

Chinese Pathology

4-23-05

Spleen Deficiency with Cold Damp

Spleen does not like dampness. Dampness is the pathogen that can most easily attack the spleen. Dampness can affect the spleen:

- 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.

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.

Spleen dampness “prevents the clear yang from going up to the head”.

Dampness can also obstruct the lower jiao:

- 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.

Treatment Principle

- x Resolves the dampness.
- x If the spleen is weak, tonify the spleen.
- x Use spleen 9 – it acts like a diuretic, resolves the dampness

Spleen damp heat obstruction

Very similar to cold damp – but now we have the presence of heat as well.

You get this similar to dampness.

Exogenous:

- x Environmental – Florida or the tropics.
- x Eating unclean or bad food

Symptom

- x You feel hot and heavy
- x digestion
- x poor appetites
- 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 afternoon. You don't overheat at night.
- 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 Usually predominance of one or the other - damp over heat or heat over damp. 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 looking because of the damp.
- 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.

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

This can be actual phlegm and insubstantial phlegm, either in the channels or in the organs. Phlegm comes from accumulating fluids in the body with because of transformation or transportation or because of the discharge.

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

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)

Treatment Principle

- x Transform phlegm

Phlegm Reduction Foods

Foods that dry dampness.

- x Rye (rye bread)
- x Amaranth (pigweed)
- 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

Phlegm Producing

- 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

Main job of the stomach is to transform the food. The stomach receives the food and fluids and rots and ripens it. The spleen processes it into a usable form. Spleen and stomach are the source of “post-heaven” qi.

If your stomach isn't working properly, you won't have much acquired qi being made.

- x You are tired, no energy and you feel weak.

Cause

- x Diet – stomach likes foods that are moist and not too dry.
 - x Baked and broiled foods are considered drying

- x Too many dry foods can lead to a stomach yin deficiency
- x Hot and spicy foods
- x Too many cold foods can injure the stomach
- x The “too much” depends on the season, the person's constitution, their environment, occupation
- x Things you should do.
 - x Yang deficient people are likely to need more warming foods.
 - x Eating at regular times is very important (eat breakfast between 7-9 for example)
 - x Don't over or under eat.
 - x No nibbling and no snacks
 - x Don't eat too late at night (it's the yin and quiet time) (if you eat late at night you are using up your stomach yin).
 - x Don't eat too fast.
 - x No negative emotions while you eat. (worry, preoccupation, sadness) No family fights at the dinner table. Stomach is most affected by worry. Anger can affect the stomach indirectly through the liver.
 - x No eating on the run.

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 w/ 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

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).

Treatment principle

- x tonify and warm the stomach

Insufficient Stomach Yin

Deficiency heat

Caused

- 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)
- x

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),

Treatment Principle

- x Nourish the stomach yin

Stomach Fire

Excess heat in the stomach

Diabetes, gingivitis (some dental diseases), gastritis, some stomach ulcers, red ulcers in the mouth

An interior heat that is excess in the body.

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)

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.

Treatment Principles

- 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

Cold, heat, or phlegm can all do this.

Digestate stagnation can cause this.

Foul Turbidity (eating bad food)

Stomach and Large Intestine Qi Stagnation