

## Case Report:

### *Symptoms:*

A 28-year-old male with **floating ache** of joints all over the body was sent to hospital on 24<sup>th</sup> June, 1996, after a one-week **fever**. He could only lay on his bed, accompanying ache of waist and abdomen. His joints were **swollen**, with difficulties to bend and extend. Besides swollen, his ankle joints were also reddish. The joints of upper limbs ached slightly while those of lower limbs were severely sicked. He always **felt thirsty** but had **no desire to drink**. His tongue was reddish and the **moss yellow and thin**. His pulse was **taut, beating rapidly**.

### *Syndrome Differentiation:*

Normal movement of qi pushes the blood circulation, making plenty of blood flowing in the vessels. The deficient of qi failed to push the blood circulate normally so the patient had swollen. The blood has the function to moisten the meridians and collaterals. When it failed to do so, the patient felt painful.

### *Pathogeny and Pathogenesis:*

It was the excess of **dampness and heat evil** accompanying **wind**.

The fever, reddish tongue, yellow moss and rapid beat of the pulse all showed that it was **heat syndrome**. The heat evil invaded the body and made the heart fire come up to the head. The heart opens to the tongue. The heat of blood congested the tongue and made the tongue reddish. The normal colour of the moss should be white. It reflected the status of the stomach qi. The heat evil consumed the stomach qi and yin and made them deficient. The heat consumed the ying blood, making the blood concentrate. The qi deficiency also affected the flow of blood because qi had the function to push the qi of blood.

The vessels of upper limbs located closer to heart than those of lower limbs, so they were easier to gain blood, that's why the patient had more pains in the lower part.

Thirsty without the desire to drink was the typical symptom of **dampness and heat syndrome**. It was due to the deficient qi, which was unable to push the blood to flow normally.

The stasis of the blood happened between muscle and meridians and the dampness appeared out of the meridians caused the swollen. The reason was that the slower speed of blood flowing couldn't carry enough fluids to nutrient the meridians, some of the blood became gore so it blocked the vessels. The dampness evil pressed on the meridians so the patient felt painful. The dampness also affected the

meridians and bones so the patient had difficulties to bend and extend.

The **wind evil** fled in the body, so the feeling of ache floated all over the body.

The movement of stomach qi was not smooth, so the patient felt **ache** and had **taut pulse**.

***Diagnosis:***

The disease the patient had was **rheumatoid arthritis**. It belongs to the **arthralgia syndrome**.

***Principle of treatment:***

Clear the heat to make the movement of qi normal, by which the flow of the blood and the temperature will turn to normal as well. Sweep the wind evil so that the feeling of ache will stop fleeing in the body. Dry the dampness, clearing away the extra flood so that the swellon can disappear. Taking medicine that can support the stomach qi and yin, making it function well.

Yvonne

2002207413