scrotum
- Testicles
- Room of the Sperm (Jing Shi 精室)

The External Kidney depends upon:

- Kidneys
- Liver
- Heart
- Spleen and Stomach
**BENIGN PROSTATIC HYPERTROPHY**

The primary effect of BPH is a progressive decrease in the ability to empty the bladder as the prostate enlarges and applies pressure to the urethra. Retained urine from this obstruction at first can interfere with sleep as the sufferer wakes up in the middle of the night. At other times, pressure may make it impossible to properly control urine flow (incontinence). Retained urine in the bladder can allow bacterial growth and infection. Urine may flow back up the tubules to the kidneys and cause infection there. In severe cases of retention, urine can even find its way into the blood (uraemia) with toxic consequences. BPH is common in older men.

- Sensation of not emptying bladder completely
- Frequent urination
- Micturition stopping and starting
- Difficult to postpone urination
- Weak urinary stream
- Need to push in order to urinate
- Nocturia.

**Addition to original handout**

- Dampness, Phlegm
- Blood Stasis
- Jing Stasis

**Addition to original handout**

- Heart Qi descends to prostate to regulate emptying of spermatic fluid
- Origin of Tian Gui and sperm

**Addition to original handout**

- Sensation of not emptying bladder completely
- Urinary retention

**Addition to original handout**

- Lin = urinary dribbling
**STASIS OF BLOOD IN WOMEN = STASIS OF JING IN MEN**

**WOMEN**  
- **KIDNEYS**  
  - TIAN GUI  

**MEN**  
- **KIDNEYS**  
  - TIAN GUI  

**BLOOD STASIS IN UTERUS**  

**STASIS OF JING**  
- Stabbing pain lumbar region, pain in perineum, hypogastric pain, pain in testis and/or penis, impotence, premature ejaculation, priapism, prostatic hypertrophy, premature greying of hair, itching or pain pubic region, abnormal sperm. Peyronie’s disease, Purple tongue, Choppy or Firm pulse.

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**PHLEGM IN MALE GENITAL SYSTEM**

**MALE GENITAL MANIFESTATIONS OF PHLEGM**  
- Prostatic hypertrophy  
- Peyronie’s disease  
- Priapism  
- Impotence  
- Sweaty genitals

**OTHER MANIFESTATIONS:**  
- Dull *shen* of the eyes  
- Dark eye sockets  
- Corners of the eyes have very slight cracks with exudate  
- Sallow complexion  
- Swollen body, puffy face, obesity  
- Greasy skin  
- Sweaty external genitalia, axillae or palms and soles  
- Enlarged fingers and toes  
- Thick thumbs  

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**DAMPNESS IN THE MALE GENITAL SYSTEM**

**URINARY SYMPTOMS**  
- Dysuria  
- Stranguria  
- Turbid urine

**GENITAL SYMPTOMS**  
- Pruritus of the genitals  
- Urethral discharge  
- Testicular swelling  
- Impotence  
- Anomalies of sperm

**PROSTATE SYMPTOMS**  
- Hypertrophy  
- Pain of the perineum  
- Feeling of heaviness of the perineum

**GENERAL SYMPTOMS**  
- Feeling of heaviness of the abdomen  
- Feeling of heaviness  
- Tongue with sticky coating on the root  
- Slippery pulse

**PATHOLOGY**  
- Dampness obstructs the Water passages  
- Dampness is sticky, dirty, heavy

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**D8 T3**

**D8 T1**

**D9 T1**

**D9 T2**
Blood stasis in the prostate is located in the Deep (Blood) Luo of the prostate. Herbs which “penetrate the Luo” (tong Luo):

- Lu Lu Tong
- Tong Cao
- Ju Luo
- Si Gua Luo
- Lou Lu

**PATHOLOGY**

**BIAO:** Blood Stasis, Dampness, Phlegm, stasis of Jing.

**BEN:** Kidney deficiency (Yang or Yin), Spleen deficiency, Liver deficiency.

**CHANNELS:** Du Mai, Ren Mai, Chong Mai, Liver, Bladder.

**PATHOLOGY OF BENIGN PROSTATIC HYPERPLASIA IN CHINESE MEDICINE**

The pathology of benign prostatic hyperplasia is complex and it is always characterized by Emptiness and Fullness.

a) **DEFICIENCY OF KIDNEYS, SPLEEN AND LUNGS**

- A Kidney deficiency is always at the root of benign prostatic hyperplasia because:
  - A deficient Kidney fails to transform, transport and excrete fluids in the Lower Burner resulting in accumulation of fluids and eventually Dampness and Phlegm.
  - There may also be Lung and/or Spleen deficiency. A deficient Lung fails to make fluids descend and a deficient Spleen fails to transform fluids: this leads to the formation of Dampness and Phlegm.

b) **DAMPNESS AND PHLEGM**

A deficiency of the Kidneys, Spleen and Lungs leads to the impairment of the transformation, transportation and excretion of fluids and therefore to Dampness and Phlegm accumulating in the prostate.

- The symptoms of Phlegm accumulation in the men's genital system are as follows:
  - Prostatic hypertrophy
  - Priapism
  - Premature ejaculation
  - Impotence
  - Sweaty genitals
  - Peyronie's disease
  - Premature greying of hair
  - Itchy or painful pubic region
  - Abnormal sperm
  - Pei or purple tongue
  - Choppy, Wiry or Firm pulse

- Dampness and Phlegm in the prostate interact with stasis of Jing and these two pathological conditions aggravate each other in the same way as Phlegm and Blood stasis do.

- In particular, when stasis of Essence interacts with Phlegm, it is men's genital system that is affected.

- Kidney deficiency contributes to development of stasis of Jing and accumulation of turbidity in the prostate leading to Dampness and Phlegm accumulating in the prostate.
**D9 T5**

- Ju Luo is the pith of the red tangerine, the “pith” being the white fibrous tissue surrounding the flesh and directly below the skin of a citrus fruit.
- It is interesting to note that the Luo Mai form a reticular network of channels and the pith of a tangerine resembles each network.
- It is also necessary to describe a pulse finding that is encountered frequently in practice.
- The prostate can be felt on the proximal end of the left-rear position (left Kidney position): this is felt by rolling the finger proximally but only very slightly.
- If the prostate is enlarged, the pulse feels either Slippery (indicating Dampness or Phlegm as the main cause of the swelling) or Wiry (indicating Blood stasis as the main cause of the swelling).

![Diagram showing Luo Mai and pulse points]

**D9 T6**

**TREATMENT STRATEGIES**

- **a) HERBAL STRATEGY**
- The following are the treatment strategies commonly adopted:
  - Invigorate Blood: Lu Lu Tong, Wang Bu Lia Xing, Mu Dan Pi.
  - Resolve Dampness: Yi Yi Ren, Bi Xie, Shi Wei, Hai Jin Sha, Tian Kui Zi.
  - Resolve Phlegm: Zhe Bei Mu, Ban Xia, Xia Ku Cao, Dan Nan Xing, Si Gua Luo.
  - Soften hardness: Yi Yi Ren, Zhe Bei Mu, Kun Bu, Hai Zao.
  - Resolve Toxic Heat: Bai Hua She She Cao, Shan Dou Gen, Tian Kui Zi.
  - Penetrate the Connecting channels: Lu Lu Tong, Tong Cao, Ju Luo, Si Gua Luo, Lou Lu.
  - Open the orifices: Shi Chang Pu.
- The method of “softening hardness” is used for abdominal masses, especially those from Blood stasis.

**D9 T7**

**ACUPUNCTURE**

- When treating prostate problems, it is important to treat one of the three extraordinary vessels that flow through it, i.e. the Du, Ren or Chong Mai.

Use the Du Mai for pronounced Kidney-Yang deficiency
Use the Ren Mai for pronounced Kidney-Yin deficiency
Use the Chong Mai for pronounced Blood stasis.

- In all cases, I use the opening and coupled points of the relevant extraordinary vessel.
- In men, use the opening point on the left side and the coupled point on the right, e.g. for the Du Mai, SI-3 Houxi on the left and BL-62 Shenmai on the right.
- The main points used according to channel and patterns are:
  - Du Mai: SI-3 Houxi (left) and BL-62 Shenmai (right).
  - Ren Mai: LU-7 Lieque (left) and KI-6 Zhaohai (right), Ren-2 Qugu, Ren-3 Zhongji.
**Day 2 – Break 3**

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**D9 T8**

**Fan ci zhi fa xian bi ben yu shen**

First, needling’s method first must be rooted in Shen

“The first thing one must do when needling, is to first concentrate one’s Shen”

[Addition to original handout]

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**D9 T9**

<table>
<thead>
<tr>
<th>a) BLOOD STASIS</th>
<th>Clinical manifestations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Decreased urinary flow</td>
</tr>
<tr>
<td></td>
<td>nocturia</td>
</tr>
<tr>
<td></td>
<td>the prostate feels hard on rectal examination</td>
</tr>
<tr>
<td></td>
<td>Tongue: Purple.</td>
</tr>
<tr>
<td></td>
<td>Pulse: Wiry.</td>
</tr>
<tr>
<td></td>
<td>Prostate pulse Wiry.</td>
</tr>
</tbody>
</table>

**Treatment principle**

Invigorate Blood and eliminate stasis, soften hardness.

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**b) DAMP-PHLEGM**

**Clinical manifestations**

<table>
<thead>
<tr>
<th>Urinary difficulty</th>
<th>hypogastric heaviness</th>
</tr>
</thead>
<tbody>
<tr>
<td>turbid urine</td>
<td>micturition stopping and starting</td>
</tr>
<tr>
<td>painful urination</td>
<td>feeling of heaviness at the perineum</td>
</tr>
</tbody>
</table>

| Tongue: Swollen with sticky coating |
| Pulse: Slippery. Prostate pulse Slippery. |
### b) DAMP-PHLEGM

**Clinical manifestations**
- Urinary difficulty, turbid urine, painful urination, micturition stopping and starting, hypogastric heaviness, feeling of heaviness at the perineum.

**Pulse:** Slippery. **Prostate pulse:** Slippery.

**Tongue:** Swollen with sticky coating.

**Treatment principle**
Resolve Dampness and Phlegm, tonify the Spleen.

**Acupuncture**
- LU-7 Lieque on the left and KI-6 Zhaohai on the right,
- ST-28 Shuidao, BL-22 Sanjiaoshu, Ren-3 Zhongji, Ren-9 Shifen, Ren-12 Zhongwan, BL-20 Pishu.

**Prescription**
**TONG FU ZHI LONG TANG**
**Explanation**
This formula resolves Damp-Phlegm from the Lower Burner. It is primarily for Damp-Phlegm associated with Cold. The formula contains Fu Zi Radix Aconiti lateralis preparata which may be illegal in some countries and can be replaced by Rou Gui Cortex Cinnamomum.

**Herbal therapy**
- **CANG FU DAO TAN WAN**
- Atractylodes Resolving Phlegm Pill

**Explanation**
This formula resolves Damp-Phlegm from the Lower Burner. It is primarily for Damp-Phlegm associated with Cold. The formula contains Radix Aconiti lateralis preparata which may be illegal in some countries and can be replaced by Cortex Cinnamomum.

### c) KIDNEY- AND SPLEEN-YANG DEFICIENCY

**Clinical manifestations**
- Urinary frequency, slight incontinence, dribbling, urgency.
- Cold legs and knees, lower backache, dizziness, tinnitus, tiredness, depression.
- Loose stools.

**Tongue:** Pale. **Pulse:** Deep- Weak.

**Treatment principle**
Tonify and warm the Spleen and Kidneys, resolve Dampness from the Lower Burner.

**Acupuncture**
- BL-20 Pishu, Ren-12 Zhongwan, BL-23 Shenshu, KI-13 Qimen, Ren-4 Guanyuan, SI-3 Houxi with BL-62 Shenmai, Ren-3 Zhongji, SP-9 Yinlingquan, KI-12 Dahe, BL-32 Ciliao, BL-34 Xialiao. Moxa is applicable.

**Prescription**
**BAO YUAN TONG BI TANG**
**Explanation**
This formula, based on only three herbs, tonifies Spleen-Yang (with Radix Astragali 100g), resolves Dampness from the urinary passages (with Talcum 30g), invigorates Blood and opens the orifices of the urinary passages (with Su Tong Pao 30g). Although the original formula calls for a dose of 100g daily for Radix Astragali, I would reduce that to 30g and the other two herbs to 10g.

**Three Treasures remedies**
- Strengthen the Root and Clear the Root.
- Strengthen the Root tonifies Kidney-Yang and Clear the Root resolves Dampness from the prostate.

### d) LIVER- AND KIDNEY-YIN DEFICIENCY

**Clinical manifestations**
- Urinary difficulty, dark urine, frequent but scanty urination.
- Night-sweating, 5-palm heat, lower backache.
- Dry eyes.

**Tongue:** without coating. **Pulse:** Floating- Empty.
### Treatment principle
Nourish Liver- and Kidney-Yin, resolve Dampness from the Lower Burner.

### Acupuncture
Ren-4 Guanyuan, KI-13 Qimen, SP-6 Sanjinqiao, LIV-8 Ququan, LU-7 Lieque on the left with KI-6 Zhaohai on the right, Ren-7 Yinjiao, Ren-3 Zhongji, SP-9 Yiningquan, BL-32 Ciliao, BL-34 Xialiao.

### Herbal therapy
**Prescription**
ZHI BO DI HUANG WAN Variation
Anemarrhena-Phellodendron-Rehmannia Pill
The original formula plus:
- Yi Yi Ren Semen Coicis and Shi Wei Folium Pyrrosiae to resolve Dampness.

### Explanation
This formula nourishes Liver- and Kidney-Yin and drains Damp-Heat from the Lower Burner.

### Three Treasures remedies
**Nourish the Root (or Water Passages) and Clear the Root**
Nourish the Root nourishes Liver- and Kidney-Yin and Clear the Root resolves Dampness from the Lower Burner and the prostate.

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e) STASIS OF JING

#### Clinical manifestations
- Urinary difficulty
- Hypogastric pain
- Seminal emissions
- Decreased urinary flow
- Pulse: Wiry, Choppy or Firm. Prostate pulse Wiry.
- Tongue: Purple.

#### Treatment principle
Invigorate Blood, eliminate stasis, soften hardness, eliminate turbidity.

#### Acupuncture
SP-4 Gongsun on the left with P-6 Neiguan on the right, LIV-3 Taichong, LIV-1 Dadun, Ren-3 Zhongji, KI-14 Siman, Zigong, BL-32 Ciliao, BL-34 Xialiao.

#### Herbal therapy
**Prescription**
HUO XUE TONG JING TANG Variation
Invigorate Blood and Penetrate the Essence
Decoction
This formula invigorates Blood and resolves turbidity and Dampness in the Lower Burner

### D9 T10

#### 1) LIVER-QI STAGNATION WITH DAMP-PHLEGM

#### Clinical manifestations
- Irritability
- Hypogastric distension
- Hypogastric heaviness
- Feeling of heaviness at the perineum
- Retention of urine
- Tenderness with stress
- Turbid urine
- Tongue: Red on the side, Swollen with sticky coating
- Pulse: Slippery-Wiry. Prostate pulse Wiry.

### Treatment principle
Invigorate Blood, eliminate stasis, soften hardness, eliminate turbidity.
The Chong Mai influences erection in seven ways:

1) It is responsible for the filling of blood of the corpus cavernosum.
2) It is connected to the Post-Natal Qi (through ST-30 Qichong) and therefore provides the necessary Qi for erection.
3) It is connected to the Pre-Natal Qi (at Ren-1 Huixi, KI-13 Quanxue and Ren-4 Guanyuan) and therefore provides the Essence for erection.
4) It controls the Membranes (Huang) and most of the tissues in the penis are part of the Membranes.
5) The Chong Mai controls the Ancestral Muscles (Zong Jin).
6) It controls the Connecting channels which allow the penis to fill with blood.
7) It plays an important role in allowing the communication between Heart and Kidneys and therefore the descending of Heart-Blood to the penis.

The anatomy of the penis is such that it is richly endowed with Connecting channels because it is a structure that is outside the body and therefore "superficial".

**CHRONIC PROSTATITIS IN CHINESE MEDICINE**

It may fall under the heading of several different conditions:

- "Spermatorrhoea" (Bai Yin)
- "Turbid Sperm" (Jing Zhuo)
- "White Turbidity" (Bai Zhuo)
- "Red Turbidity" (Chi Zhuo)
- "Urinary Syndrome" (Lin and specifically "Sticky Urinary Syndrome" and Lower Backache from Kidney deficiency)

- The term “turbidity” is often mentioned in Chinese medicine.
  * In urinary diseases, it indicates a pathological state of fluids in the Lower Burner; this occurs when there is an impairment in the transformation, transportation and excretion of urine in the Lower Burner.
  * In this context, “turbidity” manifests not only with turbid urine but also with urinary difficulty.
    - In genital diseases such as prostatitis, “turbidity” refers to a pathology of Essence (Jing); in this context, it manifests with urethral discharges of sperm and discoloration of sperm (as seen in prostatitis).

**Dr Zhou An Fang thinks:**

- The two main aetiological factors of prostatitis are poor genital hygiene leading to Damp-Heat and to excessive sexual activity leading to stasis of Essence.
- Damp-Heat, on the other hand, frequently leads to the formation of Toxic Heat.
- Therefore the main treatment principles for prostatitis are as follows: Clear Heat, Resolve Dampness, Resolve Toxic Heat and Invigorate Blood and Essence and eliminate stasis.

**Dr Lin Pei Qin says:**

- Kidneys have two orifices, one urinary, the other spermatic.
- Urinary Syndrome (Lin) pertains to the urinary orifices and involves the Liver and Spleen.
- Turbidity Syndrome (Zhuo) pertains to the spermatic orifice and involves the Heart and Kidneys.

**Ye Tian Shi said:**

- "Urinary turbidity and spermatic turbidity are different."
- He also confirms that spermatic turbidity involves the Heart and Kidneys.

**Modern doctor Xu Fu Song says:**

- although urine and sperm go through the same passage (urethra), the former pertains to the urinary system and the latter to the genital system.
- Diseases of the genital system and sperm pertain to the Room of Sperm (Jing Shi) or also the "Palace of Sperm" (Jing Gong).
- In this context, Jing could be translated either as "sperm" or "Essence" (as sperm is a direct manifestation of the Kidney-Essence).

**Dr Zhou Yong Jian thinks:**

- The pathology of chronic prostatitis is accumulation of Damp-Heat in the Lower Burner and a deficiency of Kidney-Essence; the Kidney-Essence is "unstable" and this causes urethral discharge.
- The three main treatment principles are: Consolidate the Kidney-Essence, Resolve Dampness and clear Heat, Eliminate turbidity.

**Dr Xu Fu Song thinks:**

- The aetiology of prostatitis in Chinese men are “retention of sperm”, excessive masturbation, dirty underwear, long prepuce, irregular diet and excessive consumption of greasy and hot foods. These result in the formation of Damp-Heat.
- There are three main pathological conditions in chronic prostatitis: Damp-Heat, Kidney deficiency and Stasis of Essence.
- Damp-Heat causes urethral discharges; a Kidney deficiency will cause lower backache, dizziness and tinnitus; and stasis of Essence will cause pain in the perineum, scrotum, penis or hypogastrum.
Dr. Mai Guo Jian thinks:


The three main patterns appearing in prostatitis are:

- Blood stasis of Blood and Essence
- Damp-Heat
- Heart and Kidney deficiency.

Dr. Lin You Fang says:

- Blood stasis is the central pathology of chronic prostatitis.
- Blood stasis in the prostate causes pain and stagnant blood often rises to harass the Heart and cause palpitations and insomnia.
- Stagnant Blood in the Lower Burner may prevent clear Yang from rising leading to headaches and dizziness.
- He therefore uses a formula that invigorates Blood and eliminates stasis as the basis for variations according to symptoms.
- Therefore invigorating Blood and eliminating stasis is the main treatment principle; the secondary treatment principles are to move Qi, resolve Damp-Heat and resolve Toxic Heat.

Dr. Wang Bing Jun differs from other modern Chinese doctors:

- He emphasises Yin deficiency as an underlying condition.
- He considers Damp-Heat and Blood stasis to be the two main pathological conditions in chronic prostatitis.

Dr. Zhou also recommends three external treatments for chronic prostatitis:

- External application of a paste to the umbilicus (of Hu Zhang, Da Huang, Sheng Jiang).
- External application of decoction to the perineum with Pu Gong Ying, Hu Enma.
- Enema with Pu Gong Ying, Ye Ju Hua.

Applying the herbs in a large quantity of water for half an hour, strain them, and pour the decoction into a shallow bath where the patient should sit for 10-15 minutes twice a day.

Dr. Lin Jun Yu recommends tonifying the Kidneys and resolving Dampness as the main treatment principle in chronic prostatitis. He modifies his basic formula in cases of Damp-Heat or Blood stasis.

Dr. Zhou An Fang says:

- Although the main pathologies are Damp-Heat, Blood stasis and Kidney deficiency, deficiency and sinking of Spleen-Qi is an important underlying pathology of chronic prostatitis.
- One should use small quantities of warm herbs that warm the Spleen and Kidneys, such as Rou Gui, despite the general view that warm herbs should not be used.
- Small amounts of warm herbs promote the transformation of fluids.
- I tend to concur and often use small quantities of Gui Zhi or Rou Gui in prescriptions for chronic prostatitis even if there is Damp-Heat.

Most modern Chinese journals list impotence, premature ejaculation, nocturnal emission and spermatorrhoea among the symptoms of chronic prostatitis, while they are not common in Western patients.

### EXTERNAL TREATMENTS

- Dr. Wang Bing Jun recommends an external application for chronic prostatitis.
- The patient should boil the herbs in a large quantity of water for half an hour, strain them, and pour the decoction into a shallow bath where he should sit for 10-15 minutes twice a day.
- The main purpose of this treatment is to apply the herbs to the point Ren-1 Huiyin which is the meeting point of the Du, Ren and Chong Mai.

The herbs that Dr. Wang uses for external application are:

- Huang Bo
- Ming Fan
- Dan Shen

### DIAGNOSIS BY PROSTATE EXAMINATION

Combining the experiences of Dr. Wang Bing Jun and Dr. Lin Jun Yu, we can make the following connections between the feel of the prostate on rectal examination and Chinese patterns:

- Prostate feels small: Kidney-Yin deficiency.
- Prostate feels large: Dampness and/or Phlegm.
- Prostate feels hard: Blood stasis.

### ACUPUNCTURE TREATMENT

It is important to treat one of the three extraordinary vessels that flow through. The Du Mai is used for a pronounced deficiency of Kidney-Yang; the Ren Mai is used for a pronounced deficiency of Kidney-Yin; the Chong Mai if there is a pronounced Blood stasis.

In all cases, I use the opening point on the left side and the coupled point on the right, e.g. for the Du Mai, S.I.-3 Houxi on the left and BL-62 Shenmai on the right.

The main points used according to channel and patterns are as follows:

- Du Mai: S.I.-3 Houxi (left) and BL-62 Shenmai (right), DU-3 Yaoyangguan.
- Ren Mai: LU-7 Lieque (left) and KI-6 Zhaohai (right), Ren-1 Huiyin, Ren-2 Qugu, Ren-3 Zhongji, Ren-8 Shenque.
- Chong Mai: SP-4 Gongguan (left) and P-6 Neiguan (right), KI-14 Siman.

### EMPirical PRESCRIPTION

**Prescription**

- **Prescription**
  - **Wang Bu Liu Xing 6g**
  - **Yan Hu Suo 6g**
  - **Huang Bo 6g**
  - **Mu Dan Pi 6g**
  - **Bai Jiang Cao 6g**
  - **Chuan Shan Jia 6g**
  - **Ku Shen 6g**
  - **Hu Zhang 6g**
  - **Dan Shen 6g**
  - **Mu Xiang 6g**
  - **Chi Shao 6g**
  - **Gan Cao 6g**

**Explanation**

This formula resolves Damp-Heat and Toxic Heat.

### QIAN LIE XIAN YAN PIAN Prostatitis Pill

**Prescription**

- **Wang Bu Liu Xing 6g**
- **Yan Hu Suo 6g**
- **Huang Bo 6g**
- **Mu Dan Pi 6g**
- **Bai Jiang Cao 6g**
- **Chuan Shan Jia 6g**
- **Ku Shen 6g**
- **Hu Zhang 6g**
- **Dan Shen 6g**
- **Mu Xiang 6g**
- **Chi Shao 6g**
- **Gan Cao 6g**

**Explanation**

This formula strongly resolves Dampness and clears Heat. Please note that it contains many bitter and cold herbs which, in the long run, may damage the Spleen.
Prescription
LONG DAN XIE GAN TANG Variation by Dr Wang Bing Jun
Gentiana Draining the Liver Decoction
Explanation
This formula resolves Damp-Heat in the Liver channel in the Lower Burner. It has been modified by Dr Wang with the addition of herbs that resolve Toxic Heat. Please note that it contains Mu Tong Caulis Akebiae trifoliatae the use of which is illegal in most countries. It can be replaced by Tong Cao Medulla Tetrapanacis.

Three Treasures remedy

b) DAMP-HEAT WITH TOXIC HEAT IN LOWER BURNER
Clinical manifestations
Dysuria
pain on micturition
sticky-yellow urethral discharge
dribbling of urine
frequency of urination
pain in the perineum, penis or hypogastrium
dribbling of urine during effort of defecation

Tongue: Red, swollen, sticky-dark-yellow coating on the root with red spots.
Pulse: Slippery-Rapid.

Treatment principle

Acupuncture
SP-4 Gongsun on left with P-6 Neiguan on the right, Ren-1 Huiyin, BL-32 Ciliao, BL-34 Xialiao, Ren-3 Zhongji, BL-22 Sanjiaoshu, ST-28 Shuidao, SP-9 Yinlingquun, SP-6 Sanyinjiao.

Herbal therapy
Prescription
EMPIRICAL PRESCRIPTION BY Dr Liu Chun Ying
Explanation
This formula resolves Damp-Heat and Toxic Heat and invigorates Blood. Please note that it contains Mu Tong Caulis Akebiae trifoliatae the use of which is illegal in most countries. It can be replaced by Tong Cao Medulla Tetrapanacis.

Three Treasures remedy

c) QI STAGNATION, BLOOD STASIS, STASIS OF ESSENCE, STASIS IN BLOOD CONNECTING CHANNELS
Clinical manifestations
Pain in the anus and perineum
hypogastric pain
pain in the penis
white-sticky urethral discharge
dysuria
dribbling after urination
frequency of urination
Pain in the anus and perineum
dribbling after urination

Tongue: Purple, sticky-yellow coating on the root with red spots.
Pulse: Wiry, Firm or Choppy.

Treatment principle
Move Qi, invigorate Blood and Essence, remove obstructions from the Connecting channels.

Acupuncture
SP-4 Gongsun on the left with P-6 Neiguan on the right, Ren-1 Huiyin, BL-32 Ciliao, BL-34 Xialiao, Ren-3 Zhongji, BL-22 Sanjiaoshu, ST-28 Shuidao, SP-9 Yinlingquun, SP-6 Sanyinjiao, BL-22 Sanjiaoshu, ST-28 Shuidao.

Herbal therapy
Prescription
EMPIRICAL PRESCRIPTION BY Dr Liu Chun Ying
Explanation
This formula moves Qi, invigorates Blood and Essence and eliminates stasis. It also resolves Dampness. This formula also removes obstructions from the Blood Connecting channels of the prostate. The Blood Connecting channels are a part of the Connecting channels' system that is deeper than the Main channels. The Blood Connecting channels are involved when there is Blood stasis in chronic diseases.

This formula also removes obstructions from the Blood Connecting channels of the prostate. The Blood Connecting channels are a part of the Connecting channels's system that is deeper than the Main channels. The Blood Connecting channels are involved when there is Blood stasis in chronic diseases.

Explanation
This formula invigorates Blood and eliminates stasis from the Connecting channels. It is not suitable to treat prostatitis on its own, but some of its ingredients can be added to other formulae.

Prescription
EMPIRICAL PRESCRIPTION by Dr Liu You Fang
Explanation
This formula invigorates Blood and moves Qi.

Prescription
EMPIRICAL PRESCRIPTION by Dr. Mai Guo Jian
Explanation
This formula invigorates Blood, eliminates stasis and softens hardness.

Prescription
EMPIRICAL PRESCRIPTION by Dr Wang Bing Jun
Explanation
This formula invigorates Blood, eliminates stasis, moves Qi, resolves Dampness and softens hardness.

Three Treasures remedy - Clear the Root plus Stir Field of Elixir
Clear the Root resolves Damp-Heat and Toxic Heat and it invigorates Blood.

Acupuncture
SP-4 Gongsun on the left with P-6 Neiguan on the right, Ren-1 Huiyin, BL-32 Ciliao, BL-34 Xialiao, Ren-3 Zhongji, SP-9 Yinlingquun, SP-6 Sanyinjiao, BL-22 Sanjiaoshu, ST-28 Shuidao.

Herbal therapy
Prescription
EMPIRICAL PRESCRIPTION by Dr Liu Chun Ying
Explanation
This formula invigorates Blood and eliminates stasis from the Connecting channels. It is not suitable to treat prostatitis on its own, but some of its ingredients can be added to other formulae.

Prescription
EMPIRICAL PRESCRIPTION by Dr Liu You Fang
Explanation
This formula invigorates Blood and moves Qi.

Prescription
EMPIRICAL PRESCRIPTION by Dr. Mai Guo Jian
Explanation
This formula invigorates Blood, eliminates stasis and softens hardness.

Prescription
EMPIRICAL PRESCRIPTION by Dr Wang Bing Jun
Explanation
This formula invigorates Blood, eliminates stasis, moves Qi, resolves Dampness and softens hardness.

Three Treasures remedy - Clear the Root plus Stir Field of Elixir
Clear the Root resolves Damp-Heat and Toxic Heat and it invigorates Blood.
d) KIDNEY-QI DEFICIENCY WITH DAMPNESS
Clinical manifestations

- Tongue: Pale with a sticky coating.
- Pulse: Soggy.
- Chronic urinary difficulty
- Frequency
- Turbid urine
- Urgency and pain
- Whitish discharge at the end of urination
- Dull ache in the genitals radiating to the groin

Treatment principle
Tonify and warm the Kidneys and Spleen and resolve Dampness.

Acupuncture
S.I.-3 Houxi on the left with BL-62 Shenmai on the right, Ren-4 Guanyuan, BL-23 Shenhu, KI-7 Fuliu, Ren-12 Zhongwan, ST-36 Zusanli, BL-20 Pishu, Ren-3 Zhongli, ST-28 Shuidao, SP-9 Yinlingquan, SP-6 Sanyinjiao, BL-22 Sanjiao, Ren-1 Huiyin, BL-32 Ciliao, BL-34 Xialiao. Moxa is applicable.

Herbal therapy

Prescription
EMPIRICAL PRESCRIPTION by Dr. Liu Chun Ying

Explanation
This formula tonifies Spleen- and Kidney-Yang and resolves Dampness.

Prescription
EMPIRICAL PRESCRIPTION

Bi Xie
Tu Si Zi 10g Ze Xie 15g Shi Chang Pu 6g Yi Zhi Ren 10g
Huai Niu Xi 6g Che Qian Zi 10g Ma Pian Cao 6g Shan Yao 10g
Fu Ling 15g Wu Yao 10g Sha Yuan Zi 10g Gan Cao 5g

Explanation
This formula tonifies Spleen-Yang and resolves Dampness. However, the emphasis is on tonifying Dampness as it contains only one Kidney tonic.

Prescription
TU SI ZI WAN plus BI XIE FEN QING YIN Cuscuta Pill plus Dioscoreae Separating the Clear Decoction
Explanation
These two formulae together tonify Kidney-Yang, resolve Dampness and eliminate turbidity.

Prescription
EMPIRICAL PRESCRIPTION by Dr Lin Jun Yu

Explanation
This formula tonifies Kidney-Yang and resolves Dampness.

Three Treasures remedy
Separate Clear and Turbid plus Strengthen the Root.
Separate Clear and Turbid resolves Dampness from the genito-urinary passages while Strengthen the Root tonifies Kidney-Yang.

e) KIDNEY-YANG AND LIVER-BLOOD DEFICIENCY
Clinical manifestations

- Tongue: Pale.
- Pulse: Weak, Deep.
- Dysuria
- Foul-smelling urine
- Frequent-pale urination
- Weakness of the lower back and knees
- Cold legs
- Decreased sexual desire
- Impotence
- Lower backache
- White urethral discharge
- Cold legs
- Weakness of the lower back and knees

Treatment principle
Tonify and warm Kidney-Yang, nourish Liver-Blood.

Acupuncture
Ren-4 Guanyuan, KI-7 Fuliu, BL-23 Shenhu, ST-36 Zusanli, LV-8 Ququan, SP-6 Sanyinjiao, Ren-3 Zhongli, ST-28 Shuidao, SP-9 Yinlingquan, BL-22 Sanjiao, Ren-1 Huiyin, BL-32 Ciliao, BL-34 Xialiao. Moxa is applicable.

Herbal therapy

Prescription
EMPIRICAL PRESCRIPTION BY Dr. Liu Chun Ying

Explanation
This formula strongly tonifies and warms Kidney-Yang and nourishes Liver-Blood.

Prescription
TU SI ZI WAN Cuscuta Pill
Explanation
This formula strongly tonifies and warms Kidney-Yang and nourishes Blood.

Explanation
This formula strongly tonifies Kidney-Yang and nourishes Blood.

Three Treasures remedy
Separate Clear and Turbid plus Strengthen the Root.
Separate Clear and Turbid resolves Dampness from the genito-urinary passages while Strengthen the Root tonifies Kidney-Yang.

f) KIDNEY-YIN DEFICIENCY
Clinical manifestations

- Tongue: without coating; Red if there is Empty Heat.
- Pulse: Floating-
- Empty; Rapid if there is Empty Heat.

Treatment principle
Nourish Kidney-Yin, resolve Dampness.
### Acupuncture

**Points**
- LU-7 Lieque on the left with KI-6 Zhaohai on the right, Ren-4 Guanyuan, KI-3 Taixi, BL-23 Shenshu, Ren-3 Zhongji, ST-28 Shuidao, SP-9 Yinlingquans, SP-6 Sanyinjiao, BL-22 Sanjiaoshu, Ren-1 Huiyin, BL-32 Ciliao, BL-34 Xialiao.

**Herbal therapy**

**Prescription**

**EMPIRICAL PRESCRIPTION by Dr Liu Chun Ying.**

**Explanation**

This formula nourishes Liver- and Kidney-Yin, resolves Dampness and mildly invigorates Blood.

**Prescription**

**EMPIRICAL PRESCRIPTION by Dr Wang Bing Jun**

**Three Treasures remedy**

**Clear the Root and Nourish the Root**


### Treatment principle

**Consolidate the Kidney-Essence, resolve Dampness, eliminate turbidity.**

**Acupuncture**
- BL-23 Shenshu, Ren-4 Guanyuan, KI-13 Qixue, Ren-3 Zhongji, Ren-9 Shuifen, BL-22 Sanjiaoshu, SP-9 Yinlingquans, SP-6 Sanyinjiao, Ren-5 Shimen.

**Herbal therapy**

**Prescription**

**EMPIRICAL PRESCRIPTION BY Dr. Zhu Yong Jian**

**Explanation**

- Tu Si Zi, Sha Yuan Zi, Yi Zhi Ren and Shan Yao tonify the Kidneys and consolidate the Essence.
- Fu Ling, Ze Xie and Che Qian Zi resolve Dampness and resolve turbidity.
- Bi Xie eliminates turbidity.
- Huai Niu Xi regulates the Bladder and nourishes the Kidneys.
- Wu Yao promotes the Qi transformation function of the Bladder.
- Shi Chang Pu opens the orifices and helps Bi Xie to resolve turbidity.

### Clinical manifestations

- Dizziness
- Decreased memory
- Tinnitus
- Painful urination
- Dysuria
- Lower backache
- Turbid-white urethral discharge
- Pain in the hypogastrium, perineum, penis
- Dribbling after micturition
- Impotence
- Nocturnal emissions
- Premature ejaculation
- Impotence
- Tongue: Pale
- Pulse: Weak, Choppy

### h) HEART AND KIDNEY DEFICIENCY

**Clinical manifestations**

- Tinnitus
- Insomnia
- Palpitations
- Tiredness
- Lower backache

**Treatment principle**

**Tonify Kidney-Yang, tonify Heart-Qi, nourish Heart-Blood, promote the descending of Heart-Qi.**

**Acupuncture**
- SP-4 Gongsun on the left and P-6 Neiguan on the right, BL-23 Shenshu, Ren-4 Guanyuan, KI-3 Taixi, HE-5 Tongli, HE-7 Shenmen, Ren-1 Huiyin, BL-32 Ciliao, BL-34 Xialiao.

**Herbal therapy**

**Prescription**

**EMPIRICAL PRESCRIPTION by Dr Mai Guo Jian**

**Explanation**

This formula invigorates Blood, eliminates stasis, tonifies Kidney-Yang, nourishes the Heart and calms the Mind.

**Three Treasures remedy**

**Clear the Root (small dose) plus Arouse Power.**

- Clear the Root resolve Dampness and invigorates Blood; Arouse Power harmonizes Heart and Kidneys, tonifies the Kidneys, promotes the descending of Heart-Qi and calms the Mind.