

## The tip corresponds to the upper burner (heater), including heart and lungs.

Case 1 (Fig. 133): Around age 45 years this patient developed emptiness of the heart *yin* and of the heart–blood (*xin xue xu*). Her complaints were palpitations, restlessness, insomnia, and sweating during the night. In conjunction with this, a round, shiny wart appeared on the end of her tongue. Her gynecologist had recommended treatment with estrogens, which had not brought about any improvement.

Therapy with acupuncture concentrated on nourishing the heart *yin* and the heart–blood. The patient was completely cured after 10 sessions. She is now without any symptoms, working full-time as a self-employed businesswoman, and needs no medication at all.

## Therapy According to Syndrome Differentiation

Strengthen the heart *yin* and blood, and strengthen the kidney *yin*

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- HT-3, HT-7
- SP-6, SP-10
- CV (*ren mai*)-6, CV-12
- PC-6
- BL-15, BL-20, BL-23

### Chinese Herbs (Prescription)

*Scrophularia ningpoensis*, *Salvia miltiorrhiza*, *Poria cocos*, *Schizandra chinensis*, *Polygala tenuifolia*, *Platycodon grandiflorum*, *Angelica sinensis*, *Asparagus cochinchinensis*, *Ophiopogon japonicus*, *Biota orientalis*, *Ziziphus jujuba*, *Rhemannia glutinosa*, *Cinnabar*, *Panax Ginseng* (prescription: *tian wang bu xin tang*).