

blood in the GV and CV channels; 2) decreased peripheral Qi/blood circulation; 3) association with Spleen Qi deficiency; and 4) Kidney Yang/Essence deficiency.

The treatment plan includes: 1) improve Qi and blood flow in the GV and CV channels; 2) strengthen the Lung Qi (to improve the peripheral blood circulation); 3) tonify the Spleen to make the muscular structure stronger; and 4) improve the Yang/Essence energy of the Kidney to correct hormonal and Essence deficiencies.

Acupoints for erectile dysfunction are: 1) to improve the Qi and blood flow in the GV and CV meridians, LU 7×2, SI 3×2, LR 3×2, and SP 10×2; 2) for improving peripheral blood circulation and strengthening the lungs, LU 9×2, BL 13, CV 17, and LU 1×2; 3) for tonifying the spleen, SP 8×2 (acute), SP 9×2 (chronic), BL 20×2, GB 25×2, and LR 13×2; and 4) for treating kidney Yang/Essence deficiency, KI 3×2, KI 6×2, KI 7×2, KI 10×2, and BL 23×2.

Apart from the above acupoints, it would be wise to add the following acupoints if the problem is due to psychosomatic and/or spiritual disorders. Acupoints for psychosomatic indications: GV 20, EXHNN 1×4, auricular acupuncture-Shenmen and psychosomatics. Acupoints for a spiritual disorder: BL 17×2, BL 46×2, GV 9, GV 4, GB 41×2; microsystem scalp acupuncture, MS 4×2; nose acupuncture, external genitalia points; auricular acupuncture, external genitalia points are very effective treatments.

I recommend treating the patient twice a week for 3 weeks with electroacupuncture. Once the condition begins to improve, the patient would be treated once a week for 8 weeks; if the patient is then consistently better, twice a week for 8 weeks. After that, he would be treated once a month for 6 months.

Erectile dysfunction may also include curvature of the penis or other issues, all of which would be included under the term Peyronie's Disease (PD). In Traditional Chinese Medicine, PD is caused by: GV and CV meridian imbalance, and Qi being blocked in the penis shaft (at the GV and CV meridians). There are 4 different types of curvatures that may occur during an erection (upwards, downwards, sideways, s-shaped). Upward curvatures are the most common whereas s-shaped curvatures are the most unusual. Upward and downward curvatures are associated with GV and CV meridian hyper- or hypo-activity. If the GV meridian is stronger than the CV meridian, the curvature will go upward; if the CV meridian is stronger than the GV meridian, the curvature will go downward. In patients where there is a meridian imbalance, the penis will curve sideways.

A treatment plan for PD includes: 1) balance energy flow between GV and CV meridians; 2) keep GV and CV in a vital energetic mid-line; 3) balance left and right meridians; and 4) improve Qi and blood circulation.

Acupoints for Peyronie's Disease: 1) balance energy flow between GV and CV, LU 7×2, SI 3×2, GV 4, GV 9, GV 14, CV 4, CV 12, and CV 17; 2) to keep GV and CV vital

energy in mid-line, GV 20, EXHN 1×4, GV 24.5 (EXHN 3), CV 22, and CV 23; 3) to balance left and right meridians, SP 21×2, TE 8×2, GV 14, PC 6×2, CV 17, GB 34×2, GV 4, SP 6×2, CV 4; and 4) to improve Qi and blood circulation, SP 10×2, LR 3×2, LU 9×2, and CV 17.

Erectile dysfunction may also be treated with microsystems: 1) nose acupuncture; 2) auricular acupuncture; 3) scalp acupuncture; 4) hand acupuncture; and 5) foot acupuncture. These offer tremendous therapeutic gains.

Acupuncture treatment: 1) points for microsystem nose acupuncture are in the bottom of philtrum; 2) points for microsystem auricular acupuncture are on the ascending helix above the lower handle of anti-helix; 3) microsystem scalp acupuncture, MS 4, bilateral lines from ST 8 parallel to the GV line that is 1 cun in length, half a cun behind the hairline (the right represents the left and the left represents the right); 4) microsystem hand acupuncture, point is at the base of knuckles of the middle fingers, the middle finger represents the shaft of the penis, the web space represents the testicles; and 5) foot acupuncture, the achilles tendon represents the shaft of the penis, the insertion point corresponds to the base of the penis shaft. All of the microsystem points react very quickly to acupuncture; however, to maintain a full recovery, classical acupuncture is also indicated.

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**W**ITH THE POPULARITY OF DRUGS like sildenafil, there may be little call for acupuncture in erectile dysfunction (ED). Nevertheless, the condition can reflect a wide range of CM patterns involving the Heart, Spleen, Liver and Kidneys. The Spleen makes the Blood, the Liver stores and moves it, the Heart gives rise to desire, and the Kidneys provide the motive force. If any of these aspects are malfunctioning, then ED can occur. Acupuncture, therefore, involves identifying a pattern and treating accordingly, with the addition of local points to encourage the Qi to flow in the pelvis.<sup>1</sup> General points might include GV 20, BL 32–35, CV 4, ST 30, SP 6, and various pattern points that can be found in Table 1. A regimen of 6–12 treatments, once to twice a week, would be reasonable.

TABLE 1. PATTERNS IN ED

<i>CM Pattern</i>	<i>Points</i>
Liver Qi stagnation	LV 1,3,5, 8, BL 18
Cold in the Liver Channel	LV 1,5, CV 4,6, ST 29,30 (Moxa)
Blood stasis	SP 4,8,10, BL 17, CV 3, BL 32
Deficient Kidneys	BL 23, CV 6, KI 3, GV 4, ST 36
Spleen Qi deficiency	SP 3,6,9, ST 36,40
Damp Heat	KI 10, LV 5,8, BL 23, SP 6,9
Heart and Spleen deficiency	HT 7, BL 15,20, ST 36, SP 3

Of course, acupuncture should only be part of an integrated approach which would also include lifestyle routines such as regular exercise, Dorey's pelvic floor exercises,<sup>2</sup> adequate rest, and a stress-free environment for intimacy.

## REFERENCES

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2. Dorey G, Speakman MJ, et al. Pelvic floor exercises for erectile dysfunction. *BJU Int.* 2005;96(4):595–597.

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**E**RECTILE DYSFUNCTION IS THE inability to have a sustained penile erection during sexual activity until orgasm is achieved. It may be due to the following causes:

- Physical abnormality, e.g., Peyronie's disease
- Metabolic cause: diabetes mellitus
- Vascular: atherosclerosis, hypertension, stroke
- Neurological: cerebrovascular accident, Parkinson's, multiple sclerosis
- Surgery: for prostate cancer, bladder cancer—due to damage to pudendal nerves
- Medications: tricyclics, SSRIs for depression, beta blockers, alpha blockers
- Psychological factors: depression, sexual abuse, and performance anxiety
- Illicit drug use and smoking
- Alcohol may reduce testosterone levels and thus, reduce libido
- Low levels of DHEA may affect libido.

The goal is to increase acetylcholine and nitric oxide in corpora cavernosa to stimulate production of cGMP. This will relax smooth muscles and let blood enter the corpora

cavernosa to cause an erection and sustain it until after orgasm.

## Traditional Chinese Medicine (TCM) Diagnosis

Deficiency of Kidney Qi, deficiency of Kidney Yin, Kidney Yang, or both.

There is a lack of libido, erectile dysfunction, premature ejaculation, or inability to ejaculate. The inability to have and maintain an erection and to ejaculate is a function of Yin and Yang, respectively. Post coital headache and lower back pain also suggests Kidney Qi deficiency.

Dai Mo controls the flow of Qi in Ren Mo, Du Mo, and Governor Vessel. It also moves Spleen Qi upwards and controls the flow of Liver Qi. Liver controls the flow of blood.

Conception Vessel (Ren Mo) governs Yin (Jing, blood, and fluids).

## Treatment

I do the following:

Super Ming Men: GB 25(+) BL52 (–), BL 23, and GV 4, 5.5 Hz for 15 minutes

Ren Mo: LU 7, KI 6; Dai Mo: GB 41, GB 26, TF (TH) 5 for 20 minutes in neutral

KI 3(–), KI 9 (+), 5.5 Hz for 20 minutes

Plus: CV 4 ( Gate of Prime), CV 6 (Lower Sea of Qi), CV 2, and CV 3.

These are done bilaterally.

Patients are advised to exercise regularly, get refreshing sleep, quit smoking, and moderate intake of alcohol. They are encouraged to discuss medications and side effects with their regular physician.

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**I**N MY CLINIC, I TYPICALLY see people who are non-responders to medication (i.e., sildenafil citrate, tadalafil, vardenafil). From a classical Chinese medicine perspective, rather than a Traditional Chinese Medicine (TCM) perspective, I usually do not treat using the 12 Primary Channels at all, but go directly to the Ying Qi level or Blood level, and treat using the Luo Channels. Remember, that the blood contains Qi and Shen, as well as housing the emotions of the Wujingshen and all acquired emotions as well.

The Luo Channels deal more specifically with emotions than the 12 Primary Channels; more specifically, emotions or thought patterns that have been placed in hiatus for awhile. All trauma—whether it be emotional or physical, embarrassment,