SPLEEN AND STOMACH
Introduction

Physiological characteristics

- Like of dryness and hate of dampness
- The pivot point of ascending and descending qi
- Correspondence to late summer

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<thead>
<tr>
<th>Internally-externally connection</th>
<th>Stomach</th>
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<td>Open orifice</td>
<td>Mouth</td>
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<td>Manifestation on</td>
<td>Lip</td>
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<td>Related fluids</td>
<td>Saliva</td>
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<td>Dominate and controls</td>
<td>Muscle, limbs</td>
</tr>
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<td>Related emotion</td>
<td>Worry, thinking</td>
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</table>
Physiological function

- **Dominate transportation and transformation:**
  - Transportation: means assimilation and distribution.
  - Transformation: implies changes, digestion and absorption.
    - Transport and transform food and drink
    - Transport and transform water-dampness

- **Controls blood:**
  - Spleen controls and maintains blood circulate inside blood vessels
Physiological function (cont.)

- In charge of “sending up”
  - Sending the clear upward: ascending and distribution of the essential substances
  - Stabilizing the internal organs at their original location
Common symptoms for Spleen

- Poor appetite
- Loose stool
- Abdominal bloating and distention
- Abdominal pain
- Edema
- Bleeding
1) Poor appetite

- Definition: The patient loses the desire to eat, even becomes aversion to food
- Etiology and Pathogenesis

![Diagram showing the relationship between Qi Deficiency, Spleen, Dampness, and Poor appetite with causes like improper diet, aging, chronic illness, constitution, improper treatment, emotional stress, and exopathogens.]
2) Loose Stool

Definition: It refers to increase of defecation times, with clear and dilute stool, even watery stool

Etiology and Pathogenesis:

- Qi Deficiency
  - Improper diet
  - Aging
  - Chronic illness
  - Constitution
  - Improper treatment
  - Lack force

- Spleen
  - Fail transforming and transporting
  - Dampness (water) accumulate in Large Intestines dilute faces

- Dampness
  - Improper diet
  - Exopathogens
  - Emotional stress
  - Improper treatment
  - Distressed

Loose stool
3) Bloating and distention

Definition: “Bloating”: is a subjective sensation of fullness that is only felt by the patient. “Distention”: means bloating that is both a subjective and objective symptoms that may be seen or felt.

Etiology and pathogenesis

Diagram:
- **Qi Deficiency**
  - Improper diet
  - Aging
  - Chronic illness
  - Constitution
  - Improper treatment
- Lack of force
- **Spleen**
  - Fail transforming and transporting
  - Qi stagnation in the middle jiao
- **Dampness**
  - Improper diet
  - Exopathogens
  - Emotional stress
  - Improper treatment
- Distressed

**Distension and bloating**
4) **Bleeding**

- **Definition:** to lose blood from the vascular system
- **Etiology and pathogenesis**

  - Emotional stress
  - Improper diet, aging
  - Chronic illness, Constitution
  - Improper treatment

  **Lack force**

  **Qi Deficiency**

  **Spleen**

  - Fail control and maintain blood

  **Bleeding**
Common etiology for spleen pattern

- Exopathogenic cold, or dampness invading
- Improper treatment
- Improper diet, or malnutrition
- Emotional stress: Excessive thinking and worry
- Chronic illness impair spleen function
- Constitution, aging
## Physiological function and pathological changes of Spleen

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<th>Physiological function</th>
<th>Pathological changes</th>
<th>Common symptoms</th>
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<tr>
<td>Dominate transportation and</td>
<td>Failed T&amp; T, decreased digestive and transportation</td>
<td>Abdominal bloating and distention, poor appetite, loose stool</td>
</tr>
<tr>
<td>transformation</td>
<td>Failed T&amp; T, water accumulated inside</td>
<td>Phlegm, edema, diarrhea</td>
</tr>
<tr>
<td>Ascending and lifting</td>
<td>Food essences unable ascending to lung and heart, so failed to generate qi and blood</td>
<td>Fatigue, tirdness, dizzinessness, loose stool, shortness of breath, dislike talk, dizziness</td>
</tr>
<tr>
<td></td>
<td>Failed to holding and support internal organs</td>
<td>Internal organs prolapsed, such as uterus, rectum, etc.</td>
</tr>
<tr>
<td>Controls blood</td>
<td>Failed to keep blood inside blood vessels</td>
<td>bleeding, such hemoptysis, hematemesis, hematuria, hematochezia, menorrhagia</td>
</tr>
<tr>
<td>Physiological function</td>
<td>Pathological changes</td>
<td>Common symptoms</td>
</tr>
<tr>
<td>------------------------</td>
<td>----------------------</td>
<td>-----------------</td>
</tr>
<tr>
<td>Dominate muscle and limbs</td>
<td>Failed T&amp;T, produce less qi and blood, lead muscle and limbs malnutrition</td>
<td>Emaciation, weak and tired limbs and muscle loose, or disabled wilted limbs</td>
</tr>
<tr>
<td>Open into mouth</td>
<td>Failed T &amp; T, lead dampness accumulate spleen</td>
<td>Tastelessness, or sweet taste and greasy feeling inside mouth</td>
</tr>
<tr>
<td>Stomach receives and decompose food</td>
<td>Failed to descending</td>
<td>Eat very little, epigastria distention and fullness</td>
</tr>
<tr>
<td></td>
<td>Failed to descending, and qi rebellious</td>
<td>Vomiting, belching, and hiccup</td>
</tr>
<tr>
<td></td>
<td>Food stagnation</td>
<td>Dislike food, acid regurgitation</td>
</tr>
<tr>
<td></td>
<td>Stomach heat</td>
<td>Over eat and still hungry,</td>
</tr>
</tbody>
</table>
Common Spleen pattern

Deficiency pattern
- Spleen qi deficiency
  - Spleen qi sinking
  - Spleen not control the blood
- Spleen yang deficiency
- Spleen yin deficiency

Excess pattern
- Cold dampness assailing the spleen
- Damp heat assailing the spleen
Spleen qi deficiency pattern (脾气虚证)

- **Definition:** a pattern due to spleen failed its function of transportation and transformation

- **Symptoms and sign:** sallow complexion, tiredness, lassitude, weakness of limbs, poor appetite, abdominal distention, loose stool, dislike of speaking. A pale tongue, thin white coating, a weak, or soft pulse. Or obesity and edema
Etiology and pathogenesis of Spleen qi deficiency pattern

- Improper diet
- Emotional stress
- Chronic illness
- Constitution
- Overstrain, aging

Spleen Qi deficiency

- Fails to T&T
- Water/dampness accumulation
- Loose stool, teeth-mark tongue
- Qi deficiency
- Fatigue, pale facial color, weak pulse
- Poor appetite, bloating and distension
- Fails to dominate muscle and limbs
- Weak limbs
**Definition:** a pattern caused by spleen qi severe deficiency failed its holding function, marked by prolapse of internal organs

**Symptoms and signs:** poor appetite, abdominal distention with downbearing sensation, chronic loose stool, listlessness, lassitude, low voice, emaciation, sallow complexion, pale tongue, weak pulse, prolapse of internal organs such as uterus, stomach, kidney, and rectum
Etiology and pathogenesis of Spleen qi sinking pattern

- Improper diet
- Emotional stress
- Chronic illness
- Constitution
- Overstrain, aging

Spleen Qi deficiency → Spleen Qi Sinking →
- Failed to hold → Organs prolapse
- Failed ascending → Dizziness, chronic diarrhea/loose stool
- Failed pushing and promoting → Fatigue, low voice, emaciation, pale complexion, pale tongue, weak pulse
Spleen not controlling blood pattern (脾不统血)

- **Definition:** a pattern due to spleen qi failed to contain blood inside the vessels, result various kind bleeding

- **Symptoms and signs:** all kinds bleeding such as subcutaneous hemorrhage, hemoptysis, hematuria, hematemesis, hematochezia, for women preceded menstrual cycle, menorrhagia. Sallow, dry or pale complexion, poor appetite, abdominal distention, loose stool, pale tongue, thin and weak pulse
Etiology and pathogenesis of Spleen not controlling blood pattern

- Improper diet
- Emotional stress
- Chronic illness
- Constitution
- Overstrain, aging

Spleen Qi deficiency → Spleen not controlling blood

- Failed to control blood
- Failed T&T
- Failed pushing and promoting

- Various kind of bleeding
- Poor appetite, loose stool, bloating
- Fatigue, low voice, emaciation, pale complexion, pale tongue, weak pulse
Spleen yang deficiency pattern (脾阳虚证)

- **Definition:** a pattern caused by spleen yang deficiency, failed to warmth interior of the body

- **Symptoms and signs:** poor appetite, abdominal distention, loose stool, dull and vague abdominal pain which relieves with warmth and pressure, dislike cold, cold limbs, no desire to drink, edema, scant urine. For women, copious clear vaginal discharge. Pale, flabby tongue with teeth mark, white greasy coating, a deep, slow pulse
Etiology and pathogenesis of Spleen yang deficiency pattern

- Improper diet
- Pathogenic cold
- Chronic illness, aging

Spleen yang deficiency
- Failed to warm: Cold limbs, intolerance of cold
- Failed to push and promote: Fatigue, pale facial color, dislike talk, slow/weak pulse
- Fails to T&T: Poor appetite, bloating and distension, loose stool
- Edema, copious clear vaginal discharge
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<th>Common points</th>
<th>Identification points</th>
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<tr>
<td>Spleen qi deficiency</td>
<td>Abdominal distension which worse after eat, poor appetite, loose stool, sallow complexion, weak limbs, dislike speaking</td>
<td>Emaciation, or edema</td>
</tr>
<tr>
<td>spleen qi sinking</td>
<td></td>
<td>Internal organs prolapse: such as stomach, uterus, kidneys, or rectum</td>
</tr>
<tr>
<td>Spleen yang deficiency</td>
<td></td>
<td>Vague abdominal pain which relieves by warmth and pressure, cold limbs, scanty urine, or limbs heaviness, or edema, or copious vaginal discharge</td>
</tr>
<tr>
<td>Spleen unable to controls blood</td>
<td></td>
<td>Various bleeding</td>
</tr>
</tbody>
</table>
Spleen yin deficiency pattern (脾阴虚证) (Deng)

Symptoms and signs: emaciation and lack of strength, torpid intake with no thought of food, abdominal distention with eating, dry lips and mouth, vexing heat of the five hearts, yellow urine, bound stools, a red tongue with little coating, and a thready and rapid pulse.
Etiology and pathogenesis of Spleen yin deficiency pattern

Long term physical or mental overstrain

Chronic illness, aging

Spleen yin deficiency

Spleen disharmony due to failure to nourish

Spleen yin deficiency

Deficient heat

Failed to nourish

Failed to T&T

Disrupted Stomach function

Epigastrium pain, discomfort, belching

Dry mouth, dry stool, thready pulse

Vexing heat of five center, red tongue, rapid pulse

Poor appetite, bloating, distension

Chapped lips
Cold damp besiege in the spleen (寒湿困脾)

- **Definition:** refers to a condition in which cold damp accumulating in the spleen failed to transporting and transforming.

- **Symptoms and signs:** fullness, distention or dull pain in epigastra and abdomen, poor appetite, bland but slimy taste in the mouth, loose stool, nausea, vomiting, heaviness of the whole body and the head, or edema with scant urine, or smoky yellow skin, or copious vaginal discharge. Pale flabby tongue with white greasy or white glossy coating. A slow, moderate or deep and thready pulse.
Etiology and pathogenesis of cold-damp besiege the Spleen pattern

Improper diet

Exopathogenic dampness

Damp cold besiege the Spleen

- Failed to T&T
- Dampness accumulation
- Damp disrupts Gallbladder, pushes bile flow

Poor appetite, bloating, nausea, loose stool, bland taste

Diarrhea, edema with scanty urine, clear copious vaginal discharge

Smoky yellow skin
<table>
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<tr>
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<th>Cold dampness besiege in spleen</th>
<th>Spleen yang deficiency</th>
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</thead>
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<tr>
<td><strong>Nature</strong></td>
<td>Exterior cold dampness invade, excess</td>
<td>Cold dampness generate inside, deficiency</td>
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<tr>
<td><strong>Pathogenesis</strong></td>
<td>Cold dampness accumulate, blocks spleen and stomach yang, disrupted ascending and descending function</td>
<td>Spleen yang deficiency, failed it’s warming and transforming function, generate dampness</td>
</tr>
<tr>
<td><strong>Characteristics</strong></td>
<td>acute onset, short course</td>
<td>gradually onset, long course</td>
</tr>
<tr>
<td><strong>Common symptoms</strong></td>
<td>Abdominal cold pain, poor appetite, loose stool, copious vaginal discharge</td>
<td></td>
</tr>
<tr>
<td><strong>Different symptoms</strong></td>
<td>prefer warmth, dislike pressure, or with yin-jaundice,</td>
<td>Dull chronic abdominal pain which relieve by warmth and pressure,</td>
</tr>
<tr>
<td><strong>Tongue and pulse</strong></td>
<td>Pale flabby tongue, white greasy coating, deep thready or slow pulse</td>
<td>Pale flabby tongue with teethmark, white glossy coating, deep, slow and weak pulse</td>
</tr>
</tbody>
</table>
Damp heat besiege in the spleen (湿热困脾)

- **Definition:** a condition in which damp heat accumulates in the middle jiao result dysfunction of transportation and transformation

- **Symptoms and signs:** fullness and distention in epigastria and abdomen, poor appetite, diarrhea with sticky stinking stool, nausea and vomiting, heavy limbs, thirsty but no desire to drink, un-surface fever, and fever not reduce after sweating, or jaundice with bright yellow skin, or eczema with skin itching, or sticky yellow vaginal discharge. Red tongue with yellow greasy coating, a slippery and rapid pulse, or soggy pulse
Etiology and pathogenesis of cold-heat besiege the Spleen

Improper diet
Exopathogenic dampness

Damp heat besiege the Spleen

Failed to T&T
Damp-heat accumulation
Damp heat obstruct and steam Gallbladder

Poor appetite, fullness, bloating, nausea, loose stool, bland taste
Un-surface fever, yellow sticky vaginal discharge, diarrhea with sticky stinky stool, thirst no desire to drink, yellow greasy coating, rapid and slippery pulse.
Smoky yellow skin
# Damp-heat Vs. damp-cold besiege in spleen pattern

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<th>Damp-cold besiege</th>
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<tr>
<td><strong>Pathogenesis</strong></td>
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<tr>
<td>Common</td>
<td>Dampness accumulate in spleen, lead spleen unable to transport and transform</td>
<td></td>
</tr>
<tr>
<td>Different</td>
<td>Damp heat</td>
<td>Damp cold accumulate, impair spleen and stomach yang</td>
</tr>
<tr>
<td><strong>Symptoms</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Common</td>
<td>Abdominal distention and fullness, nausea, greasy coating, and slippery pulse</td>
<td></td>
</tr>
<tr>
<td>Different</td>
<td>Bright yellow jaundice, or skin itching, sticky and stinking stool, thirst but no desire to drink, un-surfaced fever, and fever not reduce after sweating,</td>
<td>Smoky dim yellow jaundice, edema and scant urine, abdominal pain and prefer warmth, copious and clear vaginal discharge,</td>
</tr>
<tr>
<td><strong>Tongue and pulse</strong></td>
<td>Red tongue with yellow greasy coating, soggy, or slippery and rapid pulse</td>
<td>Pale and flabby tongue with white greasy coating, slow, moderate and soggy pulse</td>
</tr>
</tbody>
</table>
# Damp-heat besiege the spleen Vs. damp-heat in large intestine pattern

<table>
<thead>
<tr>
<th>Different</th>
<th>Damp-heat besiege the spleen</th>
<th>Damp-heat in large intestine pattern</th>
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</thead>
<tbody>
<tr>
<td><strong>Common symptoms</strong></td>
<td>Fever, diarrhea, or sticky loose stool, yellow urination, red tongue with yellow greasy coating, a slippery and rapid pulse</td>
<td></td>
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<tr>
<td><strong>Key points</strong></td>
<td>Abdominal fullness and distention, poor appetite, nausea, or vomiting</td>
<td>Abdominal pain, with severe diarrhea, or with pus and blood in stool</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Middle jiao</td>
<td>Lower jiao</td>
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</table>
Stomach

- Physiological function
  - Receiving of food and drink
  - Decomposition of food and drink
  - Dominate descending

- Physiological characteristics
  - Like moistness, hate dryness
Common Stomach symptoms and signs

- Stomach qi rebellious: vomit, nausea, belching, hiccup
- Stomach failed to decomposition: poor appetite, abdominal distention, bloating, and epigastrium discomfort
- Stomach failed to receive food and drink: dislike food, poor appetite
Qi rebels
Vomiting, nausea, hiccup, acid regurgitation, belching

Improper diet  Exopathogens
Emotional stress
Improper treatment

Qi
Food
Exopathogen
obstructs

Stomach

Qi rebels

Spleen/Stomach deficiency

Improper diet  aging
Chronic illness  Constitution
Improper treatment

Lack of force
Dislike food, poor appetite

Belching, hiccups, nausea, vomiting, acid regurgitation

Rotting ripening

Poor appetite, bloating, distension, epigastric discomfort
Poor appetite

**Stomach**

- Cold
  - Loses force
- Yin deficiency
  - Fails to decomposition

- Dampness
  - Improper diet
  - Exopathogens
  - Emotional stress
  - Improper treatment
  - Fails to descending

**Factors**

- Improper diet
- Aging
- Chronic illness
- Improper treatment
- Constitutional
- Improper diet
- Exopathogens
- Emotional stress
- Improper treatment
- Fails to descending
Common Stomach pattern

Deficiency pattern
- Stomach yin deficiency
- Stomach deficiency cold

Excess pattern
- Excess stomach fire
- Cold attack the stomach
- Blood stasis in the stomach
- Food stagnation in the stomach
Stomach yin deficiency (胃阴虚证)

- **Definition:** A condition in which stomach yin deficiency leads to poor lubrication of the stomach resulting in reversal of stomach qi.

- **Symptoms and signs:** Abdominal pain with burning sensation, hunger but no desire to eat, dry mouth and throat, nausea, hiccups, dry stool. Red tongue with little dry coating, a thready and rapid pulse.
Etiology and pathogenesis of Stomach yin deficiency

- Emotional stress
- Chronic illness
- Improper diet
- Later stage febrile disease

Stomach yin deficiency →
- Failed to nourish
- Failed to receive and decompose
- Deficient heat

- Qi rebellion → Belching, nausea, vomiting, hiccups
- No desire to eat → Dry mouth, thirsty, dry stool, thready pulse
- Five center heat sensation, red tongue, rapid pulse
# Stomach yin deficiency Vs. Large intestine dryness pattern

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<th>Stomach yin deficiency</th>
<th>Large intestine dryness</th>
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<tr>
<td><strong>Location</strong></td>
<td>Stomach</td>
<td>Large intestine</td>
</tr>
<tr>
<td><strong>Pathogenesis</strong></td>
<td>Stomach yin insufficient, failed to nourish and moisten stomach, lead stomach qi unable to descending</td>
<td>Body fluid insufficient failed to nourish and moisten large intestine, result its transportation function disorder</td>
</tr>
<tr>
<td><strong>Common symptoms</strong></td>
<td>Dry mouth and throat, dry stool and difficult to defecate, red tongue with dry coating.</td>
<td></td>
</tr>
<tr>
<td><strong>Different symptoms</strong></td>
<td>Dull and vague pain in epigastric area, hungry but no desire to eat, or epigastric discomfort, fullness, or dry belching</td>
<td>Constipation, no bowl movement for days, bad breath</td>
</tr>
<tr>
<td><strong>Tongue and pulse</strong></td>
<td>Red tongue with little coating, or no coating, thready and rapid pulse</td>
<td>Red tongue with dry yellow coating, rapid or choppy pulse</td>
</tr>
</tbody>
</table>
### Excess heat in stomach Vs. Stomach yin deficiency pattern

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<th></th>
<th>Excess heat in stomach</th>
<th>Stomach yin deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Etiology and pathogenesis</strong></td>
<td>Exopathogens transfer inside, or improper diet, excess heat speed up stomach decomposes and transforms function</td>
<td>Febrile disease impair stomach yin or chronic illness over consume yin, lack of generating.</td>
</tr>
<tr>
<td><strong>Nature and characteristics</strong></td>
<td>Excess heat, acute, shot course, usually appear in early stage of the febrile disease</td>
<td>Deficiency heat, chronic, long course, usually appear in later stage of the febrile disease</td>
</tr>
<tr>
<td><strong>Symptoms</strong></td>
<td><strong>Common</strong> Hungry, thirst, burning pain in epigastric area, dry stool</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Different</strong> Over eat but still feels hungry, thirst and desire to drink cold, severe pain and resistant to pressure, fever</td>
<td>Hungry but no desire to eat, thirst and like warm drink, dull and vague and prefer with pressure, low fever</td>
</tr>
<tr>
<td></td>
<td><strong>others</strong> bad breath, gum bleeding or swollen, red tongue with yellow coating, rapid excess pulse</td>
<td>Dry belching, or hiccups. Red tongue with little or no coating, thready rapid pulse</td>
</tr>
</tbody>
</table>

- **Common Symptoms:** Common symptoms include hunger, thirst, epigastric pain, and dry stool.
- **Different Symptoms:** Different symptoms may include an inability to eat despite hunger, thirst for cold beverages, severe pain, and a fever.
- **Others:** Additional symptoms such as bad breath, gum bleeding or swelling, a red tongue with yellow coating, and a rapid excess pulse are noted.
<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Spleen yin deficiency</th>
<th>Stomach yin deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic, belongs to endogenouse disease, course develop slow and difficult to treat</td>
<td>Relative acute, belongs to exogenouse disease, course develop quicker, and easier to treat</td>
<td></td>
</tr>
<tr>
<td>Etiology</td>
<td>Chronic illness, generally weakness, or weak constitution, improper diet or treatment</td>
<td>High fever, severe vomit, diarrhea, or sweating, or after a major surgery</td>
</tr>
<tr>
<td>Symptoms</td>
<td>Common</td>
<td>Poor appetite, epigastric discomfort, nausea, vomit, dry belching, red tongue with little yellow or no coating, rapid and thready pulse</td>
</tr>
<tr>
<td>different</td>
<td>no desire to eat, discomfort after eat, dry lips</td>
<td>Hungry but no desire to eat</td>
</tr>
<tr>
<td>Location</td>
<td>Spleen</td>
<td>Stomach</td>
</tr>
</tbody>
</table>
Stomach deficiency cold (GM)

- **Definition:** a condition in which stomach yang deficiency leads to the production of deficiency cold resulting in reversal of stomach qi

- **Symptoms and signs:** Discomfort or dull pain in the epigastrium, better after eating and better with pressure, no appetite, preference for warm drinks and foods, vomiting of clear fluid, lack of thirst, cold and weak limbs, tiredness, pale complexion. Pale and moisten tongue, a deep weak and slow pulse
Etiology and pathogenesis for Stomach deficiency cold

- Sever vomit or diarrhea
- Improper diet
- Medication or herbs
- Chronic illness, aging

Stomach yang deficiency

- Failed to warm
- Failed to push and promote
- Fails to T&T

- Cold limbs, intolerance of cold
- Fatigue, pale facial color, dislike talk, slow/weak pulse
- Poor appetite, bloating and distension, loose stool
- Edema, copious clear vaginal discharge
Excess stomach fire (胃热炽盛)

- **Definition:** a pattern due to exuberant stomach fire leads stomach function disorder

- **Symptoms and signs:** abdominal burning pain which resistant to pressure, thirst and desire to drink cold water, excessive appetite which eat a lot but still feels hungry, or bad breath, or painful, swelling, and bleeding of the teeth and gums, sores in the mouth, constipation with dry stool, scant yellow urine, a red tongue with yellow coating, a slippery and rapid pulse.
Etiology and pathogenesis for excess heat in the Stomach

Emotional stress
Improper diet
Pathogenic heat

Excess Stomach fire

- Speed up decomposing and transporting
- Putrefied flush and impairs blood vessels
- Impairing body fluids

- Excessive intake but still feels hungry
- Burning pain, painful swollen gum, bleeding, sore in the mouth, bad breath
- Dry mouth and thirst, desire for cold drink, constipation, scanty yellow urine
Cold attack the stomach pattern (寒滞胃脘证)

- **Definition:** refers a pattern due to pathogenic cold attacking the stomach leading to stomach qi failed to descending

- **Symptoms and signs:** acute, severe epigastria and abdominal pain, worse with cold and relieve by warmth, nausea, vomiting, and abdominal pain relieves after vomit, no thirst, or perfuse clear saliva, pale complexion, and cold limbs. A pale tongue with moist white coating, and a wiry or deep tight pulse.
Etiology and pathogenesis for cold attacking the Stomach

- Improper diet
- Exopathogenic cold

Cold attack the Stomach

- Failed to descending and receive
- Cold congeal and stagnate
- Cold damage yang

Nausea, vomiting

Severe pain, relieve by warmth, or after vomiting, worse with eating, chills, tight pulse

Cold limbs, pale tongue and complexion, slow pulse
Blood stagnation in the Stomach (血瘀胃脘证)

- **Definition:** a pattern due to blood stagnation inside stomach which is marked by stabbing pain

- **Symptoms and signs:** Severe, stabbing epigastric pain that may be worse at night, or after eat, dislike of pressure, nausea, vomiting, possibly vomiting of blood, black (tar-like) stool, a purple tongue, a wiry or choppy pulse.
Improper diet
Over consume alcohol
Constitution

Blood stasis in the Stomach

Blood stagnated, muscle sand tissues, failed to nourish
Qi rebellious
Blood stasis obstruct blood circulation

Severe and stabbing epigastric pain, worse at night, or after eat, dislike pressure
Nausea, vomiting
Dark bleeding, dark face and lips, a purple tongue, or with purplish spotting, a wiry or choppy pulse
Food stagnation Pattern (食滞肠胃)

- **Definition:** refers to improper food intake leading to food being retained in the stomach

- **Symptoms and signs:** epigastric and abdominal distended pain which resistant to pressure, rotten belching, acid regurgitation, dislike food, sour vomiting, pain usually relieve after vomit. Or diarrhea, with sticky foul odor stool, or constipation. A thick greasy coating, and slippery or deep excess pulse
Etiology and pathogenesis for Food stagnation

- Improper diet
- Constitution

Food stagnation

- Failed to descending, rotted food follows qi rebellious
- Failed decompose
- Failed to transport, food stagnated inside

- Vomiting, belching, acid reflex, thick coating
- Nausea, vomiting
- Abdominal pain, gases, diarrhea, or constipation
Stomach qi stagnation (GM)

- Epigastric pain and distension, belching, nausea, vomiting, hiccup, irritability, a wiry pulse.

- Liver qi over attacking on stomach???
Stomach qi rebelling upwards (GM)

- Nausea, difficult in swallowing, belching, vomiting, hiccup, a wiry or tight pulse

Pathogenesis or pattern???
Damp heat in the stomach (GM)

- A feeling of fullness and pain of the epigastrium, a feeling of heaviness, facial pain, blocked nose or thick sticky nasal discharge, thirst without a desire to drink, nausea, a feeling of heat, dull yellow complexion, a sticky taste, red tongue sticky yellow coating, a slipper rapid pulse

damp-heat stagnation in Stomach channels?
Complicated spleen pattern

- Spleen qi deficiency with dampness invading
- Spleen qi deficiency and qi stagnation
- Spleen qi deficiency and water retention
- Spleen qi deficiency with damp heat
- Spleen qi deficiency with phlegm damp
- Spleen qi deficiency with food stagnation