

## E

**ear** 耳 *ěr*: Organ of hearing; orifice of the kidney. The ear's hearing ability depends on the state of essence, marrow, qi, and blood. **Diagnosis:** Ear diseases are largely related to the kidney, but may also be related to the heart, liver, and spleen. The hand greater yang (*tài yáng*) small intestine channel, foot greater yang (*tài yáng*) bladder channel, and hand lesser yang (*shào yáng*) triple burner channel all pass through the region of the ear. The withering of the auricles and shrinking of the lobes in the course of enduring or severe illness is a sign of qi and blood depletion and impending expiration of kidney qi. In recent years, extensive research into ear acupuncture has shown that some diseases of the bowels and viscera are reflected by changes in ear point reactivity. See DISEASES OF THE EAR. [26: 246]

**ear acupuncture** 耳针 *ěr zhēn*, 耳针疗法 *ěr zhēn liǎo fǎ*: A method of treatment that involves the needling of specific points of the ear. In a wider sense, it also includes massage, medicinal injections, and application of pressure to seeds or metal balls at specific points. When needling ear points, the needle is inserted and rotated for a few seconds. The needle may be retained for 30–60 minutes, during which time the needle may be rotated at intervals. Needles may also be implanted. Ear acupuncture has broad applications. The action of each point is usually indicated by the name. Points named after organs or parts of the body are used to treat diseases of those organs or parts. For example, the anus point is used to treat itching anus, splitting of the anus, hemorrhoids, and prolapse of the rectum; the toe, heel, ankle, and knee points are used to treat pain and stiffness in those areas. Points named after diseases or therapeutic actions treat those diseases or have those therapeutic actions. Thus, the allergy point treats allergies, whereas the panting-calming point relieves coughing and panting. A small number of points are named by their position on the auricle. These include helix points 1–6, which all treat disease of the tonsils and the apex point, which abates heat, reduces inflammation, lowers blood pressure, and resuscitates. Some ear points can be used in acupuncture anesthesia. [26: 248]

**ear gate** 耳门 *ěr mén*: **1.** The tongue-like projection in front of the ear. [WMC] tragus. **2.** TB-21 (*ěr mén*, Ear Gate), which is located at the tragus. [27: 63]

**earlier heaven** 先天 *xiān tiān*: What is received from the parents at an individual's conception; the congenital constitution. Earlier heaven is understood to be governed by the kidney, in opposition to later heaven (or the acquired constitution) governed by the spleen. ◊ Chin 先 *xiān*, first, earlier; 天 *tiān*, heaven, i.e., that upon which life depends. [97: 212] [26: 65]

**ear lock** 锐发 *ruì fà*: The lock of hair in front of the ear. [27: 63]

**early morning diarrhea** 晨泄 *chén xiè*: See FIFTH-WATCH DIARRHEA.

**ear mushroom** 耳菌 *ěr jùn*, 耳蕈 *ěr xùn*: *Synonym:* ear pile. A growth on the ear, bulbous in form and attached to the body by a thinner stem. An ear mushroom may be associated with slight pain, and pressure may cause pain stretching to the vertex of the head. It gradually grows in time and may block the ear hole or hang out of it. It can cause hearing impairment. It is attributed to congealing and gathering of liver and kidney channel fire toxin. [WMC] benign neoplasm of the ear. [MED] Clear the liver and drain fire using Gardenia Liver-Clearing Decoction (*zhī zǐ qīng gān tāng*). Sal Ammoniac Powder (*náo shā sǎn*) can be applied topically. [26: 250] [27: 494]

**ear pain** 耳痛 *ěr tòng*: Pain within the ear, usually associated with reduced hearing ability. Ear pain patterns are identified by attending signs. The main patterns are liver-gallbladder wind-heat, wind with damp-heat, vacuity fire, and qi-blood stasis obstruction. **Liver-gallbladder wind-heat** ear pain is attended by itching. Concurrence of intense triple burner and ministerial fire is characterized by swelling and distention. [MED] Treat by coursing wind and clearing heat with formulas such as Diaphragm-Cooling Powder (*liáng gé sǎn*). Intense triple burner and ministerial fire is treated by clearing and discharging liver, gallbladder, and triple burner fire, using formulas like Gentian Liver-Draining Decoction (*lóng dān xiè gān tāng*). [ACU] Base treatment mainly on GB, TB, and LI. Select GB-20 (*fēng chí*, Wind Pool), TB-5 (*wài guān*, Outer Pass), TB-17 (*yì fēng*, Wind Screen), GB-2 (*tīng huì*, Auditory Convergence), LI-4 (*hé gǔ*, Union Valley), GV-14 (*dà zhuī*, Great Hammer), and GB-34 (*yáng líng quán*, Yang Mound Spring); needle with drainage. For concurrent intense triple burner and ministerial fire, add TB-3 (*zhōng zhǔ*, Central Islet) and prick TB-1

(*guān chōng*, Passage Hub) to bleed. **Wind evil with damp-heat** causes pain accompanied by erosion and watery discharge. [MED] Dispel wind, eliminate dampness, and clear heat with formulas such as Sweet Dew Toxin-Dispersing Elixir (*gān lù xiǎo dú dān*), minus cardamom (*bái dòu kòu*) and agastache/patchouli (*huò xiāng*) plus large gentian (*qín jiāo*), ledebouriella (*fáng fēng*), and silkworm (*bái jiāng cán*). [ACU] Base treatment mainly on GB, TB, LI, SP, and ST. Select GB-20 (*fēng chí*, Wind Pool), TB-5 (*wài guān*, Outer Pass), TB-17 (*yì fēng*, Wind Screen), SI-19 (*tīng gōng*, Auditory Palace), TB-3 (*zhōng zhǔ*, Central Islet), LI-11 (*qū chí*, Pool at the Bend), LI-4 (*hé gǔ*, Union Valley), ST-36 (*zú sān lǐ*, Leg Three Li), SP-9 (*yīn líng quán*, Yin Mound Spring), and GB-34 (*yáng líng quán*, Yang Mound Spring); needle with drainage. **Vacuity fire** ear pain is characterized by mild pain and dizziness upon standing up after crouching. [MED] Nourish the blood and enrich yin with Anemarrhena, Phellodendron, and Rehmannia Pill (*zhī bǎi dì huáng wán*). [ACU] Base treatment mainly on KI and TB. Select BL-23 (*shèn shū*, Kidney Transport), KI-3 (*tài xī*, Great Ravine), TB-17 (*yì fēng*, Wind Screen), TB-21 (*ěr mén*, Ear Gate), and TB-3 (*zhōng zhǔ*, Central Islet); needle with even supplementation and drainage. **Qi-blood stasis obstruction** is characterized by a pulling pain in the ear with clouded head and tinnitus, thin tongue fur, dark tongue, and a fine rough pulse. [MED] Clear and drain liver heat; quicken the network vessels and free the orifices. Use Gentian Liver-Draining Decoction (*lóng dǎn xiè gān tāng*) combined with Four Agents Decoction (*sì wù tāng*). [ACU] Base treatment mainly on TB, LR, and SP. Select TB-17 (*yì fēng*, Wind Screen), TB-3 (*zhōng zhǔ*, Central Islet), SP-10 (*xuè hǎi*, Sea of Blood), LR-3 (*tài chōng*, Supreme Surge), and SP-6 (*sān yīn jiāo*, Three Yin Intersection) as the main points. For gallbladder heat evil, add GB-2 (*tīng huì*, Auditory Convergence), GB-43 (*xiá xī*, Pinched Ravine), and LR-2 (*xíng jiān*, Moving Between), needling with drainage. For external injury with congealing qi and blood, add TB-21 (*ěr mén*, Ear Gate) and LI-4 (*hé gǔ*, Union Valley); needle with even supplementation and drainage and if necessary prick to bleed with a three-edged needle. [26: 250] [50: 503] [46: 595, 618, 723] [113: 486] [13: 699]

**ear pile** 耳痔 *ěr zhì*: EAR MUSHROOM.

**earth** 土 *tǔ*: In the doctrine of the five phases, the phase associated with the season of long summer, the spleen (and stomach), the flavor sweetness, and the color yellow. [6: 28]

**earth engenders the myriad things** 土生万物 *tǔ shēng wàn wù*: The earth produces plant life on which man and animals feed. In the body, spleen

belongs to earth; it extracts the essence of grain and water (nutrients in foodstuffs) that nurtures the whole body. [27: 13] [97: 27]

**earth failing to dam water** 土不制水 *tǔ bù zhì shuǐ*: In the five phases, the spleen belongs to earth and the kidney belongs to water. Normally, the spleen restrains the fluids and ensures their normal movement and transformation, thereby preventing diseases characterized by the flooding of water. When spleen-earth is weak, it fails to restrain water-damp, causing water swelling or phlegm-rheum. NB: Water in this context refers to fluid in the body rather than to the kidney, the viscous belonging to water in the doctrine of the five phases. [27: 13] [97: 27]

**earth level** 地部 *dì bù*: The lower third of the insertion range of a needle, i.e., the lower third of the distance between the surface of the body and the point of deepest insertion. See HEAVEN, HUMAN, AND EARTH.

**earth likes warmth and dryness** 土喜温燥 *tǔ xǐ wēn zào*: Earth needs fresh water to produce crops, but if inadequately drained, it remains permanently damp and soggy, and therefore less productive. Its production is greatly increased by warmth. Similarly, the spleen, the viscus that corresponds to earth in the body, needs liquid as well as solid food (water and grain) to supply the body with nutrients (essence of grain and water). However, impairment of the splenic movement and transformation can give rise to water-damp in the body with inhibited urination, water swelling, and phlegm-rheum; conversely, exuberant water-damp and ingestion of raw and cold food places an added burden on the spleen's movement and transformation function. Through five-phase correspondences, "earth likes warmth and dryness" sums up these physiological and pathological characteristics. [27: 13] [97: 27]

**earth rampart** 地廓 *dì kuò*: See EIGHT RAMPARTS. [27: 500]

**Eastern Jin** 东晋 *dōng jìn*: The name of a dynasty (A.D. 317–420).

**Eastern (Later)** 东汉 *dōng hàn*: The name of a dynasty (A.D. 25–220).

**Eastern medicine** 东医 *dōng yī*: Chinese medicine as it is known in Korea and Japan. [27: 514]

**Eastern Wei** 东魏 *dōng wèi*: The name of a dynasty (A.D. 534–550).

**Eastern Zhou** 东周 *dōng zhōu*: The name of a dynasty (770–256 B.C.).

**eclampsia** 妊娠痫症 *rèn shēn xián zhèng*, 子痫 *zǐ xián*: See EPILEPSY OF PREGNANCY. [26: 341]

**efflux** 滑 *huá*: Denotes uncontrollable loss of urine, and especially stool or semen. The term occurs in the phrases "seminal efflux," "efflux desertion"

(see DESERTION), and “efflux diarrhea” (see DIARRHEA). See also EXUBERANCE AND DEBILITATION.

**efflux desertion** 滑脱 *huá tuō*: See DESERTION.

**efflux diarrhea** 滑泄 *huá xiè*: Diarrhea with loss of voluntary continence; results when enduring diarrhea causes qi fall. The diarrhea is uncontrollable and may occur in the day or night without regularity. Other signs include reduced intake of food and drink, reversal cold of the limbs, sometimes swelling of the limbs, physical cold and shortness of breath, emaciation, and in some cases heat. Distinction is made between cold and heat.

**Cold efflux** is efflux characterized by pronounced cold signs. [MED] Use Five Pillars Powder (*bā zhù sǎn*). [ACU] Base treatment mainly on GV, LU, CV, ST, and SP. Select GV-20 (*bǎi huì*, Hundred Convergences), CV-12 (*zhōng wǎn*, Center Stomach Duct), CV-6 (*qì hái*, Sea of Qi), CV-4 (*guān yuán*, Pass Head), ST-25 (*tiān shū*, Celestial Pivot), CV-9 (*shuǐ fēn*, Water Divide), ST-21 (*liáng mén*, Beam Gate), and SP-6 (*sān yīn jiāo*, Three Yin Intersection); needle with supplementation and large amounts of moxa. Perform moxibustion on salt or ginger at CV-8 (*shén què*, Spirit Gate Tower). **Heat efflux** is efflux characterized by pronounced heat signs. [MED] Use Intestine-Securing Pill (*gù cháng wán*) or Chebule Powder (*hē zǐ sǎn*). [ACU] Base treatment mainly on GV, CV, ST, and SP. Select GV-20 (*bǎi huì*, Hundred Convergences), GV-14 (*dà zhuī*, Great Hammer), CV-12 (*zhōng wǎn*, Center Stomach Duct), ST-21 (*liáng mén*, Beam Gate), ST-25 (*tiān shū*, Celestial Pivot), ST-36 (*zú sān lǐ*, Leg Three Li), LI-11 (*qū chí*, Pool at the Bend), ST-44 (*nèi tíng*, Inner Court), SP-6 (*sān yīn jiāo*, Three Yin Intersection), and ST-37 (*shàng jù xū*, Upper Great Hollow); needle with even supplementation and drainage. Moxa CV-12 (*zhōng wǎn*, Center Stomach Duct). See also EFFLUX. [26: 759] [97: 584] [46: 665] [113: 89] [37: 323]

**effulgent** 旺 *wàng*: Exuberant (of heat or fire). See HEAT.

**effulgent gallbladder fire** 胆火旺盛 *dǎn huǒ wàng shèng*: See GALLBLADDER HEAT.

**effulgent heart fire** 心火旺 *xīn huǒ wàng*: See HEART FIRE.

**effulgent heart-liver fire** 心肝火旺 *xīn gān huǒ wàng*: A disease pattern characterized by signs of both liver fire and heart fire. The chief signs are sleeplessness, distention and fullness in the chest and rib-side, and generalized heat [effusion]. Other signs include red face, red eyes, bitter taste in the mouth, yellow urine, dry stool, vexation, agitation, and irascibility. In some cases there is mania or blood ejection or spontaneous external bleeding. The tongue is red with dry yellow fur. The pulse is stringlike, rapid, and forceful. [MED] Clear the

liver, drain fire, and quiet the heart. Use Cop-tis Toxin-Resolving Decoction (*huáng lián jiě dú tāng*). Comparison: Effulgent heart-liver fire is similar to *liver fire flaming upward*. Both have heat effusion, red eyes, thirst, yellow urine, and dry stool. Effulgent heart-liver fire differs by the additional presence of signs of heart fire flaming upward such as insomnia, mania, and blood ejection or spontaneous external bleeding. [116: 135]

**effulgent life gate fire** 命门火旺 *mìng mén huǒ wàng*: HYPERACTIVE KIDNEY FIRE.

**effulgent liver yang** 肝阳偏旺 *gān yáng piān wàng*: See ASCENDANT HYPERACTIVITY OF LIVER YANG.

**effulgent yin depletion fire** 阴亏火旺 *yīn kuī huǒ wàng*: EFFULGENT YIN VACUITY FIRE.

**effulgent yin vacuity fire** 阴虚火旺 *yīn xū huǒ wàng*: *Synonym: exuberant yin vacuity fire.* A strong fire that arises from yin vacuity according to the principle that when yin is vacuous, heat develops internally. Effulgent yin vacuity fire is characterized by vexation, agitation, and irascibility, reddening of the cheeks, dry mouth and sore throat, and excessive libido. [ACU] Needle with supplementation at BL-23 (*shèn shū*, Kidney Transport), KI-3 (*tài xī*, Great Ravine), and SP-6 (*sān yīn jiāo*, Three Yin Intersection), and with drainage at KI-6 (*zhào hái*, Shining Sea), KI-2 (*rán gǔ*, Blazing Valley), BL-17 (*gé shū*, Diaphragm Transport), ST-36 (*zú sān lǐ*, Leg Three Li), ST-44 (*nèi tíng*, Inner Court), and HT-7 (*shén mén*, Spirit Gate). If there is effulgent fire, prick HT-8 (*shào fǔ*, Lesser Mansion) to bleed. Compare YIN VACUITY WITH YANG HYPERACTIVITY. [26: 619] [27: 128] [97: 235]

**effuse** 发 *fā*: To move outward, as sweat through the interstices; to induce such movement. For example, “effuse the exterior” means to induce sweating so that evils located in the exterior can escape.

**effusing sweat** 发汗 *fā hàn*: SWEATING<sup>2</sup>

**effusion** 发 *fā*: 1. The act of effusing; see EFFUSE. 2. A large severe WELLING-ABSCESS (*yōng*) or FLAT-ABSCESS (*jū*), e.g., *effusion of the back*. ◇ Chin 发 *fā*, emit, issue, present an appearance. [27: 168]

**effusion of the back** 发背 *fā bèi*: A HEADED FLAT-ABSCESS of the back, usually on the governing (*dū*) vessel or bladder channel and attributable to stagnation in the channels and blockage of qi and blood stemming either from fire toxin brewing internally or exuberant yin vacuity fire. Distinction is made between effusions of different locations. Effusions of the upper back are located at BL-10 (*tiān zhù*, Celestial Pillar); effusions of the middle of the back are located at GV-8 (*jīn suō*, Sinew Contraction); effusions of the lower back are located at GV-4 (*mìng mén*, Life Gate); reachable sores of the upper back are located at BL-13 (*fèi*

*shū*, Lung Transport); reachable sores of the middle of the back are located at BL-43 (*gāo huāng shū*, Gao-Huang Transport); reachable sores of the lower back are located at BL-23 (*shèn shū*, Kidney Transport) and BL-51 (*huāng mén*, Huang Gate). See also REACHABLE SORE; WELLING-ABSCESS. ◇ Chin 发 *fā*, effuse; 背 *bèi*, back. [26: 718] [27: 458] [97: 169] [61: 89]

**effusion of the brain** 发脑 *fā nǎo*: A HEADED FLAT-ABSCESS located on the pillow bone (occipital bone) or in the region of GB-20 (*fēng chí*, Wind Pool). [26: 719]

**effusion of the breast** 乳发 *rǔ fā*, 发乳 *fā rǔ*: *Synonym: shell-bursting mammary welling-abscess (yōng)*. A severe MAMMARY WELLING-ABSCESS that putrefies after bursting, quickly spreads, and easily gives rise to the development of fistulae. WMC cellulitis of the breast; necrotic cellulitis of the breast. [26: 378] [96: 63]

**eggplant disease** 茄子疾 *qié zi jí*: YIN PROTRUSION.

**eggplant yin** 阴茄 *yīn qié*: YIN PROTRUSION.

**eight extraordinary vessels** 奇经八脉 *qí jīng bā mài*: *Synonym: extraordinary vessels*. Any of the eight vessels that do not home to any organs, have no interior-exterior relationships, and whose function is to supplement the insufficiencies of the other channels. The eight extraordinary vessels are the governing (*dū*), controlling (*rèn*), thoroughfare (*chōng*), girdling (*dài*), yang linking (*yáng wéi*), yin linking (*yīn wéi*), yang springing (*yáng qiāo*), and yin springing (*yīn qiāo*) vessels. ◇ Chin 奇 *qí*, extraordinary, strange, wondrous; 经 *jīng*, channel; 八 *bā*, eight; 脉 *mài*, vessel, pulse; line, range. [27: 85] [97: 329]

**eight meeting points** 八会穴 *bā huì xué*: A set of eight points, each of which treats diseases of one of eight physiological entities: the viscera, bowels, qi, blood, sinews, marrow, vessels, and bones (see Table 3). **Application:** The meeting points are used to treat a general category of disease and are combined with others to address the specific needs of a patient. For example, BL-17 (*gé shū*, Diaphragm Transport), the meeting point of the blood, can be combined with SP-1 (*yīn bái*, Hidden White) and LR-1 (*dà dùn*, Large Pile) to treat flooding and spotting, and GB-34 (*yáng líng quán*, Yang Mound Spring), the meeting point of the sinews, can be coupled with local points in the treatment of sprains and strains in any part of the body. [27: 101] [97: 11]

### 3. Eight Meeting Points

Viscera	LR-13 ( <i>zhāng mén</i> , Camphorwood Gate)
Bowels	CV-12 ( <i>zhōng wǎn</i> , Central Stomach Duct)
Qi	CV-17 ( <i>dàn zhōng</i> , Chest Center)
Blood	BL-17 ( <i>gé shū</i> , Diaphragm Transport)
Sinews	GB-34 ( <i>yáng líng quán</i> , Yang Mound Spring)
Vessels	LU-9 ( <i>tài yuān</i> , Great Abyss)
Bone	BL-11 ( <i>dà zhù</i> , Great Shuttle)
Marrow	GB-39 ( <i>jué gǔ</i> , Severed Bone)

**eight methods** 八法 *bā fǎ*: A classification of medicinal treatment methods by Cheng Zhong-Ling of the Qing Dynasty under the eight rubrics SWEATING, EJECTION, PRECIPITATION, HARMONIZATION, WARMING, CLEARING, SUPPLEMENTATION, and DISPERSION. [27: 246] [97: 10]

**eight-principle pattern identification** 八纲辨证 *bā gāng biàn zhèng*: *Synonym: eight principles*. Identification of disease patterns by eight fundamental principles, namely interior and exterior, cold and heat, vacuity and repletion, and yin and yang. Interior and exterior are the principles of depth of the disease; cold and heat are the nature of disease; vacuity and repletion are the weakness of right qi and strength of evil qi. Yin and yang, which embrace the other six principles, are general categories of disease. Interior, cold, and vacuity are yin, whereas exterior, heat, and repletion are yang. Each principle is associated with specific signs. By matching the patient's signs to them, it is possible to determine the depth and nature of the disease, and the relative strength of the forces that resist disease and those that cause it. Eight-principle pattern identification is a preliminary organization of examination data: treatment should be determined only when other methods of pattern identification have provided a more detailed picture of the patient's condition. [6: 127]

**eight principles** 八纲 *bā gāng*: See EIGHT-PRINCIPLE PATTERN IDENTIFICATION. ◇ Chin 八 *bā*, eight; 纲 *gāng*, headrope of fishing net, guideline, principle. [26: 25] [27: 205] [97: 11]

**eight ramparts** 八廓 *bā kuò*: Eight divisions of the eye; the water, wind, heaven, earth, fire, thunder, marsh, and mountain ramparts. These have correspondences with the *five wheels*. The water rampart is the pupil, corresponding to water wheel.

The wind rampart is the black of the eye, corresponding to the wind wheel. The heaven rampart corresponds to the qi wheel. The earth rampart corresponds to the flesh wheel. The fire, thunder, marsh, and mountain ramparts (the upper and lower parts of the inner and outer canthi respectively), correspond to the blood wheel. In former times, the eight ramparts were applied in diagnosis; however, there was disagreement about their diagnostic significance. [27: 500] [97: 11]

**eight signs of fright wind** 惊风八候 *jīng fēng bā hòu*: Eight traditionally recognized signs of fright wind are: convulsions, pulling, tremor, grabbing, arching, drawing, piercing, looking. See the list below. Since fright wind patterns vary in their manifestations, the eight signs are not necessarily all present at the same time, e.g., jerking of the limbs sometimes is unaccompanied by rigidity of the body or arched-back rigidity. [27: 433]

### Eight Signs of Fright Wind

Convulsions (搐 *chù*): spasmodic flexing of the elbow

Pulling (掣 *chè*): drawing together of the shoulders

Tremor (颤 *chàn*): trembling of the arms and legs

Grabbing (搦 *nuò*): clenching of the fist or alternating tensing and slackening of the fingers

Arching (反 *fǎn*): arching of the back (arched-back rigidity, opisthotonos)

Drawing (引 *yǐn*): stretching backward of the arms as if drawing a bow

Piercing (窜 *cuàn*): forward staring of the eyes

Looking (视 *shì*): squinting and exposure of the whites of the eyes

**eject** 吐 *tù*: **1.** To spontaneously expel matter from the digestive or respiratory tract through the mouth. **2.** To induce expulsion of harmful matter from the digestive tract, throat, or lungs through the mouth. See EJECTION.

**ejection** 吐法 *tù fǎ*, 涌吐法 *yǒng tù fǎ*: One of the EIGHT METHODS. A method of treatment that involves induction of vomiting, either by medicinals or by mechanical means (e.g., tickling the throat with a feather) in order to expel collected phlegm or lodged food. In clinical practice, ejection is used when phlegm-drool obstructs the throat and hampers breathing or when, after voracious eating, food stagnates in the stomach, causing distention, fullness, and pain. This method may also be used to treat poisoning, provided treatment is administered swiftly after ingestion of the toxic substance. Ejection medicinals include melon stalk (*guā dì*), veratrum (*lí lú*), chalcantite (*dǎn fán*), gleditsia (*zào jiá*), and salt. Commonly used formulas include the powerful Melon Stalk Powder (*guā*

*dì sǎn*) and less powerful Ginseng Tops Beverage (*shēn lú yǐn*). Ejection is generally contraindicated in pregnancy and must be used with care in weak patients. [50: 531] [27: 281] [97: 185] [70: 35] [60: 296]

### Ejection Medicinals

瓜蒂 (*guā dì*) melon stalk (*Cucumeris Melonis* Pedicellus)

常山 (*cháng shān*) dichroa (*Dichroae Radix*)

蜀漆 (*shǔ qī*) dichroa leaf (*Dichroae Folium*)

胆矾 (*dǎn fán*) chalcantite (*Chalcanthitum*)

藜芦 (*lí lú*) veratrum (*Veratri Radix et Rhizoma*)

人参芦 (*rén shēn lú*) ginseng top (*Ginseng Rhizoma*)

皂荚 (*zào jiá*) gleditsia (*Gleditsiae Fructus*)

**ejection of foamy drool** 吐涎沫 *tǔ xián mò*: Copious drooling or vomiting of foamy drool, attributable to rheum evil. [MED] Warm and transform using formulas such as Minor Green-Blue Dragon Decoction (*xiǎo qīng lóng tāng*), Poria (Hoelen) Five Powder (*wú líng sǎn*), or Evodia Decoction (*wú zhū yú tāng*). Compare VOMITING OF PHLEGM-DROOL and PHLEGM-DROOL CONGESTION. [26: 258] [50: 532]

**eject phlegm-drool** 吐痰涎 *tù tán xián*: To induce the ejection of harmful substances from the throat and chest by emesis. Ejection of phlegm-drool is used in three conditions: (1) For THROAT WIND, THROAT MOTH, or THROAT IMPEDIMENT caused by exuberant phlegm obstructing the throat, use Realgar Toxin-Resolving Pill (*xióng huáng jiě dú wán*). (2) For WIND STROKE phlegm reversal characterized by phlegm-drool congesting the diaphragm and throat, causing a rasping sound, and comatose states, use Drool-Thinning Powder (*xī xián sǎn*). (3) For phlegm stagnating in the chest and diaphragm, use Sagacious Powder (*rú shèng sǎn*). [70: 40-50] [94: 67]

**elbow taxation** 肘劳 *zhǒu láo*: *Synonym: tennis elbow.* Pain and weakness in the elbow joint, developing gradually, without any history of obvious injury. The pain sometimes stretches down the lower arm or up to the shoulder. Elbow taxation is exacerbated by rotating movement of the lower arm such as are performed when wringing a flannel. There is no obvious swelling, and despite the pain there is no impeded movement of the joints, although there is a pressure point at the humeral epicondyle. It arises through constant rotation of the lower arm and flexing of the wrist and elbow. It affects people such as carpenters, plumbers, electricians, and tennis players. Unlike sprains, which

involve sudden damage to muscles and sinews, tennis elbow develops gradually through a combination of repeated strain and external contraction of wind and cold, which concentrate in the elbow joint. The condition is thus one of taxation damage to qi and blood or wind-cold contracting the vessels and sinew channels. [WMC] external humeral epicondylitis; radiohumeral bursitis; radiohumeral epicondylitis. [ACU] Base treatment mainly on local points, selecting LI-11 (*qū chí*, Pool at the Bend), LI-10 (*shǒu sān lǐ*, Arm Three Li), LI-4 (*hé gǔ*, Union Valley), and the ouch point Tip of the Elbow (*zhǒu jiān*); needle with drainage and add moxa. Tapping with a cutaneous needle until blood appears and cupping are methods that may be used. [46: 718]

**electroacupuncture** 电针疗法 *diàn zhēn liáo fǎ*, 电针 *diàn zhēn*: A method of acupuncture in which an electrical current is applied to needles inserted in the body in order to produce a combined needle and electrical stimulus. Electroacupuncture was first reported after the Communist Party assumed power in China, and over recent years has come to be widely used. Method: Select two suitable acupuncture points, insert needles, and obtain qi. Then wire the needles to the electrical stimulator, and apply a stimulus of appropriate intensity and duration. Then turn off the electrical stimulus and remove the needles. Electroacupuncture can be used in regular body acupuncture, ear acupuncture, head acupuncture, facial acupuncture, and for anesthesia. In patients suffering from heart disease, it is important not to allow the current to pass through the region of the heart. [50: 408] [27: 329]

**elevated scar** 肉疙瘩 *ròu gē da*: A scar from a wound, burn, or surgical incision that protrudes from the flesh, is pink or deep red in color, uneven, smooth, hairless, and sometimes associated with pain or itching (especially in hot weather). [MED] Treat by topical application of Black Cloth Paste (*hēi bù gāo*). [26: 261]

**eliminate** 除 *chú*: See DRAIN.

**eliminating depression and stale water** 去宛陈莖 *qù yù chén cuò*: From *Elementary Questions* (*sù wèn, tāng yè láo lǐ lùn*). A method of treatment used to address stagnation and old fluid accumulations with medicinals such as kansui (*gān suì*) and morning glory (*qiān niú zǐ*). See EXPELLING WATER. ◊ Chin 去 *qù*, eliminate; 宛, read as *yù*, is the same as 郁 *yù*, depression; 陈 *chén*, old; 莖 *cuò*, old; cut straw. [27: 258]

**eliminating fire toxin** 去火毒 *qù huǒ dú*: A method of treatment used to remove irritants from medicinal plasters. Plasters applied to the skin immediately after preparation can cause irritation to the skin that in mild cases results in itching and, in severe cases, in blistering and erosion. This irrita-

tion is traditionally attributed to "fire toxin." Fire toxin is removed by one of two methods: storing for long time out of direct sunlight; and soaking in cool water for several days. The latter method is more practical. [27: 325]

**eliminating (great) heat with warmth and sweetness** 甘温除 (大)热 *gān wēn chú (dà) rè*: A method of treatment used to address generalized heat [effusion] with medicinals warm in nature and sweet in flavor. Eliminating heat with warmth and sweetness includes, for example, treating qi vacuity heat marked by generalized heat [effusion], sweating, thirst with desire for warm drinks, shortage of qi and laziness to speak, tender-soft pale tongue, and a large vacuous pulse, using Center-Supplementing Qi-Boosting Decoction (*bù zhōng yì qì tāng*). It also includes treating postpartum or taxation fatigue heat effusion marked by hot flesh, red face, vexation and thirst with desire for liquids, pale red tongue, and a large floating vacuous pulse, using Tangkuei Blood-Supplementing Decoction (*dāng guī bù xuè tāng*). [26: 186]

**eliminating phlegm and opening the orifices** 除痰开窍 *chú tán kāi qiào*: TRANSFORMING PHEGEM AND OPENING THE ORIFICES.

**eliminating stasis and engendering the new** 去瘀生新 *qù yū shēng xīn*: See DISPELLING STASIS AND QUICKENING THE BLOOD.

**elixir** 丹 *dān*: Originally, any formula containing cinnabar or other minerals; by extension, a formula containing drastic or harsh agents used in small quantities, e.g., Purple Snow Elixir (*zǐ xuě dān*) and Supreme Jewel Elixir (*zhì bǎo dān*). Elixirs applied externally are powder preparations of sublimated or otherwise refined minerals such as mercury (*shuǐ yín*) and sulfur (*shí liú huáng*). Examples include white downborne elixir (*bái jiàng dān*) and red upborne elixir (*hóng shēng*). (See MAGIC MEDICINE.) Those used internally include powder preparations such as Purple Snow Elixir (*zǐ xuě dān*), pill preparations such as Supreme Jewel Elixir (*zhì bǎo dān*) and Five Grains Return-of-Spring Elixir (*wǔ lì huí chūn dān*), and lozenges such as Scourge-Repelling Elixir (*bì wēn dān*). Jade Pivot Elixir (*yù shū dān*) prepared in pill or lozenge form is suitable for both internal and external use. [27: 312] [97: 112]

**emaciation** 形体消瘦 *xíng tǐ xiāo shòu*, 形体瘦削 *xíng tǐ shòu xuē*, 消瘦 *xiāo shòu*: Synonym: *shedding of the flesh and loss of bulk*. Marked thinning of the body, usually accompanied by other signs of disease. Emaciation appears in a variety of illnesses that present as vacuity or repletion patterns (emaciation is not only a vacuity sign). **Spleen-stomach qi vacuity**: Emaciation due to spleen-stomach qi vacuity is accompanied by poor appetite, distention after eating, sloppy stool, fa-