

## Traditional Chinese Medicine PERSPECTIVE ON LOWER BACK PAIN

According to Traditional Chinese Medicine (TCM) Theory, lower back pain can arise from two different categories of causes:

*EXTERNAL causes, such as pathogenic Wind, Cold, and Dampness.*

*INTERNAL causes, including the effects of long-term over-exertion, exhaustion, and unhealthy sexual habits.*

In addition, TCM divides the possible underlying conditions and corresponding diagnoses into two principle categories: **EXCESS** and **DEFICIENCY**.

**EXCESS** conditions mainly include:

EXTERNAL PATHOGENS  
INJURIES  
QI and BLOOD STAGNATION  
DAMPNESS w/wo EXCESSIVE HEAT

**DEFICIENCY** conditions mainly include:

KIDNEY DEFICIENCY  
KIDNEY and LIVER YIN DEFICIENCY  
SPLEEN DEFICIENCY and DAMPNES

However, after more than twenty years of clinical practice and observation of patients in America, we have learned that, even though a number of conditions can cause lower back pain, in clinical practice the majority is caused by two conditions: 1) **KIDNEY DEFICIENCY**, and 2) **QI and BLOOD STAGNATION**.

**KIDNEY DEFICIENCY**

In TCM Theory, the lower back and waist area of the body is called the *Mansion of the Kidney*. Kidney Deficiency is most likely to be due to Yang Deficiency, in which Kidney Qi, Essence, Energy, and circulation become weak or dysfunctional. In fact, it may be said that all cases of lower back pain due to External Pathogens or Stagnation are ultimately

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## TCM PERSPECTIVE ON LOWER BACK PAIN

*Continued*

based in, or made possible by, **DEFICIENCY**, which makes it easier for External Pathogens to invade, or Stagnation to develop. Symptoms like weakness, heaviness, stiffness, soreness, and pain will develop. At first, the symptoms are usually mild and intermittent. Then they become more severe and constant. Usually, there also is a purple color evident in the nails, fingers, lips, and tongue. The TCM principle of treatment for this kind of lower back pain is to **TONIFY KIDNEY DEFICIENCY**. Not treated properly and in time, long-term **DEFICIENCY** may lead to additional complications of Qi and Blood Stagnation. Correcting the problem of **DEFICIENCY** is the best way to deal with lower back pain and prevent recurrences. It also improves general health.

### QI AND BLOOD STAGNATION

This kind of back pain usually arises from injury or sprains, such as car accidents or improper lifting of heavy things. Symptoms are usually severe and acute. The TCM principle of treatment is to unblock Qi and Blood Stagnation. The pain will become chronic if not treated properly and in time. Long-term Stagnation of Qi and Blood may then give rise to a **DEFICIENCY** condition, just as long-term **DEFICIENCY** can lead to Qi and Blood Stagnation. That's why many individuals that we see for lower back pain have both **DEFICIENCY** and Qi and Blood Stagnation, and sometimes other related complications, as well.

As is the case in most disorders, treating the whole body to balance the entire system is the best way to treat lower back pain and prevent recurrences.

*Note: Words that are capitalized refer to terms used in TCM that may vary from commonly-used definitions or understanding.*



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# Lower Back Pain

TCM FORMULA SELECTION GUIDE

|              |                               |
|--------------|-------------------------------|
| <b>YYT-2</b> | <b>Back Support</b>           |
| <b>YAOT</b>  | <b>Lower Back Support</b>     |
| <b>JBJW</b>  | <b>Tendon Support</b>         |
| <b>JING</b>  | <b>Lower Muscle Support</b>   |
| <b>ZGTF</b>  | <b>Sciatic Peace</b>          |
| <b>BT-2</b>  | <b>Upper Muscle Support-2</b> |
| <b>GJTF</b>  | <b>Joint Support</b>          |

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TCM FORMULAS FOR

# Lower Back Pain

## Back Support YYT-2

**INDICATIONS:** Lower back pain and stiffness, especially after long periods of sitting or standing. Also, fatigue, proneness to feeling chilled, and other typical symptoms of Kidney Yang Deficiency. Also for frequent urination.

**PROPERTIES:** Warm and Hot.

**ACTIONS:** Tonifies Kidney and Liver, especially Kidney Yang. Eliminates Cold and Damp. Strengthens tendons and bones.

**INGREDIENTS:** Prepared Aconitum Tuber, Chinese Dodder Seed, Mistletoe Stem, Drynaria Rhizome, Sichuan Teasel Root, Pubescent Angelica Root, Ginger Rhizome.

## Lower Back Support YAOT

**INDICATIONS:** Lower back pain and stiffness.

**PROPERTIES:** Warm.

**ACTIONS:** Resolves Blood Stagnation. Promotes circulation and Kidney functioning.

**INGREDIENTS:** Dong Quai Root, Safflower, Achyrathes Root.

## Tendon Support JBJW

**INDICATIONS:** Chronic pain, stiffness, or weakness, especially in tendons and joint areas, with repeated attacks after injury, or related to old injuries.

**PROPERTIES:** Warm.

**ACTIONS:** Activates Qi and Blood. Eliminates Qi and Blood Stagnation. Relieves swelling and pain. Nourishes Liver and Blood. Strengthens tendons and joints.

**INGREDIENTS:** Dong Quai Root, Prepared Rehmania Root, Immature Tangerine Rind, Safflower, Poria, Frankincense, Myrrh, Sichuan Teasel Root, Corydalis Rhizome.

## LIFE RISING® PRODUCT SELECTION GUIDE

| Main Symptoms and Underlying Conditions  | Key Formula                          |
|--|--------------------------------------|
| <b>LOWER BACK PAIN from KIDNEY DEFICIENCY</b> usually CHRONIC, DULL, INTERMITTENT, w/wo WEAKNESS, worsens after activity             | <b>YYT-2</b>                         |
| <b>LOWER BACK PAIN from QI and BLOOD STAGNATION</b> usually ACUTE, SHARP, CONSISTENT w FIXED PAIN LOCATIONS, relieved after activity | <b>YAOT</b>                          |
| <i>Add as Needed</i>   | <i>Use Key Formula Together With</i> |
| w INTERMITTENT or FREQUENT RECURRENCE  | <b>JBJW</b>                          |
| w LEG or MUSCLE SPASM(S)   | <b>JING</b>                          |
| w SCIATIC or HIP PAIN  | <b>ZGTF</b>                          |
| w UPPER BACK PAIN w/wo MUSCLE STIFFNESS or PAIN  | <b>BT-2</b>                          |
| w JOINT PAIN—LOCALIZED (INDIVIDUAL JOINTS) or THROUGHOUT BODY  | <b>GJTF</b>                          |

## Lower Muscle Support JING

**INDICATIONS:** Leg muscle spasms. Weak, stiff, or aching lower back and legs.

**PROPERTIES:** Warm

**ACTIONS:** Tonifies Liver Yin and Blood. Removes Dampness. Promotes Channel circulation. Nourishes and strengthens tendons and muscles.

**INGREDIENTS:** White Peony Root, Flowering Quince Fruit, Achyrathes Root, Nut Grass Rhizome, Pubescent Angelica Root.

## Upper Muscle Support-2 BT-2

**INDICATIONS:** Pain, numbness, and stiffness in neck, shoulders, upper back, and arms.

**PROPERTIES:** Warm.

**ACTIONS:** Expels External Cold and Wind. Resolves Blood Stagnation and Yin clots. Warms and opens through Channels and Collaterals. Activates and regulates circulation. Balances and harmonizes Yin and Yang, especially in neck, shoulder, and arm areas. Removes obstruction of Channels to relieve pain and stiffness.

**INGREDIENTS:** Curcuma Rhizome, White Mulberry Twig, Corydalis Rhizome, Fragrant Angelica Root, Erythrina Bark, Dong Quai Tail, Chinese Licorice Root, Cinnamon Twig.

## Sciatic Peace ZGTF

**INDICATIONS:** Sciatic Pain. Most kinds of pain or numbness. Muscle spasms.

**PROPERTIES:** Warm. Slightly Spicy.

**ACTIONS:** Quiets Wind. Cleanses Mucus. Resolves Stagnation. Opens the Channels and Collaterals. Improves circulation, especially in sciatic and general leg areas.

**INGREDIENTS:** Scorpion. Agkistrodon.

## Joint Support GJTF

**INDICATIONS:** Muscle and joint pain; swelling and stiffness. Also, arthritis with heat and dampness.

**PROPERTIES:** Neutral

**ACTIONS:** Removes Wind, Heat, Dampness, and Stagnation, especially in limbs and joint areas; strengthens muscles, tendons, and joints.

**INGREDIENTS:** Achyrathes Root, Chinese Dodder Seed, Job's Tears Seed, Phaseolus Seed, Pubescent Angelica Root, Lycopus.