

Treatment Strategy 2

7-22-06

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1. Diarrhea

1.1. Acute Causes

1.1.1. Infectious

- Bad Food
- E. Coli
- Staph.

1.1.2. Non-Infectious

- Poisonous plants

- Ex. Potato sprouts
- Side effect of drugs
 - Antibiotics
 - Anti-cancer meds.
 - Digitalis
- Herbs
 - Shu Di Huang
 - He Shou Wu
 - Dang Gui
- Cold Greasy Foods

1.2.Chronic Causes

1.2.1.Inflammatory

- Ulcer
- Crones' disease
- Chronic inflammation of SI
- Blood deficiency w/ constipation as well
 - Could be colon cancer
- Damp heat in LI
- Cirrosis
- Ulcerative colitis
- Ulceration of LI
 - Aka inflammatory bile disease
 - People with arthritis have this
 - Diarrhea w/blood & mucous & pain
- Damp heat w/ blood stasis in LI
 - AIDS

1.2.2.Non-inflammatory

- Allergic
- IBS – may be undiagnosed
- LV invading SP
- Lactose Intolerance
- Hyperthyroid
- Cancer of LI or colon
 - Ribbon stool
 - Blood in stool
 - Abdominal pain

1.3.TCM

1.3.1.External

Could be:

- Cold
- Heat
- Damp
- Summer heat

1.3.2.Causes could be

- Improper diet
- Too much food
- Too many cold greasy foods
 - Sorbitol
- Constitutional imbalance
- SP deficiency (*most common cause*)
- Any chronic illness
- KD deficiency (not enough rest, too much sexual activity)
- KD yang deficiency
- Liver invading spleen

1.3.3.Differential Diagnostics

Cold

- Undigested food
- Watery stool

Heat

- Yellow, smelly
- Urgent
- Burning in anus

Excess

- More urgent
- Pain severe
- Better after Bm
- Worse w/ pressure

Deficiency

- Mild pain
- Fatigue
- Pressure is soothing
- Cold limbs (w/ kidney yang Deficiency)

1.4.Core Treatment

- ST25
- ST36

1.5.Acute Diarrhea

1.5.1.Cold Damp/Wind Cold

S&S

- Pulse: Floating
- Chills/fever
- If yang deficient, more susceptible.
- Watery stool
- Noises in abdomen
- Acute onset
- Aversion to cold
- No thirst or appetite
- Can come from outside or from food
- Tongue: Pale, white coat

Treatment Strategy

- Expel cold & damp, warm ST and intestines

Treatment

- Core plus
- Moxa CV6
- CV12
- SP9
- LI4

1.5.2.Damp heat

S&S

- Urgent diarrhea, heat boiling
- Medium amount of abdominal pain
- Yellow/pasty stool
- Bad smelling stool
- Burning sensation
- Tenesmus
- cramping

Treatment Strategy

- Eliminate damp & heat

Treatment

- Core
- ST44

- SP9
- LI11 – damp heat

1.5.3.Retention of Food

S&S

- Food choices damaging stomach
- After BM, pain is better
- Acute combination of food eaten
- Little appetite
- Undigested food in stool
- Distention in upper abdomen
- Belching
- Gas
- Acid Regurgitation
- Tongue: white or yellow, thick greasy (stagnant)
- Pulse: rapid, deep, slippery

Treatment Strategy

- Tonify spleen and stomach

Treatment

- Core
- UB20
- UB21
- M-LE-1
- CV12

1.6.Chronic Diarrhea

1.6.1.SP Qi Deficiency

S&S

- Loose stool
- Undigested food
- Poor appetite
- Bloating
- Greasy food makes BM worse
- Little to mild pain
- Not getting nutrition
- Fatigue
- Pale
- Tongue: pale, scalloped, white
- Pulse: slow, weak

Treatment Strategy

- Tonify spleen

Treatment

- Cui
- UB20
- LV13 – mu of SP
- SP3
- CV12 – ginger w/ moxa
- UB26 – LI shu

1.6.2.SP and KD Yang Deficiency

S&S

- Cock's crow diarrhea = early morning BM
- Abdomen feels cold, back is cold
- Limbs cold
- Pain below navel
- Feeling relieved after BM
- Worse than SP qi deficiency
- Severe diarrhea
- KD down so:
 - Back ache
 - Knees weak
 - Decreased libido/sexual function
- Tongue: pale, white
- Pulse: deep, weak

Treatment Strategy

- Tonify KD

Treatment

- Cui
- UB23 – KD shu
- UB20 – SP shu
- DU4 w/ moxa
- CV4 w/ moxa
- KD3

1.6.3.LV invading SP

S&S

- This is an excess plus deficiency

- No relief from pain after BM
- Fullness in chest, pain under chest
- Bleching
- No appetite
- Emotionally unstable
- Tongue: thin, normal looking
- Pulse: wiry, white/yellow – not hot or cold problem

Treatment Strategy

- Repress LV, support the SP

Treatment

- Core
- SP6 – tonify SP
- UB20 – SP shu
- CV12
- UB18 – LV shu
- GB34
- LV3
- PC6 – disperse
- LV14 – liver mu

2. Constipation

- Slow, stiff movement of bowels
- Could be hard & dry to pass
- Feels like have to go but can't
- No BM in 2 days is not normal
- Not a disease, is a stagnation
- Nerve stimulation sends impulse to cortex
- Can get addicted to laxatives – cutes nervous system off from signals.
 - Use of laxatives can weaken the spleen

Appendicitis

- Bellyache
- Vomiting
- Bad breath
- Constipation & diarrhea

2.1. Causes

- Diet
 - Not enough food
 - Improper foods
 - Not enough spleen qi

- Too many hot foods, cooling foods
- Lack of fiber
- Emotions
 - Blocks qi in lower burner
 - Too much worry
- SP QI deficiency
- Lack of exercise
- Too much work
- Child birth
- Residual of wind/heat (fever – disease)

2.2.Core Treatment

- SP15 – any constipation
- UB25 – LI shu
- ST25 – LI mu

2.3.Excess problems

2.3.1.Excess Heat

S&S

- Spicy hot foods
- Heat in ST, intestines dries up fluids
- Dry, hard stool
- Warm throughout the entire body
- Red face
- Bad breath
- Concentrated urine
- Tongue: yellow, dry, w/ red body
- Pulse: rapid, slippery

Treatment Strategy

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Treatment

- Core
- LI4
- LI11
- ST28
- ST29
- Wai Shu Dao – 1 cun lateral to ST28 on right
- Wai Qui Lai – 1 cun lateral to ST29 on left

2.3.2.LV Qi stagnation

S&S

- Urge, but can't go
- Fullness in chest
- Bloating
- No appetite
- Belching
- Irritable
- Tongue: variable, slimy coat
- Pulse: wiry

Treatment Strategy

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Treatment

- Core
- TW6
- KD6
- LV3
- CV12

2.4.Deficiency problems

2.4.1.Qi deficiency

S&S

- Not enough qi to move the stool
- SOB
- After BM, exhaustion, used all energy to move BM

Treatment Strategy

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Treatment

- TW6
- KD6
- Moxa w/ SP15

2.4.2.Blood deficiency

S&S

- No moisture

- Tired
- Old age robe
- Dizziness
- Brittle nails

Treatment Strategy

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Treatment

- UB20,21
- ST36, SP6, CV4

2.4.3. Interior Cold

S&S

- Pushing to pass BM – break into cold sweat
- Weak
- Urine – clear and copious
- Limbs cold
- Dizzy, vertigo
- SP too weak to bring water to lubricate
- Tongue: pale, white
- Pulse: slow, deep

Treatment Strategy

- Warm KD yang

Treatment

- Core
- ST37 – lower he-sea of LI on left.
- ST39 – lower he-sea of SI
- UB25 – reducing method for habitual constipation
- Hara massage in clockwise fashion
- Ear acupuncture