

## Spleen Deficiency w/ Cold Damp

Symptoms:

- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x

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## Spleen Deficiency w/ Cold Damp

Symptoms:

- x clammy, sticky, heavy (fatigue – cement bricks on your limbs, like a bag over your head)
- x It is lingering.
- x Dampness creates stagnation in the body.
- x Changes in appetite, diarrhea, etc.
- x The dampness is causing an obstruction in the body. The normal circulation of qi gets stagnant. This causes a feeling of pressure.
- x Spleen dampness “prevents the clear yang from going up to the head”.
- x diarrhea
- x obstruct urination as well (the person can't pee – the urine isn't even formed properly)
- x Spleen opens to the mouth so it affects the sense of taste (5-phase). People have a bland taste (or even a sweeter taste) in the mouth.
- x Tongue is damp as well. A thick sticky coat.(With cold and damp it's white, with damp heat it's yellow thick and sticky.)
- x Vaginal discharge (normal at ovulation and just before period) at abnormal times.
- x Key symptoms – stuffiness in the chest, feeling of heaviness, , look for the sticky tongue coating.

## Spleen Deficiency with Cold Damp

Causes:

x

x

Treatment Principle:

x

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## Spleen Deficiency with Cold Damp

Causes:

- x Weak spleen qi - The fluids are not transformed and transported properly allowing the dampness to accumulate. Endogenous.
  - x Tends to have more signs of deficiency in the body The pulse and tongue may show this. Pulse might be weak and soggy with just a little slippery.
- x Environmental pathogens can invade the spleen. Exogenous.
  - x Environmental causes. Where you live, working condition, laundry room workers, sailors, etc.
  - x A predisposition with a weak spleen will allow the exogenous factors to more easily invade
  - x tends to have more excess signs in the body. The pulse is going to show this, a strong and slippery pulse for example. The tongue in excess is likely to have a thicker coat on it.

Treatment Principle:

- x Resolve dampness.
- x If the spleen is weak, tonify the spleen.

## Spleen damp heat obstruction

Symptoms:

- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x

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## Spleen damp heat obstruction

Symptoms:

- x You feel hot and heavy
- x digestion
- x poor appetite
- x pain and distention in the abdomen
- x fever – a constant low grade fever. It's constant throughout the day, perhaps a little warmer in the pm.
- x Nausea and vomiting, feel a little “urpy”
- x They feel a little bit thirsty. There is a desire to drink but they don't want water.
- x Urination is scant and dark in color
- x Diarrhea – with a real foul smell (rotten egg smell) (burning sensation in the anus)
  - x If you've got more heat than damp, you could actually get constipation instead of diarrhea.
- x A sticky feeling – feels like there not done, or difficult to clean up. (This is dampness in general)
- x Like a sick taste in the mouth, with heat it's a bitter taste in the mouth.
- x Tongue has a red body (red tip and around the edges) yellow fur that is thick and slimy
- x Pulse is rapid and either slippery (excess) or soggy (deficient). Heat predominate is more rapid and slippery. More damp, they tend to be more soggy and not likely to be as rapid.

## Spleen Damp Heat Obstruction

Causes:

- x

- x

Treatment Principle:

- x

- x

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## Spleen Damp Heat Obstruction

Causes:

Exogenous:

- x Environmental – Florida or the tropics.

- x Eating unclean or bad food

Treatment Principle:

- x Resolve damp and clear heat.

- x Use LI 11 to take out the heat (damp heat)

## Upper Body Harassment by Phlegm Turbidity

Symptoms:

- x
- x
- x
- x
- x
- x
- x
- x

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## Upper Body Harassment by Phlegm Turbidity

Symptoms:

- x dizziness – Where no phlegm is present, dizziness cannot arise. This can be so severe that the person has to sit/lie down (Like Meniere's Disease)
  - x At the least it can feel like a pressure or heaviness in the head.
  - x The clear yang can't go up to the head.
- x Insomnia
- x Pressure in the chest (chest oppression)
- x Loss of appetite, sick to the stomach, nausea, vomiting
- x Food just sits in the stomach
- x Tongue is greasy/slimy, coat is white or yellow depending on the heat in the body.
- x If there's heat in the body they could feel restless, bitter taste in the mouth
- x Pulse is slippery and wiry (phlegm is an excess condition)

## Upper Body Harassment by Phlegm Turbidity

Causes:

x Organs:

x

x

Treatment Principle:

x

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## Upper Body Harassment by Phlegm Turbidity

Causes:

x This could be a lung, stomach, spleen, or kidney as the organ cause of disease.

Phlegm can be caused by

x pathogen: common colds turning into phlegm

x diet: dairy, alcohol, too many cold foods, whatever

Treatment Principle

x Transform Phlegm

## Phlegm Reduction Foods

- x Rye (rye bread)
- x Amaranth (pigs weed)
- x Corn
- x White pepper
- x Raw Honey
- x Aduki Beans
- x Lettuce (romain, etc...)
- x Celery
- x Kolorabi
- x Pumpkin
- x Scallions
- x Alfalfa
- x All bitter herbs (chamomile, pau d'arco)
- x Raw Goat's milk

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## Phlegm Producing Foods

- x Sweets
- x meat
- x dairy
- x eggs
- x fats (all hydrogenated fats)
- x nuts and seeds (esp. peanuts)
- x highly processed or refined foods
- x poor food combining
- x late night eating
- x over eating
- x cold foods

## Stomach Qi Deficiency

Symptoms:

- x
- x
- x
- x
- x
- x
- x

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## Stomach Qi Deficiency

Symptoms:

- x Weakness, Fatigue, tiredness - especially at 7-9 am
- x Weak limbs/muscle
- x Complexion lacks luster, they look drained
- x Feel uncomfortable in the epigastric area
- x No appetite
- x Stomach qi doesn't go down – it feels like there's a back up. Acid-reflux , burping.
- x Implies that spleen qi could be deficient as well.
  - x Lack of taste
  - x loose stools
  - x lack of appetite



## **Stomach Qi Deficiency**

Causes:

- x*

Treatment Principle:

- x*

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## **Stomach Qi Deficiency**

Causes:

- x* Diet

Treatment Principle:

- x* Tonify the stomach

## Stomach Qi Deficiency With Cold

Symptoms:

- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x

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## Stomach Qi Deficiency With Cold

Symptoms

- x This is stomach qi deficiency but add cold symptoms to it.
- x Person wants warm things to eat or drink
- x can vomit clear fluids (There's no stomach qi digesting and processing what's taken in, and there's no heat to cook it down. They vomit what went down).
- x They feel better after they eat,
- x Like something warm on their stomach
- x Like pressure (massage)
- x Discomfort in the epigastrium (it's a vague feeling of being uncomfortable)
- x Feel worse after bowel movements (yang ming connection – arm and leg yang ming channels) You've emptied out something that's already empty.
- x Pale tongue, perhaps swollen
- x Pulse is (right wrist in the middle, spleen is deeper) – this is a weak pulse. Because it's cold it's a “tight” pulse. Perhaps soggy.
- x The pain can be severe. (the pulse can be wiry if there is a lot of pain).

## Stomach Qi Deficiency With Cold

Causes:

- x
- x
- x
- x
- x
- x

Treatment Principle:

- x

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## Stomach Qi Deficiency With Cold

Causes:

- x Insufficient nourishment
- x Not enough protein
- x Bad diet (don't drink ice water with your meal)
- x Long term chronic health problems (something that damages their yang) (After mononucleosis for example)
- x You can have a direct attack from the outside. (symptoms will be real acute in this case)
- x Western – gastritis, gastric neurosis, ulcers

Treatment principle:

- x Tonify and warm the stomach

## Insufficient Stomach Yin

Symptoms:

- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x

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## Insufficient Stomach Yin

Symptoms:

- x Basic yin deficiency
  - x dry throat
  - x dry mouth
  - x peeling tongue coat (especially in the middle) (no coat – mirror or glossy tongue)
  - x pulse is thin and rapid
  - x Feeling of the heat in the afternoon and evening. (night sweats)
  - x Insomnia (due to heat)
- x No appetite (perhaps a clamoring stomach)
- x Epigastric pain
- x Constipation
- x No desire to drink (at best a few little sips of water)
- x Feel empty behind the breastbone/stomach (deficiency glomas in the venter????)
- x Key signs – tongue (coating peeling – stomach not sending up the smoke of digestion),

## Insufficient Stomach Yin

Causes:

x

x

x

Treatment Principle:

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## Insufficient Stomach Yin

Causes:

- x Exogenous attack of wind heat that isn't properly treated.
- x Long term illness (chronic problem)
- x Irregular Diet (poor eating habits, etc... over a long period of time)

Treatment Principle: Nourish the stomach yin.

## Stomach Fire

Symptoms:

- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x
- x

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## Stomach Fire

Symptoms:

- x Very thirsty (want to drink cold and icy fluids)
- x Mouth is dry
- x Tongue is dry
- x Constipation
- x Constant Hunger (excess hunger)
- x Counter flow qi. Belching, nausea, vomiting. (they feel urpy.)(Regurgitation – sour/bitter taste in the mouth)
- x Can be a cause of bad breath (halitosis)
- x Sores in the mouth
- x Bleeding gums
- x Tongue is red. Thick yellow and dry coat.
- x Pulse is rapid and full/flooding/surging. It can also be a little bit slippery.
- x Key symptom – burning sensation in epigstrium, thirsty for cold things to drink, thick yellow coating on the tongue.

## Stomach Fire

### Causes

- x
- x
- x
- x
- x

### Treatment Principle

- x

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## Stomach Fire

### Causes:

- x from hot and spicy foods
- x from rich foods
- x from smoking tobacco
- x Can be caused by liver fire
- x Wind heat that can get deeper into the system. (from tai yang moves to yang ming)

### Treatment Principle

- x Clear stomach heat
- x Stimulate stomach to descend properly
- x ST – 45, 44, 43 – take heat out of the stomach

## Stomach Qi Rebels Upwards

Causes:

- x Cold, heat, or phlegm can all do this.
  - x Digestate stagnation can cause this.
  - x Foul Turbidity (eating bad food)
  - x Stomach and Large Intestine Qi Stagnation
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