

拳頭下的橫虹臥月

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The weekend didn't slow down our Monday morning patients rush. Our first floor x-ray room was filled to the brim, and our second floor Chinese Medicine department was stuffed with patients. Our desk was littered with case files and our waiting area was very crowded. If you don't pay attention, you might miss your number being called.

Ah Bo is an honest young person who works in his family's butcher store. His older sister Ah Fen had sciatic pain due to a slipped disc and she recovered after treatments from our clinic. Ah Bo was referred to our clinic because he has shoulder pain and low back pain and soreness, chronic in nature.

His appointment time was at 11:30am when we were less busy. He walked himself into the treatment, sitting upright with his hands on his lap. I could see that blood was sipping out from between his knuckles, giving me an image of his fighting with others. I was being sarcastic and said, "I never knew you would have any quarrel with anybody, the other person must have been overly pushy." Ah Bo is not the type that would fight with anybody, he was both innocent and hard working.

Before I discuss Ah Bo's case, let me first touch on an older case with Ah Bo's sister, Ah Fen. It was 13 days before Chinese Lunar New Year; Ah Fen was accompanied by her mom and walked with a limb to our clinic. Ah Fen was a devoted fan for my live call in radio show, she looks forward to hear about different medical cases everyday. Ah Fen had pain in the right lateral lower part of her body from the buttock to her lower leg to her toes. Her pain comes on with movement, deep breaths, coughing, and defecation. She described the nature of the pain as nerve pain that radiates from her buttock to her low leg. She could neither sit nor stand to get relief from her painful symptoms. I diagnosed her as having radiating sciatic nerve pain due to a protruded ruptured disc impinging on her sciatic nerve root.

Treatment: interferential wave to interrupted the nerve pain and to decrease edema in the area. Acupuncture for sedation, stopping pain, and increase circulation in the area. Chinese herbal formulas to invigorate the blood, dispel stasis, strengthen the sinews and bones, and to supplement the liver and kidney to accelerate the healing process. After 12 days of treatment, on the day before the Lunar New Year, Ah Fen

was able to come to the clinic by herself via public transportation.

Going back to Ah Bo's case, his fists were laced with blood. He told me the strangest story after I asked him what had happened. A few days back he received a phone call from his grand mother. She told him to go clean up and water the plants for a graveyard for she has to attend a banquet that night. Ah Bo promised her without asking any questions for he had previously visited that site for a few times. This piece of farmland used to belong to Ah Bo's grandfather. It was later sold to a wealthy nameless businessman as graveyard for his diseased wife because the land did not bear good harvest. It was built with 4 red brick walls with white tiles, coupled with red semi-circular doors with white accented trims. A dark green marble plaque carved the words "A Horizontal Rainbow Lying Beneath the Moonlight"

Normally a rainbow's color can only be seen under bright sun light. So according to this phrase, if the rainbow is lying beneath the moonlight then the rainbow will never show its true color. That is so say the beautiful lady that lay beneath the soil horizontally can no longer show her beauty and vibrancy. There are woodcarvings inside the graveyard, and the plants are well organized as if some important officials are living here. One cannot imagine how elaborate this place is without being there. With all the decorations and complex arrangements, it shows a loving man's longing for his diseased wife. Ah Bo followed his grandmother's order to clean and to water the site for about half an hour that evening.

An incredible thing happened after dark that night. After Ah Bo went home his eyes just stared straight forward, his face expressionless, he did not utter a word, and he did not even greet his own family. Without any warning he bang his head against the wall, then he strikes the wall repeatedly with his fists. Knowing something is wrong, Ah Bo's father took a rope and tied Ah Bo's down forcefully so he won't be able to hurt himself. Then the father ran over to the temple to ask the monk to dispel "evil" from his son. Ah Bo's father thought his son must have be possessed, otherwise his behavior wouldn't have been so strange. Ah Bo's strange behavior receded as the morning comes.

TCM's treatment for "Mania" Syndromes (commonly know as Neurosis)

I had cold sweat after I listen to Ah Bo's story, but I still summon enough courage to think about how I should treat him. Firstly, the five elements, external/internal, deficiency/excess theories come to mind. If excess Yin cannot match

up with Yang, and deficient Yang cannot protect the Yin; this will cause disorder between Yin and Yang. One's mental capacity and spirit will also be in disorder and one's behavior will become strange and abnormal. Using 5 Shu Points for acupuncture to harmonize the channels and yin/yang, coupled with herbal formulas to capture the excess yin and to boost up the nutritive qi. All these is open and facilitate all the qi "gates" to improve circulation of all the channels throughout the body, then the yin will nourish the yang, and the yang will protect the yin. After two weeks of treatment, the problem of "evil possession due to excess yin energy" leading to strange behavior has stopped. I thank the Heaven for success. In this strange and bizarre case, if you lack any courage then you cannot be his doctor.