

## Trauma and Shock in Chinese Medicine, Part 2

By Leon Hammer, MD

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### I. INTRODUCTION

Our first case illustrated the effect of emotional shock and trauma in a child, its effect on the Heart and circulation and on healing as an adult. Today we will examine trauma and shock at birth that initially involved severe physical deformity and subsequently life long physical and emotional pain.

Repeating the necessary fundamentals from the first article, trauma and shock are often overlooked as profoundly important physiologically disturbing events in diagnosis and treatment. Physical trauma causes the circulation of qi and blood to diminish [contract]. A minor trauma affects only local circulation. A major trauma affects the circulation of qi and blood of the entire organism and ultimately drains qi and blood of the Heart in its attempt to compensate for the decrease in circulation. Every cell in the body is affected by a decrease in the nutrients and increase in waste products.

All major physical trauma also causes an emotional shock to the Heart. While daily stress tends to affect the Liver, shock affects the Heart. Emotional shock depletes the yin of the Heart, and the ability of qi and blood to either enter or leave the Heart. Diminished Heart function leads to decreased peripheral circulation. The physiological effect is the same as with trauma in reverse order, the Heart affecting circulation rather than circulation affecting the Heart. The trauma and shock to which we refer and which we can treat can have occurred as long ago as pregnancy and birth. There are signs of these traumas and shocks, especially on the pulse, and some on the tongue and eyes, which lead us to inquire more deeply into the patient's history.

### II. THE PATIENT

The patient is a 37 year old woman a history of trauma at birth consisting of the cord being wrapped around her neck three times and being physically deformed at birth requiring medical intervention. She has felt that her physical and mental-emotional being has continued to be experienced as she was at birth. In infancy she developed severe intolerance to carbohydrates subsequently diagnosed as celiac disease. She describes her life since childhood as "chaotic, both inner and outer".

She is being presented for the individualized treatment protocol that she reports is reversing a lifetime of dysfunction and suffering.

### III. SUMMARY OF SYMPTOMS, SIGNS AND HISTORY

There is not room in this article to include all of this information except for two examples of the process. For the others we will include only the diagnosis.

#### A. KIDNEY RELATED

##### Symptoms

Glasses since age 13, skin, hair, nails dry, chilled from inside-out  
Intolerant to cold, fatigue, boundaries-re: other people's energy

Menstrual cycle 28-35 days; timing irregular, weak teeth. Multiple root canals; Urinates frequently

#### Signs

Pulse

Proximal Positions-Tight-Wiry

Tongue

Pale body; Patchy Yellow Coat

#### History

Conceived deliberately [marriage salvation]

Pregnancy: Mother depressed and problems in the marriage. Sick [?]

Labor, short, born very quickly with the cord wrapped several times around my neck in a knot. Resuscitated.

Baby: Restless, underweight ; didn't sleep; never very contented apparently nor happy to breast feed.

Child-multiple infections and parasites-dybiosis; glasses at age 12

Miscarriage Age 31 [4+ mo]

Cystitis-kidney infection [Rare w/ ↑ sugar]

#### Diagnosis

Kidney Yin-Jing deficiency; Kidney Yang-Jing deficiency

### B. HEART RELATED

#### Symptoms

Panic attacks, palpitations, ↑Heart rate-stomach area, forget to breath or insufficient. Breath, sleep pattern chaotic, work late-cannot get to sleep, Restless, focus poor, not grounded, clarity ↓; chaotic life –inner and out; Craves sweets; dizzy and feel faint, wakes up early, cold hands and feet

#### Signs

Pulse

First Impressions: Rough Vibration

Left Distal Position- Constant Change of Qualities; Inflated; Choppy; Slippery; no Substance; Amorphous

Mitral Valve: Amorphous

#### History

Labor: short born very quickly with the cord wrapped several times around my neck in a knot. Resuscitated.

Multiple emotional shocks: parents divorce; loss of parents, sewerage falls on head-10 yrs ago

Other: Cocaine until '97; Unable to sleep alone as child, medications since age 18 months for sleep; Chaotic sleep pattern since theater work

#### Diagnosis

Heart Separation of Yin/Yang; Qi deficiency; Blood deficiency; Circulation deficient

### C. LIVER-GALLBLADDER

Liver Qi deficiency, Blood deficiency, Qi stagnation & Heat from excess

**D. LUNG RELATED**

Lung Qi, Blood, Yin deficiency; Damp Heat; Impaired function;  
Stagnation of all Substances [Neoplastic Activity]

**E. SPLEEN-STOMACH RELATED**

Spleen Qi deficiency [Coeliac Disease]; Stomach Qi rebellion &  
stagnation

**F. LOWER BURNER**

Damp Heat; Blood stagnation; Pain [Wiry]

**G. TRAUMA and SHOCK**

Blood stagnation; Pain

**IV. COLLATED SUMMARY, ANALYSIS AND SYNTHESIS OF SIGNS [PULSE ETC.], COMPLAINTS**Pulse:

The patient is a 37 year-old woman with signs of a **VERY SEVERE YIN-JING DEFICIENCY, ESPECIALLY IN THE LOWER BURNER**, moderate Qi deficiency, especially in the Upper Burner, and **SEVERE CHAOS OF HEART QI [SEPARATION OF YIN AND YANG] SUGGESTING SIGNIFICANT MENTAL-EMOTIONAL INSTABILITY FROM A VERY EARLY PHYSIOLOGICAL INSULT.**

In addition, there are signs of Excess Heat [inflammation] throughout the gastro-intestinal system and Gall Bladder and in the Blood, mild Spleen and Liver Qi deficiency, instability and stagnation in the Right Diaphragm, toxicity generally and especially in the Lungs, Damp Heat and Blood stagnation in the Lower Burner.

Incipient diabetes/and or severe pain must be entertained as the cause of the Wiry quality in the Proximal Positions and the PLB

**V. FORMULATION****A. IMMEDIATE INTERVENTIONS**

1. Spleen Qi deficiency and Stomach Qi stagnation
2. Trauma and Shock [From Birth trauma]
  1. Heart Separation of Yin and Yang
  2. Circulation
3. Kidney Yin and Yang-Jing deficiency
4. Blood stagnation and Damp heat in the Lower burner [current ovarian cysts; endometriosis]

**B. ROOT ISSUES AND ETIOLOGY OF DISHARMONIES**

1. Kidney Yin and Yang-Jing deficiency
2. Heart Separation of Yin and Yang

**C. DERIVATIVE ISSUES**

1. Primary Derivative Issues
  - a. Lung Qi and Yin-Jing deficiency, Damp Heat and toxicity
  - b. Liver Qi and blood deficiency
2. Secondary Derivative Issues
 

Blood stagnation and Damp Heat in the Lower burner

## V. MANAGEMENT

The following is a foreshortened version of the Management of this patient's treatment emphasizing only those aspects relevant to the purpose of this paper, to overcome the effects of her original birth and following multiple physical and emotional traumas.

### A. LIFE-STYLE STRATEGIES

1. Climate: Warm w/ average humidity
2. Decrease and stop cigarettes

### B. REFERRALS

Current ongoing medical investigation of polycystic ovaries and endocrine issues

### C. ACUPUNCTURE, HERBS AND OTHER HEALING STRATEGIES

#### 1. IMMEDIATE INTERVENTIONS

##### a. Herbs

i. Spleen Qi deficiency and Stomach Qi stagnation [etc. see above] 1-3 gm w/each meals-ongoing

Shen Ling Bai Zhu San [Ginseng and Atractylodes +]

+	Huang Qin	Rx. Scutellariae	2 gm
	Gu Ya	Fr. Oryzae Germinatus	6 gm
	Mai Ya	Fr. Hordei Germinatus	6 gm
	Yu Jin	Tu. Curcumae	6gm

ii. Pancreatic Enzymes w/ each meal [Galletaine]

iii. Trauma and Shock

a). Yunnan Bai Yao [circulation endometriosis, etc.]

64 capsules as slowly as necessary

off 8 days and repeat cycle 3x

b). Sheng Mai San [to stabilize Heart and Mind]

Up to 3gm 3x/day for 1 month and re-

evaluate

Xi Yang Shen [Panacis]	9gm
Mai Men Dong [Ophiopogon]	9gm
Wu Wei Zi [Schizandra}	6gm

+

Rou Gui [Cinnamon Cassiae]	1gm
Shi Chang Pu [Acori Graminie]	6gm
Yuan Zhi [Polygalae Multiflori]	6gm
Zi He Che [Placenta]	2gm
He Huan Pi [Albizzae]	8gm
Long Chi [Dragon Teeth]	9gm
Yu Jin [Curcumae]	5gm

iv. Kidney Yin-Yang-Jing deficiency

A variation of the Lycium Formula

##### b. Acupuncture

Outer Shu points, especially BL 43

Ground w/ KI-4 [gathering forces], KI-7, Sp-6

Moxa and sea salt on CV-8

Chong mai + Kid 21, 22, 23, 25  
External Devils [Birth]

## 2. INTERMEDIATE INTERVENTIONS

- a. Day I      Kidney Yin and Yang-Jing Deficiency
- b. Day II     Heart Separation of Yin and Yang
- c. Spleen Qi deficiency and Stomach Qi Rebellion

## 3. LONG RANGE MAJOR INTERVENTIONS

- a. Lung Qi and Yin-Jing deficiency, Damp Heat and toxicity  
Tonify the Lung Decoction [Bu Fei Tang]
- b. Liver Qi and blood deficiency and Qi stagnation  
Ginseng and DQ 10 [Shi Quan Da Bu Wan]

## 4. LONG RANGE MINOR INTERVENTIONS

Blood stagnation and Damp heat in the Lower burner  
Cinnamon and Hoelen

## VI. OUTCOME (Report from Patient)

### A. Yunnan Bai Yao

The process has felt like a re-running of all the traumatic, dramatic points in my life to date. These encompass emotional, physical, psychological and existential issues and experiences. My experience of them has been that these traumas have come up sequentially – in other words, the first lot I took were very birth related, to do with my neck and back issues, the final (most recent) lot during which I lost my voice and re-visited a whole load of lung stuff – from sewerage accident in the ‘90’s up through the point where the cold/throat voice thing hit my chest and felt very linked to parents deaths and related grieving in late ‘90’s and early 2000’s. To this end, and with only 9 more tablets to go it feels pretty much up to the present.

I can’t substantiate any of this at all, its just that its felt very much like a re-winding and re-running of the past trauma, and whichever bit of it needed to be addressed would manifest so that it could be dealt with. For instance, since the treatment on my back with acupuncture when it was really acute, it hasn’t actually hurt or even been put out since then. Equally, this last manifestation of losing my voice and the pattern of that going into a chest infection/bronchitic/lung heat thing, has felt like it has brought up so much grief, some really old stuff that has come out and sort of been processed and moved through into the ether. None of this is particularly rational I know.

A few days ago (and this was a few days after I was told me to stop taking the Yunnan Bai Yao since I had got sick and was taking a flu formula) I had been weeping a lot. Bursting into tears a good deal of the time, I actually found myself waking up in tears on several occasions. The weeping happened when my friend came over – she was especially loving, which always moves me, even when I’m not weepy. She gently asked some questions about what was coming up and I mentioned that the Yunnan Bai Yao was something that brought up loads of stuff sequentially. She then asked me where I was at the moment. In between sobs I said that I felt that I was now very much in the present.

## 2. Sheng Mai San [plus other herbs listed above]

Shen Mai San has felt like a balancer and something that has allowed me to focus. I went without it for about a week so I got a little clearer about its effect in its absence. I really like the taste of it, that it feels really warming and supportive. It feels as if it straightens out my head and allows thoughts to be held – it's a very 'holding' herb, like it holds a space for the thought to be free to come, to go or to be produced, and from that perspective it frees me from a certain anxiety that I can't contain a thought for very long. It also feels grounding.

In some ways the best way to describe my experience of Sheng Mai San is that my focus on writing and actually my own inner processes are just more sharpened and more aware. It's really subtle but hugely significant, like having cleaned lenses in ones spectacles. Of all the herbs I've been taking this is the one I least like being without or running low on.

## VII. CONCLUSION

This case illustrates the importance of identifying trauma and shock as far back as pregnancy and birth through extensive questioning of the circumstances of both events. Trauma and shock play an important role in the subsequent health of a person throughout their life. It also illustrates an experience that many of those who have consulted me report.

Chinese medicine has the tools to undo the effects of trauma and shock from the earliest to the latest stages of life, somewhat differently for each individual. However, the central role of the formulas Yunnan Bai Yao and Sheng Mai San in this process has been clearly established in all.