

## MEN'S SEXUAL AND PROSTATE PROBLEMS IN CHINESE MEDICINE

While Chinese medicine has a rich tradition in the diagnosis and treatment of gynaecological problems, fewer 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 Du Mai, Ren Mai and Chong Mai are said to arise in the Lower Burner and flow through the uterus: but where do they flow through in men? The classics do not say.

The present newsletter will discuss the physiology of men's sexual organs including the prostate, some aspects of pathology and the treatment of the following conditions:

- Impotence
- Premature ejaculation
- Low sperm count
- Benign prostatic hypertrophy
- Prostatitis

Before discussing the treatment of specific conditions, we should look at the channels that affect men's genital system and how the penis, testis, seminal vesicles and prostate fit in Chinese Medicine.

Chapter 65 of the "Spiritual Axis" says: "The Directing and Penetrating Vessels originate from the Lower Dan Tian [literally "Bao"]."1. 1981 Spiritual Axis (Ling Shu Jing [#ch]), People's Health Publishing House, Beijing, p. 120. First published c. 100 BC. The actual term used by the "Spiritual Axis" is "Bao" which is often translated as "uterus". However, while the term "Zi Bao" refers to the Uterus, the word "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 and, as the Extraordinary Vessels originate from here, they are closely connected to Essence.

The "Golden Mirror of Medicine" (Yi Zong Jin Jian, 1742) says: "The Governing vessel 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."

This classic text therefore states clearly that Bao is a structure common to men and women, in the former corresponding to the "Room of Sperm" (or "Room of Jing") and the latter to the Uterus. 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 therefore the Du Mai, Ren Mai and Chong Mai flow through the prostate.

### CHANNELS INFLUENCING MEN'S GENITALIA

The genitals are related primarily to the Liver and Kidney channels and to the Ren, Chong and Du Mai. The Liver Luo channel, loops around the genitalia. While the influence of the Ren Mai on the genitalia is obvious, that of the Du Mai Vessel is often overlooked.

The "Su Wen" (Chapter 60) describes an anterior branch of the Du Mai Vessel that flows to the external genitalia both in men and women, and to the pubic bone and from here ascends up the abdomen on the same trajectory as the Ren Mai.

The pathways of the channels flowing through the genitalia are as follows:

- A branch of the Du Mai flows down to the genitalia.
- The Kidney Main, Luo and Muscle channels flow through the genitalia.
- The Liver Main, Luo, Divergent and Muscle channels wrap around the genitalia.

#### MALE GENITAL MANIFESTATIONS OF PHLEGM

- Prostatic hypertrophy
- Peyronie's disease
- Priapism
- Impotence
- Sweaty genitals

#### OTHER GENERAL MANIFESTATIONS OF PHLEGM

- 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

#### MALE GENITAL MANIFESTATIONS OF STASIS OF JING

Although it may seem strange to talk of "stasis" of Jing, it does occur in men and it is basically men's equivalent of Stasis of Blood in the Uterus in women.

The clinical manifestations of stasis of Jing are: 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.

#### THE ROLE OF THE HEART IN THE MALE GENITAL SYSTEM

The menstrual and sexual function in women and the sexual function in men rely on the coordination and harmony between Kidneys and Heart. The Water of the Kidneys and the Fire of the Heart need to nourish each other. While the Kidney-Essence is the origin of sperm in men and menstrual blood/ova in women, the Heart plays an important role in erection and sexual arousal.

In particular, in men, the Heart plays a crucial role in erection, orgasm and ejaculation. Just as the discharge of blood at menstruation and the release of the eggs at ovulation depend on the descending of Heart-Qi, erection and ejaculation also depend on the descending of Heart-Qi. To perform these functions, Heart-Qi descends to communicate with Kidney-Qi.

Kidney-Water needs to ascend towards the Heart and Heart-Fire (the physiological Emperor Fire) needs to descend towards the Kidneys: the coordination between the descending of Heart-Fire and ascending of Kidney-Water ensures a normal menstruation and ovulation in women and normal sexual function in both men and women.

The ascending of the Kidneys and descending of the Heart in the menstrual and sexual sphere is also ensured by the communication between the Du Mai and the Ren Mai: in fact, both these extraordinary vessels originate from the space between the Kidneys, both flow through the Uterus (in men through the prostate) and both flow through the heart. The Du Mai and Ren Mai form like a closed circuit and may be looked upon as one channel, one Yang, the other Yin. The Du Mai represents the Kidney-Yang and the Ren Mai the Kidney-Yin in the fluctuation of Yin and Yang during the menstrual cycle: the proper communication between Heart and Kidneys and between the Du and Ren Mai ensures a normal menstruation/ovulation and normal sexual function.

With regard to sexual function, during sexual excitation the Minister Fire within the Kidneys is aroused and flows up towards the Pericardium and Heart: for this reason the person becomes flushed in the face (the complexion is a manifestation of the Heart) and the heart rate increases during sexual excitation. With orgasm and ejaculation, there is a downward movement of Qi which releases the accumulated Minister Fire downwards: in order for this to occur normally the downward movement of Heart-Qi is crucial.

A normal sexual desire, arousal, erection and orgasm therefore relies on three main factors:

- The ascending of Kidney-Water and descending of Heart-Fire
- The communication between Kidneys and Heart
- The connection between Du and Ren Mai.

If the Minister Fire within the Kidneys is deficient there will be a decreased libido in both men and women and an inability to reach an orgasm in women and impotence in men. If Heart-Qi and Heart-Blood are deficient or not descending to communicate with the Kidneys, there may be impotence or premature ejaculation in men and inability to reach an orgasm in women even in the presence of sexual arousal.

The "Discussion on Blood" written in 1884 by Tang Zong Hai says: " Fire is Yang and generates Blood which is Yin. On the other hand, Blood nourishes Fire and makes sure that Fire does not flare up, whilst Blood moistens the lower Burner. It is stored in the Liver, it fills the Sea of Blood and the Penetrating, Directing and Girdle extraordinary vessels, and it warms and nourishes the whole body . . . When Blood moistens the Lower Burner and the Sea of Blood, and Heart-Fire follows it down to the umbilicus, then Blood is flourishing and Fire does not flare excessively, so that men are free of disease and women are fertile."

From this passage it is apparent that the Heart-Qi and Heart-Blood need to flow downwards to the Lower Burner to interact with Blood and Jing.

## IMPOTENCE

### FACTORS AFFECTING ERECTION

- Du Mai - Kidney-Yang - Minister Fire - Fire of Ming Men
- Blood - Heart-Blood
- Chong Mai in four ways:
  - Sea of Blood
  - Post-Natal Qi (at ST-30 Qichong)
  - Pre-Natal Qi (at Ren-1 Huiyin, KI-13 Qixue and Ren-4 Guanyuan)
  - Influences penis through Zong muscles
- Liver channel (Main, Luo, Muscle and Divergent) wraps around penis
- Pathogenic factors such as Dampness, Blood stasis, stasis of Jing.

## KIDNEY-YANG DEFICIENCY

Impotence, lower backache, dizziness, tinnitus, frequent-pale urination, nocturia, feeling cold, cold lower back and knees, Pale tongue, Deep-Weak pulse.

Gui Lu Bu Shen Tang

Lu Jiao Jiao, Gui Ban Jiao, Gou Qi Zi, Rou Cong Rong, Huang Qi, Shu Di Huang, Yin Yang Huo, Yi Zhi Ren, Ba Ji Tian.

Acupuncture: BL-23, BL-20, SI-3 on the left with BL-62 on the right, Du-20, Ren-6, Ren-4, Ren-3, KI-3.

Three Treasures remedy: Strengthen the Root or Unicorn Pearl (Women's Treasure).

## KIDNEY-YIN DEFICIENCY

Impotence, lower backache, dizziness, tinnitus, scanty-dark urine, night-sweating, insomnia, tongue without coating, Floating-Empty pulse.

Di Long Tang

Di Long, Shan Yao, Shan Zhu Yu, Tu Si Zi, Tian Men Dong, Gou Qi Zi, Gui Ban Jiao, Shu Di Huang, Mu Li, Mu Dan Pi.

Acupuncture: BL-23, BL-20, SI-3 on the left with BL-62 on the right, Du-20, Ren-6, Ren-4, Ren-3, KI-3, LU-7 with KI-6.

Three Treasures remedy: Nourish the Root or Growing Jade (Women's Treasure).

## DAMP-HEAT IN LOWER BURNER

Impotence, difficult-painful urination, turbid urine, itching of genitals, urethral discharge, tongue with sticky-yellow coating with red spots on root, Slippery pulse.

Bi Xie Fen Qing Yin (Bensky, p. 201)

Zhi Bo Di Huang Wan (Bensky, p. 265)

Acupuncture: SP-4 on the left with P-6 on the right, LIV-5, SP-9, SP-6, Ren-2, Ren-3, LIV-1, LIV-3.

Three Treasures remedy: Separate Clear and Turbid.

## DAMP-HEAT IN LIVER CHANNEL

Impotence, difficult-painful urination, rash external genitalia, irritability, tongue with red sides and sticky-yellow coating and red spots on the root, Wiry pulse.

Qing Gan Li Shi Tang

Huang Bo, Huang Qin, Qu Mai, Bian Xu, Hua Shi, Zhi Zi, Che Qian Zi, Mu Tong, Chai Hu, Yin Chen Hao, She Chuang Zi, Wang Bu Liu Xing, Jin Qian Cao.

Acupuncture: SP-4 on the left with P-6 on the right, LIV-5, SP-9, SP-6, Ren-2, Ren-3, LIV-1, LIV-3.

Three Treasures remedy: Drain Fire.

## LIVER-BLOOD DEFICIENCY

Impotence, dizziness, blurred vision, depression, insomnia, Pale tongue, Choppy pulse.

Shao Yao Gan Cao Tang Jia Wei

Bai Shao, Zhi Gan Cao, Dang Gui, Shu Di Huang, Huang Jing, Shan Zhu Yu, Wu Wei Zi, Gou Qi Zi.

Acupuncture: BL-18, BL-23, Ren-4, LU-7 on the left with KI-6 on the right, LIV-8, Ren-3, ST-36, SP-6.

Three Treasures remedy: Precious Sea.

## HEART AND GALL-BLADDER QI DEFICIENCY

Impotence, premature ejaculation, depression, timidity, sighing, insomnia, palpitations, easily startled, Pale tongue, Weak pulse.

Da Bu Yuan Jian

Shu Di Huang, Shan Zhu Yu, Shan Yao, Gou Qi Zi, Du Zhong, Dang Shen, Gan Cao, Dang Gui.

Acupuncture: HE-7, GB-40, Ren-4, Du-20, ST-36, SP-6, SI-3 on the left with BL-62 on the right.

Three Treasures remedy: Breaking Clouds.

## HEART-BLOOD DEFICIENCY

Impotence, palpitations, dizziness, depression, insomnia, Pale tongue, Choppy pulse.

Gui Pi Tang (Bensky, p. 255).

Acupuncture: HE-7, HE-5, SI-3 on the left with BL-62 on the right, Du-24, Ren-15, Ren-4, Ren-3, BL-15.

Three Treasures remedy: Calm The Shen.

## STASIS OF JING AND PHLEGM

Impotence, pain in the testis and perineum, hypogastric pain, premature greying of hair, abnormal sperm (motility, shape, etc.), oppression of the chest, urethral discharge, Purple tongue, Firm-Slippery pulse.

Huo Xue Tong Jing Tang

Dang Gui, He Shou Wu, Yi Mu Cao, Ji Xue Teng, Chuan Niu Xi, Gou Qi Zi, Xue Jie, Ban Xia, Dan Nan Xing, Gua Lou.

Acupuncture: SP-4 on the left with P-6 on the right, Ren-3, LIV-5, SP-10, BL-34, ST-40, SP-9.

Three Treasures remedy: Stir Field of Elixir and Limpid Sea.

## PREMATURE EJACULATION

### HEART AND KIDNEYS NOT COMMUNICATING (Heart- and Kidney-Yin Xu)

Premature ejaculation, 5-palm heat, dizziness, tinnitus, night-sweating, palpitations, lower backache, depression.

Zhi Bai Di Huang Wan plus Jin Suo Gu Jing Wan (Bensky, p. 360).

Acupuncture: HE-7, KI-7, Ren-15, Du-20, SI-3 on the left and BL-62 on the right, BL-23, BL-32, Ren-4.

Three Treasures remedy: Heavenly Empress (Women's Treasure).

### HEART AND KIDNEYS NOT COMMUNICATING (Heart- and Kidney-Qi Xu)

Premature ejaculation, dizziness, tinnitus, palpitations, lower backache, depression, pale face.

Gui Pi Tang plus Jin Suo Gu Jing Wan

Acupuncture: HE-7, KI-7, Ren-15, Du-20, SI-3 on the left and BL-62 on the right, BL-23, BL-32, Ren-4.

Three Treasures remedy: Calm the Shen plus Strengthen the Root.

## LOW SPERM COUNT

### KIDNEY-YANG DEFICIENCY

Low sperm count, dizziness, tinnitus, lower backache, cold back and knees, frequent-pale urination, etc. Pale tongue, Weak-Deep pulse.

#### WU ZI HENG ZHONG WAN Variation

Gou Qi Zi, Tu Si Zi, Wu Wei Zi, Fu Pen Zi, Che Qian Zi, Sang Shen Zi (Fructus Mori albi), Fu Zi, Jiu Cai Zi (Semen Allii tuberosi), Lu Ba Zi (Semen Trigonellae Foeni-graeci), She Chuang Zi, Dang Gui, Xu Duan, Dang Shen, Ba Ji Tian, Lu Jiao Jiao  
Acupuncture: SI-3 on the left and BL-62 on the right, BL-23, Ren-4, KI-13, KI-12, BL-32.  
Three Treasures remedy: Strengthen the Root.

#### KIDNEY-YIN DEFICIENCY

Low sperm count, dizziness, tinnitus, feeling of heat in the evening, night sweating, backache, tongue without coating, Floating-Empty pulse.

##### Ye Ha Sheng Jing Tang

Mu Dan Pi, Di Gu Pi, Chi Shao, Bai Shao, Shan Zhu Yu, Lian Qiao, Xia Ku Cao, Chai Hu, Zhu Ye, Fu Ling, Sheng Di Huang, Xuan Shen, Mai Men Dong, Zhe Bei Mu, Dan Shen, Gou Qi Zi, Yin Yang Huo, Mu Li.

Acupuncture: Ren-4, LU-7 on the left and KI-6 on the right, Ren-7, KI-13, KI-12, BL-23.  
Three Treasures remedy: Nourish the Root.

#### LIVER-QI STAGNATION WITH KIDNEY DEFICIENCY

##### Zhi Bai Di Huang Wan Variation

Shu Di, Gou Qi Zi, Tu Si Zi, Shan Zhu Yu, Lu Jiao Jiao, Shan Yao, Fu Ling, Huang Bo, Zhi Mu, Suan Zao Ren, Chai Hu, Huai Niu Xi.

Acupuncture: LU-7 on the left and KI-6 on the right, Ren-4, KI-13, KI-12, BL-23, LIV-3.  
Three Treasures remedy: Release Constraint plus Strengthen the Root or Nourish the Root (the former for Kidney-Yang Xu and the latter for Kidney-Yin Xu).

#### DAMP-HEAT IN THE GENITAL SYSTEM

Low sperm count, low motility, difficult urination, turbid urine, dark urine, painful urination, tongue with sticky-yellow coating and red spots on the root, Slippery pulse.

##### Long Dan Xie Gan Tang

Acupuncture: LU-7 on the left and KI-6 on the right, Ren-9, ST-28, KI-12, Ren-3, BL-22, SP-9.

Three Treasures remedy: Drain Fire or Separate Clear and Turbid.

#### QI STAGNATION AND BLOOD STASIS

Low sperm count, poor motility, distension and discomfort of testis, pain in perineum, hypogastric pain, prostatic hypertrophy, Purple tongue.

##### Ge Xia Zhu Yu Tang (Bensky p. 316).

Acupuncture: LIV-3, SP-4 on the left and P-6 on the right, SP-10, BL-17, KI-14, ST-30.  
Three Treasures remedy: Stir Field of Elixir.

### LOW SPERM MOTILITY

#### KIDNEY-YANG DEFICIENCY

Low sperm motility, pale face, dizziness, backache, pale-frequent urination, etc.

Shu Di, Shan Yao, Gou Qi Zi, Tu Si Zi, Nu Zhen Zi, Han Lian Cao, Wu Wei Zi, Sang Ji

Sheng, Lu Jiao Jiao, Yin Yang Huo, Suo Yang, Ba Ji Tian, Sha Ren, Gan Cao.  
Acupuncture: SI-3 on the left and BL-62 on the right, BL-23, Ren-4, KI-13, KI-12, BL-32.  
Three Treasures remedy: Strengthen the Root.

## KIDNEY-YIN DEFICIENCY WITH EMPTY HEAT

Low sperm motility, backache, dizziness, tinnitus, night-sweating, 5-palm heat, malar flush, nocturnal emissions with dreams, Red tongue without coating, Floating-Empty and Rapid pulse.

Er Xian Tang

Xian Mao, Yin Yang Huo, Ba Ji Tian, Dang Gui, Zhi Mu, Huang Bo.

Acupuncture: LU-7 on the left and KI-6 on the right, Ren-4, KI-12, HE-6, KI-3, Ren-7.

Three Treasures remedy: Nourish the Root or Ease the Journey - Yin.

## THE PROSTATE

The following is a comparison between the Uterus/Ovaries and the prostate/testis/seminal vesicles from a Chinese perspective.

### UTERUS - OVARIES

### PROSTATE-TESTICLES SEMINAL VESICLES

- Uterus muscular tissue
  - Controls the outflow of urine from the bladder and into the urethra.
  - Prostate's fibromuscular tissue is about 30% of its total tissue mass.
  - This role is more properly that of an organ than that of a gland. Ovaries produce eggs.
  - The seminal vesicles produce their own seminal fluid which nourishes and gives volume to the sperm.
  - Prostate adds its own prostatic fluid to this mixture.
- Ovaries mature at puberty
  - Almost all of the prostate's mass develops during puberty in response to hormonal changes associated with maturation. The prostate literally doubles in size during puberty.
- Ovaries at peak during
  - Testosterone is at its adolescence peak during adolescence. It decreases thereafter, and the rate of decrease sharpens by about age 50.
- Change in balance of Ren
  - During male of Ren and Du Mai in an increased ratio of menopause estrogen to testosterone just as in women passing through menopause, the ratio of testosterone to estrogen increases.

### 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.

The clinical manifestations of benign prostatic hypertrophy are:

- 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

## PATHOLOGY

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

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

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

## BLOOD CONNECTING CHANNELS (LUO)

Blood stasis in prostate is in prostate's Blood Luo channels. Need herbs that "penetrate the Luo" (tong Luo): Lu Lu Tong, Tong Cao, Ju Luo, Si Gua Luo, Lou Lu.

## HERBAL STRATEGY

- Invigorate Blood: Lu Lu Tong, Wang Bu Liu 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
- Softening: Yi Yi Ren, Zhe Bei Mu, Kun Bu
- Resolve Toxic Heat: Bai Hua She She Cao, Shan Dou Gen, Tian Kui Zi
- Penetrate the Luo: Lu Lu Tong, Tong Cao, Ju Luo, Si Gua Luo, Lou Lu
- Open the orifices: Shi Chang Pu

## ACUPUNCTURE

- Du Mai: SI-3 on the left and BL-62 on the right
- Ren Mai: LU-7 on the left and KI-6 on the right, Ren-2, Ren-3
- Chong Mai: SP-4 on the left and P-6 on the right, KI-14
- Liver channel: LIV-5, LIV-1, LIV-3
- Back-Shu points: BL-32, BL-34
- Damp-Phlegm: ST-40, SP-9, BL-22, ST-28, Ren-3, Ren-5
- Blood stasis: LIV-3, SP-10, BL-17, KI-14

## BLOOD STASIS

Decreased urinary flow, nocturia, hypogastric pain, pain in perineum, Purple tongue, Wiry, Choppy or Firm pulse. Prostate pulse Wiry.

## HU PO SI WU TANG

Shu Di, Bai Shao, Chuan Xiong, Dang Gui, Tao Ren, Hong Hua, Niu Xi, Dan Shen, Chuan shan Jia (replace with Zhe Bei Mu), Rou Gui, Hu Po, Wang Bu Liu Xing.

Acupuncture: BL-32, BL-34, LIV-5, SP-4 with P-6, SP-10, BL-17, BL-22, LIV-3, LIV-1, Ren-2, KI-14.

Three Treasures remedy: Stir Field of Elixir and Clear the Root.

## DAMP-PHLEGM

Urinary difficulty, turbid urine, painful urination, stopping and starting, hypogastric



heaviness, feeling of heaviness perineum, tongue Swollen with sticky coating, Slippery pulse. Prostate pulse Slippery.

#### CANG FU DAO TAN WAN

Cang Zhu, Fu Zi, Ban Xia, Chen Pi, Fu Ling, Dan Nan Xing, Zhi Shi, Gan Cao, Yi Yi Ren, Huang Bo.

Acupuncture: LU-7 on the left and KI-6 on the right, ST-28, BL-22, Ren-3, Ren-9.

Three Treasures remedy: Separate Clear and Turbid, Clear the Root.

#### KIDNEY- AND SPLEEN-YANG DEFICIENCY

Urinary frequency, slight incontinence, dribbling, urgency, cold legs and knees, lower backache, dizziness, tinnitus, tiredness, depression, loose stools, Pale tongue, Deep-Weak pulse.

Huang Qi, Dang Shen, Shan Yao, Xu Duan, Sang Ji Sheng, Fu Ling, Ze Xie, Mu Dan Pi, Wu Yao, Fu Pen Zi.

Acupuncture: BL-20, BL-23, SI-3 with BL-62, Ren-4, Ren-3, KI-13, KI-12, BL-32, BL-34.

Three Treasures remedy: Strengthen the Root.

#### LIVER- AND KIDNEY-YIN DEFICIENCY

Urinary difficulty, dark urine, frequent but scanty urination, night-sweating, 5-palm heat, lower backache, dizziness, tinnitus, tongue without coating, Floating-Empty pulse.

#### ZHI BO DI HUANG WAN

Plus: Yi Yi Ren, Shi Wei, Gou Qi Zi, Mu Dan Pi

Acupuncture: Ren-4, KI-13, LU-7 on the left with KI-6 on the right, Ren-7, Ren-3, BL-32, SP-6.

Three Treasures remedy: Nourish the Root.

#### STASIS OF JING

Urinary difficulty, decreased urinary flow, nocturia, hypogastric pain, pain in perineum, seminal emissions, urethral discharge, Purple tongue, Wiry, Choppy or Firm pulse. Prostate pulse Wiry.

#### HUO XUE TONG JING TANG Variation

Dang Gui, He Shou Wu, Yi Mu Cao, Ji Xue Teng, Chuan Niu Xi, Gou Qi Zi, Xue Jie, Pu Huang, Tao Ren, Wang Bu Liu Xing.

Acupuncture: SP-4 on the left with P-6 on the right, LIV-3, LIV-1, Ren-3, KI-14, Zigong, BL-32.

Three Treasures remedy: Clear the Root.

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

Urinary difficulty, retention of urine when under stress, hypogastric distension, irritability, turbid urine, hypogastric heaviness, feeling of heaviness perineum, tongue red on the side, Swollen with sticky coating, Slippery-Wiry pulse. Prostate pulse Wiry.

#### SHU GAN SAN JIE FANG

Chai Hu, Dan Shen, Chi Shao, Dang Gui, Chuan Niu Xi, Mu Li, Xuan Shen, Zhe Bei Mu, Xia Ku Cao, Hai Zao, Kun Bu, Hai Fu Shi.

Acupuncture: SP-4 with P-6, LIV-3, LIV-5, Du-24, Ren-15, KI-14, Ren-3, SP-9, ST-40, ST-28.

Three Treasures remedy: Clear the Root and Break into a Smile.

### PROSTATITIS

## DAMP-HEAT IN LOWER BURNER

Acute pain on urination, frequency, urgency, urinary difficulty, pain in the genitalia radiating to the groin, fever, headache, body aches, aversion to cold, Red tongue with sticky-yellow coating on root, Slippery-Rapid pulse.

Wang Bu Liu Xing, Huang Bo, Bai Jiang Cao, Pu Gong Ying, Chi Shao, Yan Hu Suo, Mu Dan Pi, Jiao Ci, Mu Xiang, Gan Cao.

Acupuncture: BL-32, BL-34, BL-22, Ren-3, KI-11, Ren-2, SP-9, ST-28, L.I.-11

Three Treasures remedy: Clear the Root.

## KIDNEY DEFICIENCY WITH DAMP-HEAT IN LOWER BURNER

Chronic dull pain on urination, frequency, urgency, urinary difficulty, dull ache in the genitalia radiating to the groin, lower backache, dizziness, tinnitus, tongue with sticky-yellow coating on root, Slippery-Weak pulse.

Wang Bu Liu Xing, Huang Bo, Chi Shao, Yan Hu Suo, Mu Dan Pi, Jiao Ci, Mu Xiang, Gan Cao, Tu Si Zi, Gou Qi Zi.

Acupuncture: BL-32, BL-34, BL-22, Ren-3, KI-11, Ren-2, SP-9, ST-28, L.I.-11

Three Treasures remedy: Water Passages.

## CHRONIC PROSTATITIS

Prostatitis is an inflammation of the prostate and may involve considerable pain, whereas BPH may not involve any pain at all (as opposed to discomfort). Prostatitis is fairly common in adult males and has been classified into four types. Only 5 percent of all cases at most consist of either acute or chronic bacterial prostatitis. Nonbacterial prostatitis comprises 64 percent of cases and *prostatodynia* makes up another 31 percent.

Acute prostatitis is the result of bacterial infection, usually *E. coli*, and typically begins with the fever, chills and other symptoms which bacterial infections bring on. Pain in the lower back and in the area between the scrotum and the anus are typical, as is difficult and/or painful urination, increased frequency of urination, etc. Acute prostatitis is most commonly found in young sexually active men, and this may be the source of infection, especially if there are many different sexual partners. Treatment includes antibiotics and is usually effective.

Chronic prostatitis can be related to failed treatment of acute prostatitis or it may develop on its own. It involves frequently recurrent low-level infections of the prostate which usually involve the same strain of bacteria. Symptoms include frequent and painful urination and nocturia. Stones or calculi made up of urinary components are often found in the prostatic ducts, and this implies a reflux of urine into these areas. Antibiotics fail as a treatment in cases of chronic prostatitis because they cannot eliminate the bacteria which are found in these stones, hence there is a constant source for reinfection.

Another factor often found is a lack of zinc in prostatic fluid. Prostatic fluid is continuously released and contains a potent antibacterial factor which includes free zinc as the most active ingredient. Men with low levels of zinc in their prostatic fluid seem especially prone to chronic prostatitis.

Nonbacterial prostatitis is the most common of the prostatic conditions. It is characterized by an unusually high number and activity of inflammatory cells in the prostate. The resulting inflammation resembles that found in chronic prostatitis, but there is neither a history of infection nor do cultures (for bacteria) prove positive. Along with the symptoms found in bacterial infections, post-ejaculatory pain and discomfort are typical of this form of

prostatitis. Conventional medical treatments do not yield good results. Abstaining from alcohol and spicy foods helps in some cases.

Prostatodynia, which is most common in young and middle aged men, presents many symptoms similar to chronic prostatitis, but lacks the excessive number of inflammatory cells. Pain and/or discomfort in the groin, perineum, testicles, lower back and penis seem to characterize this condition. Smooth muscle spasms in the prostatic portion of the urethra and in the neck of the bladder are at work here. The subsequent reflux of urine into prostatic and ejaculatory ducts causes a chemically-induced inflammation. Fatigue in the muscles in the pelvic region and emotional stress appear to be powerful contributory factors in prostatodynia.

Prostate cancer in 1995 afflicted one out of six American men. At autopsy, between 10 and 30 percent of men over the age of 50 show some malignant cells in the prostate, and by age 90 the rate approaches 100 percent. Environment and diet appear to be primary causative factors. The symptoms of prostate cancer can be very similar to BPH or to the four forms of prostatitis. Often, prostate cancer gives rise to no symptoms at all. Only medical examinations are useful in diagnosing prostate cancer, in particular the new blood test for prostatic specific antigen (PSA). However, even the PSA test gives rise to many both false positives and false negatives.

#### DAMP-HEAT IN LOWER BURNER

Acute pain on urination, frequency, urgency, urinary difficulty, pain in the genitalia radiating to the groin, fever, headache, body aches, aversion to cold, Red tongue with sticky-yellow coating on root, Slippery-Rapid pulse.

Wang Bu Liu Xing, Huang Bo, Bai Jiang Cao, Pu Gong Ying, Chi Shao, Yan Hu Suo, Mu Dan Pi, Chuan Shan Jia, Jiao Ci, Mu Xiang, Gan Cao.

Acupuncture: BL-32, BL-34, BL-22, Ren-3, KI-11, Ren-2, SP-9, ST-28, L.I.-11, SP-4 on the left and P-6 on the right (Chong Mai).

Three Treasures remedy: Clear the Root.

#### KIDNEY-QI DEFICIENCY WITH DAMPNES

Chronic urinary difficulty, turbid urine, frequency, urgency and pain, whitish discharge at the end of urination, dull ache in the genitals radiating to the groin, Pale tongue, Soggy pulse.

Bi Xie, Tu Si Zi, Niu Xi, Fu Ling, Ze Xie, Che Qian Zi, Wu Yao, Shi Chang Pu, Ma Pian Cao (*Herba Verbenae*), Gan Cao, Sha Yuan Zi (*Semen Astragali*), Yi Zhi Ren, Shan Yao.

Acupuncture: BL-32, Ren-4, Ren-3, ST-28, SI-3 on the left with BL-62 on the right (Du Mai), SP-9, KI-7, BL-22, BL-23, BL-20.

Three Treasures remedy: Separate Clear and Turbid plus Strengthen the Root.

#### END NOTES

Wu Qian 1977 Golden Mirror of Medicine (*Yi Zong Jin Jian* [#ch]), People's Health Publishing House, Beijing, p. 129. First published in 1742.