

Accumulation & Aggregation (Abdominal Masses)

A disease and syndrome of mass in the abdomen, with distention or pain.

-- Qi Mass

Ju: abdominal mass & pain which come and go, do not have a fixed location and are movable

-- Blood Mass

Ji: abdominal mass & pain which are fixed and immovable;





Etiology & Pathology

Spleen & Liver

Qi stag. Blood Stasis, Phlegm accumulation

- **Etiology:**

Emotional strain

Diet

External pathogenic factors

2. Pathology

Qi Stagnation

Blood Stasis

Phlegm



Differentiation

1. Initial, middle & late stage

Initial stage: primarily resolve the pathogenic factor: move Qi & blood and resolve phlegm

Middle Stage: Resolve the pathogenic factor & tonify the body's Qi

late stage: Tonify the body's Qi and secondarily resolve the pathogenic factor

Softening Herbs:

Herbs which soften masses: this is particularly necessary for masses from stasis of blood or phlegm:

Yi Yi Ren	Zhe Bei Mu	Hai Zao	Kun Bu	Chuan Shan Jia
Gui Ban	Mu li	Jiang Can	Bie Jia	Xia Ku Cao
Wa Leng Zi	Hai Dai			

2. Qi ; Blood ; Dampness ; Phlegm ; Deficiency

Treatment

1). Initial stage (Qi Masses)

Signs & Symptoms:

- Main Sym. : Movable abdominal masses which come & go, abdominal distension and pain which come and go with the masses
- Concurrent sym.: a feeling of discomfort in the hypochondrium, depression, irritability, alternation of constipation and diarrhea
- **Tongue:**
red on the sides, maybe thick coating on the root
- **Pulse:**
wiry

• **Treatment Protocol:**

- **Soothe the liver**
- **Eliminate stagnation**
- **Move Qi and dissolve masses**

Formula:

Mu Xiang Shun Qi San					
Mu Xiang	Qin Pi	Chen Pi	Gan Cao	Zhi Ke	Hou Pu
Wu Yao	Xiang Fu	Cang Zhu	Sha Ren	Chuan Xiong	Rou Gui

Modifications:

Hypochondrial distention

-- Cai Hu, Yu Jing, Jiang Huang

Vomiting phlegm

-- Ling Gui Zhu Gan Tang

Liver heat

-- Zuo Jing Wan

Food retention & constipation

-- Da Huang, Zhi shi, Bing Lang

Phlegm accumulation

-- Ban Xia Hou Pu Tang

Blood stasis

-- Shi Xiao San

Spleen def. after long time illness

-- Dang Shen, Bai Zhu

Treatment

1). Middle stage (Blood Masses)

Signs & Symptoms:

- Main Sym. : Hard & immovable abdominal masses, abdominal distension and pain
- Concurrent sym.: Darkish complexion & emaciation, anorexia, viscous phlegm, cold & heat now and then, squamous & dry skin & amenorrhea for women
- **Tongue:**
Purple
- **Pulse:**
wiry; slippery or fine and uneven pulse

• **Treatment Protocol:**

- **Move Qi & Blood**
- **Removing obstructions from the Connecting channel**
- **Dissolve masses**



Formula:

Ge Xia Zhu Yu Tang					
Wu Ling Zhi	Dang Gui	Chuan xiong	Tao Ren	Hong Hua	Dan Pi
Chi Shao	Wu Yao	Yan Hu Suo	Gan Cao	Xiang Fu	Zhi Ke

Modifications:

Enhance the formula's moving Qi effect

-- Xiang Fu & Mu xiang

Stagnation and masses are very pronounced

-- Yan Hu Suo, Yu Jin

In an old person

-- Dang Shen, Ren Shen

Dampness & phlegm

-- Fu Ling, Sha Ren, Cang Zhu, Huang Bai (reduce Dang Gui)

Pronounced masses with burning sensation, red tongue & yellow fur

-- Lian Qiao, Pu Gong Yin, Ban Zhi Lian, Bai Hua She She Cao

dry skin & amenorrhea for women

-- Da Huang Zhe Chong Wan

Remove obstructions from the channels

-- San Leng; E Zhu

Treatment

1). Later stage (Blood Masses)

Signs & Symptoms:

- Main Sym. : Hard & immovable abdominal masses in long term, severe distention pain, weakness of Zheng Qi
- Concurrent sym.: Darkish or yellowish complexion & emaciation, acute anorexia, tiredness & weakness, dry mouth, irritability, insomnia, or cold limbs, loose stools
- **Tongue:**
thin reddish tongue body with dark spots, less coating
- **Pulse:**
wiry or fine and uneven pulse

• **Treatment Protocol:**

- **Strengthen the (Zhen) Qi**
- **Removing obstructions**
- **Dissolve masses**



Formula:

Ba Zheng Tang					
Ren Shen	Bai Zhu	Fu Ling	Gan Cao		
Dag Gui	Bai Shao	Shu Di	Sheng Jiag	Da Zhao	
Hua Ji Wan					
Sang Leng	E Zhu	Hai fu Shi	Xiang Fu	Xiong Huang	Bing Lang
Zu Su Mu	Wa leng Zi	Wu Ling Zhi			

Modifications:

Def. fire sym. Is pronounced

-- Yi Wei Tang + Tai Zi Shen, Huang Jing

Internal cold sym is pronounced

-- Fu Zi li zhong Tang

Blood Def.

-- Dang Gui, Shu Di (Eliminate blood “breaking” herbs)

Case History 1

1. Female 27 years

First visiting:

Main complain: cyst & myoma

patient had been diagnosed as having a large cyst on one ovary (7.5 cm in diameter), a myoma between the uterus & the ovary, and endometriosis. This caused her some abdominal pain and discomfort. The abdomen felt hard on palpation. Her periods were painful, sometimes heavy & sometimes scanty, sometimes stopping and starting, and the menstrual blood was dark with clots. She had an excessive vaginal discharge, yellow in color.

Tongue: Pale-purple, swollen body with sticking coating all over which was yellow on the root

Pulse: Slippery, slight firm, deep and weak on both Chi positions.

TCM diagnose:

Stasis of blood

Damp-heat in the lower burner

Kidney Def.

Treatment protocol:

-- Move liver blood stasis

-- Eliminate blood stasis

-- Resolve Damp-heat & Tonify Kidney

Formula:

Gui Zhi 6, Fu Ling 9, Chi Shao 6, Mu Dan Pi 6, Tao Ren 6,
Huang Bai 6, Cang Zhu 6, Yi Yi Ren 10, Niu Xi 6, Dang Gui 6, E zhu 4,
Tu Si Zi 6, LuLU Tong 4,



Case History 1

1. male 65 years

First visiting:

Main complain: abdominal pain for 2 years & hypochondrial pain 4 m

Stomachache repeatedly, abdominal fullness or burning sensation, combined with right Hypochondrial pain, tiredness, bitter taste and yellow urination, nausea, loose stools, bad appetite

Tongue: light yellow coating, little greasy in the center

Pulse: fine & wiry

TCM diagnose:

Damp heat in St. & Liver

Treatment protocol:

- Clear away heat & dampness
- Harmonize liver & St.

Formula:

Tai Zi Shen 12, Lian Qiao 12, Huang Qin 12, Sang Ji Shen 30, Bai Hua She She Cao 30, Liu Yi San 30, Cai Hu 10, Bai Shao 10, Dang Gui 10, Huo Xiang 6, Bo He 6, Dou Kou 3, San Qi 6