

# Chinese Pathology

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## Stomach Qi Rebels Up

Burping, belching, hiccups, whatever. The food isn't bearing down. Or you get the feeling that the food isn't going down (nausea). Something is disrupting the stomach qi. This can happen with all sorts of different patterns.

## **Symptoms**

Lots of things can make the stomach an inhospitable place for food.

- x Cold
  - x look for cold signs
  - x Pale tongue
  - x Pale/white complexion
  - x Clear food vomit (it goes out the way it came in, it's watery and frothy)
  - x You might eat in the morning, but when you throw up in the evening, you get the food from the morning.
- x Heat
  - x We could call this stomach fire.
  - x General heat signs.
  - x Tongue is red with a yellow fur.
  - x The vomit will be bitter (heat cooking down/fermenting things)
  - x The person will vomit right after they eat.
- x Phlegm
  - x This doesn't belong in the stomach. Good digestion can't happen with phlegm in the stomach.
  - x Tongue coating will be slimy/greasy
  - x Over salivation and drool
  - x Dizziness (“You cannot have dizziness w/o phlegm.” It keeps the clear yang from rising to the head.
- x Foul Turbidity
  - x Eating bad/contaminated food. Usually associated with hot weather.
  - x Person might feel good for a while after eating, but then an acute onset. It's a sudden onset problem.
  - x “Ungratified desire to vomit” they want to vomit but you can't.
  - x Agonizing distention and oppression in venter (belly). Abdominal pain.
- x Food (Digestate) Stagnation
  - x Over eating as with a thanksgiving meal. Due to overeating or eating too quickly. Or worrying when you eat. Perhaps food allergies...
  - x History of ingesta damage. It actually can cause digestion damage over time.
  - x The stagnation becomes an obstruction in the middle jiao.

- x Improvement brought on by vomiting
- x Sour, putrid vomitus. It's become cooked down.
- x Stomach-Intestine qi stagnation
  - x This has the same signs. But instead of food stagnation being the cause, it's the qi that's the obstruction.
  - x Thoracic glomus – plumb-pit feeling. It feels as if something is there even though there isn't. Dysphagia.
  - x Abdominal pain & bloating and stomach gurgles.
  - x Distention is caused by the stuck qi.
  - x **Look for an emotional component.**
  - x **Lack of cold symptoms (or heat, phlegm, or other causes...)**
- x Stasis of blood (not in Pirog) – this can be a life threatening situation.
  - x This is a chronic type of problem and can happen with a lot of the other cause. A bleeding ulcer for example is heat causing the problem over time.
  - x Heat, food stagnation, qi stagnation, (Liver qi problems/anger and frustration over time)
  - x Pain will be stabbing and fixed. You can pick the location of the pain. (could be a prickly type of pain).
  - x This can also be an intense type of pain.
  - x It's worse with pressure.
  - x It's worse with heat. This is an excess type of problem.
  - x There is pain after you eat.
  - x Vomiting of dark blood.
  - x Blood in the stools/looks like coffee grounds. (The blood has been digested)
  - x Tongue is purplish. - A purple spot in the middle jiao.
  - x Pulse is choppy/wiry – from the pain. It's not a smooth/slippery pulse.

### **General Symptoms:**

- x Nausea
- x Vomiting
- x Belching
- x Hiccough

### ***Treatment Principle:***

- x Get stomach qi moving in the right direction. (Stimulate the descending of qi) (points: CV12 mu point for the stomach. Angle it down)
- x Deal with the cause (if it's cold, warm the stomach, if it's heat, clear the heat, if phlegm, transform the phlegm, if it's foul turbidity, clear the turbid, if it's food stagnation, remove the retention of food, if qi stagnation, then promote the flow of qi.)
- x Ground cuttle fish will make a great treatment for blood stasis, after they get to the hospital. Influential point of blood. BL17.

## **Intestinal Humor Depletion (Dryness in L.I.)**

Dryness in the L.I.

### ***Causes***

Anything that can cause a yin or blood deficiency can cause this intestinal humor depletion. Diet, Environment, anything that can cause yin or blood deficiency can cause Dryness in the LI.

### ***Symptoms***

- x Constipation(dry stool)
- x dry mouth
- x dry throat
- x in poor health
- x older people suffer this problem
- x They are generally yin or blood deficiency
- x no pain
- x no abdominal distention
- x If it's due to blood deficiency the tongue will be pale and dry.
- x If it's due to yin deficiency the tongue will be red/with peeled or no coat.
- x Pulse will be either blood or yin deficiency pulse. It may be more rapid with yin deficiency.

### ***Treatment Principle***

- x Promote fluids in the large intestine.
- x Lower He-Sea point for the large intestine ST37 (in the left leg...)

- x Diet and herbal formulas (seeds or oils in the diet – olive oil!) Prune juice (warmed and between meals)

## **Digestate Accumulation**

There are many forms of this.

### ***Ingesta Damage***

Eating bad or contaminated food.

This is a problem of diarrhea.

This is kind of like damp heat in the large intestine.

### **Symptoms**

- x Aversion to food
- x Nausea and vomiting
- x Stool, Gas, or vomit is very putrid smelling. (Remember things are kind of being cooked down and fermented.)
- x Bloating
- x Bowel movements/gas passing relieves the problem.
- x Diarrhea or sometimes constipation (if it's damp, diarrhea, if there's heat, constipation)
- x Tongue is turbid looking, thick yellowish, tongue coat.

## ***Gastrointestinal Accumulation***

### **Symptoms**

- x You can feel lumps in the intestines (you get actual food stuck in the LI).
- x Abdomen gets distended
- x Painful
- x It's worse with pressure (it's an excess type of pressure)
- x Diarrhea (can be pretty severe)
- x Key thing is you don't feel better after going to the bathroom. The abdominal discomfort is not relieved after a bowel movement.
- x Tenesmas – involuntary spasm of the sphincter muscles.

## ***Spleen-Stomach Deficiency with ingesta damage complication***

### **Symptoms**

- x Bloating after eating
- x no abdominal pain
- x stool is thin
- x food contains undigested food.
- x No appetite, or very large appetite but poor digestion. They have food cravings. (These people need a sugar fix to keep going. ;-) This would be hypoglycemia in western medicine. This predisposes you to diabetes.
- x The person looks kind of spongy – a yellowish complexion. (In China, they would likely look a bit emaciated)

### **Causes:**

- x Damage to the spleen and stomach (poor yo-yo dieting) (if a diet excludes certain foods, it's not good!)
- x Or generally anything that leads to spleen deficiency. (emotions while you eat, poor dietary habits, etc...)

## **Down pour of damp heat in the intestine**

Dampness blocks the Large Intestines ability to reabsorb fluids. So this will cause diarrhea. The diarrhea can contain blood and/or mucus. If there is mucus, that means there is more dampness. More blood means more heat in the LI. This is called red and white diarrhea in China. This is called Montezuma Revenge. ;-) Dysentery

### **Symptoms**

- x You don't feel better after going to the bathroom. You feel like you have to go some more.
- x Diarrhea (can contain mucus or blood)
- x Stool will have a foul smell
- x Burning in the anus/rectum
- x Thirsty (if there's more heat) (tongue is more red & dry)
- x Dampness (thirst w/ no desire to drink) A feeling of heaviness. Stuffiness in the epigastrium.
- x Concentrated urine
- x Feel feverish. (Like a damp-heat fever – a low grade fever)

- x Bitter taste in the mouth.
- x Tongue is either red w/ yellow coat (from the damp heat)
- x Pulse – slippery rapid pulse.

### ***Causes***

- x Comes from environment
- x Unclean/contaminated foods
- x Injuries to the spleen and stomach
- x eating lots of hot and spicy foods, or greasy foods
- x Too much alcohol
- x irregular food in the body.
- x Too many cold and raw foods.
- x All of the things that can injure the spleen and stomach can also injure the LI.
- x Emotions – worry over a long period of time, anxiety, etc - over a long period of time. Lung emotions of sadness depletes the LI energy (interior-exterior pairs)

### ***Treatment Principle***

- x Clear the heat, resolve dampness
- x Stop the diarrhea

## **Heat in the Large Intestine**

This is just heat in the large intestine. This is going to dry things out and cause constipation. This is an excess type of problem. Here you have burning sensation in the mouth and rectum.

### ***Symptoms***

- x Constipation and/or dry stools
- x Burning sensation in mouth
- x Burning sensation in anus
- x Dry mouth
- x Concentrated urine (and scant)
- x Blood in the stool
- x tongue is red and dry
- x coating is thick yellow can almost be brown or black. (excess heat)

- x pulse – it will be full, strong and rapid

### **Causes**

- x Too many hot property foods.
- x Too many drying foods.

### **Treatment Principle**

- x Clear heat in the large intestine and help promote the body fluids.

## **Cold Invading the Large Intestines**

This is the direct strike we've talked about already. The cold has frozen the qi in the lower jiao. It's a cold serious pain.

### **Causes**

- x Environmental – outside pathogens.
- x Exposed to cold weather w/o being properly dressed. Etc...

### **Symptoms**

- x Sudden abdominal pain
- x Diarrhea w/ pain – the cold makes it serious pain
- x Gurgling sounds.
- x Abdomen feels cold.
- x Tongue has a thick white coat – it's an excess cold problem.\
- x Pulse is wiry (tense, tight) It has an edge to it. It's also deep and slow. However this is NOT a floating pulse – it's deep in the lower jiao.

### **Treatment Principle**

- x Moxa
- x Warm the large intestine.
- x Lower he-sea on ST37 might be good as well.

## **Collapse of the Large Intestines.**

- x Intestine vacuity efflux desertion. Enduring diarrhea that causes prolapse of the large intestine.

## **Symptoms**

- x Prolapse of the large intestine. (exaggerated hemorrhoids)
- x Chronic Diarrhea (colitis – damp heat in the large intestine, krone's disease, etc...)
- x Bearing down pressure in the anus
- x Feel real tired after a bowel movement.
- x Feel mentally and physically tired.
- x Tongue is pale
- x pulse is deep and very deficient, weak, fine.
- x Feel cold. - want warm drinks

## **Causes**

- x Chronic Diarrhea caused by:
  - x Spleen qi deficiency is so weak it can't hold things in the body.
  - x Stomach qi deficiency
  - x Large intestine qi is weak

## **Treatment Principle**

- x Raise the Qi. Tonify the stomach and spleen