



## Case Profile

Tom a 55-year-old man: Occupation: Farmer

### Clinical Manifestations:

Fatigue especially in the morning, Lack of libido, hands and feet cold, low back pain, Profuse, frequent and leaking urination, Haemorrhoids, Loss of hearing, sore knees, poor appetite, loose stools, chronic diarrhoea, feels cold easily,

### Pulse examination:

- *Left:* empty at deep level, *Right:* empty, short,

### Tongue examination:

- Pale, swollen, teeth marks, wet coat,

### Lifestyle:

Tom has always worked on the family farm, and enjoys the outdoor life. He is very active within his community, still plays football,

### Western Diagnosis:

- Impotence

### Diagnosis:

Kidney and Spleen Yang and Qi deficiency,

### Principle of treatment:

Tonify Kidney and Spleen Yang, Tonify Qi.

### Treatment:

Tai Xi (K-3)	<i>Greater Stream, Shu Stream, Yuan Source point, Earth point.</i> Tonifies the Kidneys, Benefits Essence, Strengthens the lower back and knees, Regulates the uterus
Fu Liu (Kid-7)	<i>Returning Current, Jing River point, Metal Point, Tonification point,</i> Tonifies the Kidneys, Resolves Damp, Eliminates oedema, Strengthens the lower back, Regulates sweating,
Ming Men (Du-4)	<i>Gate of Life,</i> Tonifies Kidney Yang, Nourishes Original Qi, Warms the Gate of Vitality, Expels Cold, Strengthens the lower back, Benefits Essence,
Pishu (UB-20)	Back Shu of Spleen, Tonifies Spleen and Stomach, Resolves Damp, Nourishes Blood.
Zu San Li (St-36)	<i>Three Miles of the Foot,</i> He Sea point, Lower He Sea point of Stomach, Earth point, Point of the Sea of Food. Tonifies Qi and Blood, Dispels Cold, Strengthens the body, Brightens the eyes, Regulates Ying and Wei Qi, Regulates the Intestines, Raises Yang, Expels Wind & Damp, Benefits Stomach and Spleen, Resolves edema,
Tian Shu (St-25),	<i>Heavenly Pillar,</i> Front ( Mu ) Collecting point of the Large Intestine channel, Promotes the function of the Intestines, Clears Heat, regulates Qi, Relieves retention of food,
Da Chang Shu (UB-25)	Back Shu, Promotes the function of the Large Intestine, Strengthens the lower back, Removes obstructions from the channel, Relieves fullness and swelling,