

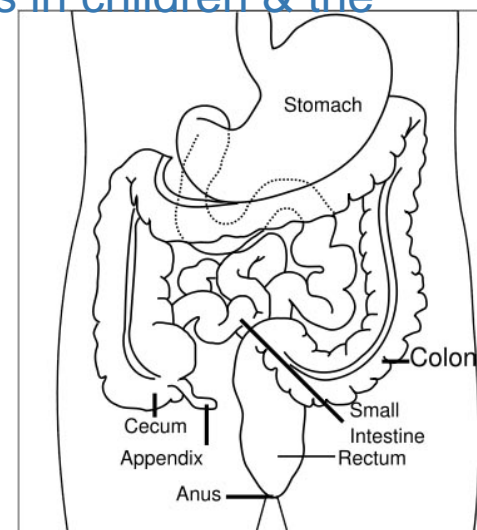
## Diarrhea

### What is diarrhea ?

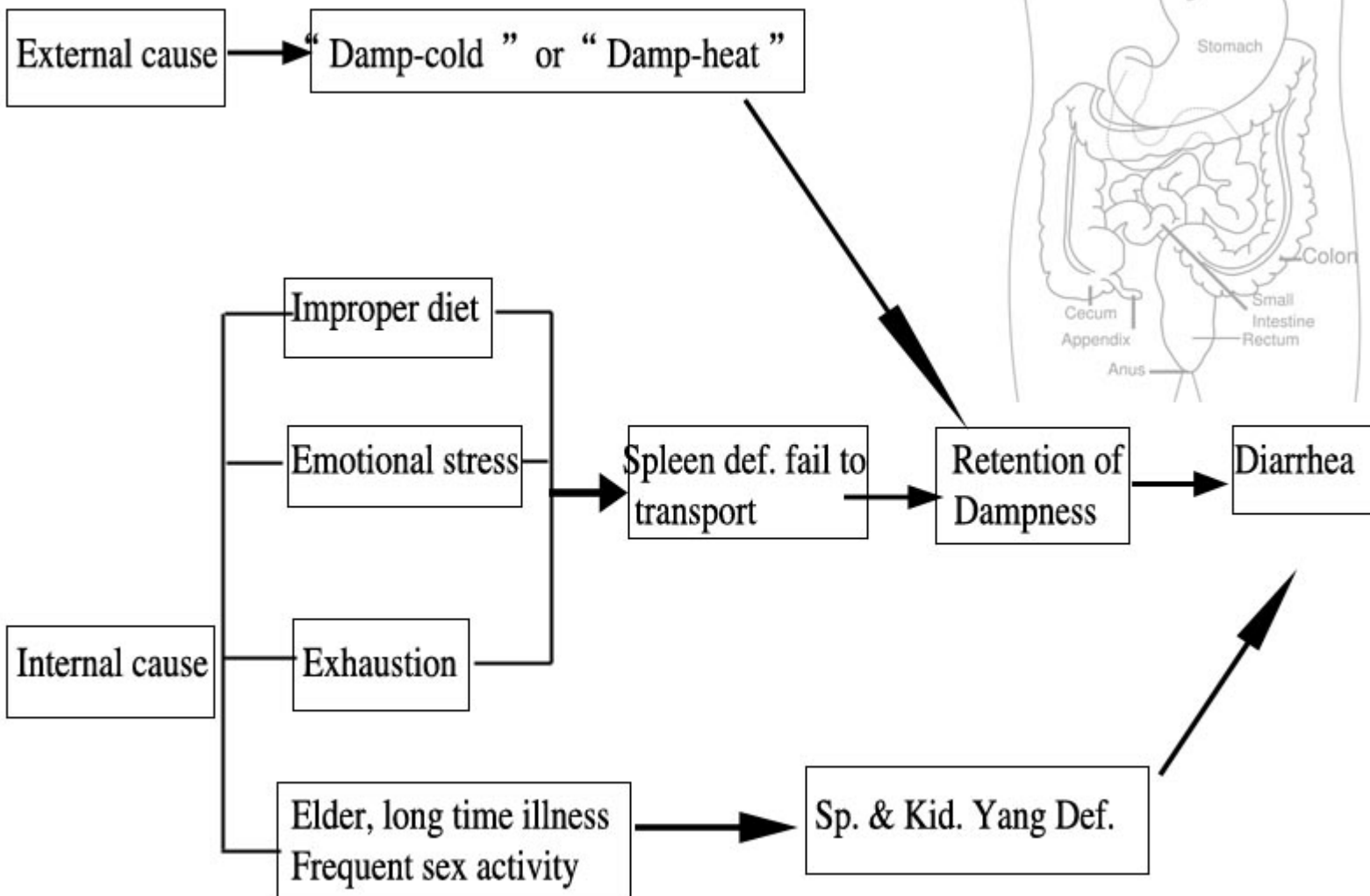
**Diarrhea** is a generally unpleasant condition in which the sufferer has frequent watery, loose bowel movements.

Dehydration: means the body lacks enough fluid to function properly. Dehydration is particularly dangerous in children & the elderly.

- General signs of dehydration include
  - thirst
  - less frequent urination
  - dry skin
  - fatigue
  - light-headedness
  - dark colored urine



## Etiology & Pathology



- Main Points for differentiation

<1> Chronic & Acute

Diarrhea but normal digesting	Could be cured without treatment
Diarrhea, no appetite, & lose weight	Serious disease
Acute onset, short duration	Dampness
Chronic onset, long duration	Spleen or Kidney def.

<2> Excess or Def.

Excess	Def.
Acute onset	Chronic onset
Short duration	Long duration
Frequent diarrhea	Intermittent diarrhea
abdominal pain with distention & tenderness	Pain with preference for pressing
Pain relieving after diarrhea	Pain exacerbation after defecation

### <3> Cold or Heat

	Cold	Heat
Property of stool	Loose, clear, cool or watery	Sudden, ropy & <b>yellow</b> stool, burning in the anus
Abdominal pain	Gurgling sound and cutting pain, relieve after heat application	Burning pain, paroxysmal diarrhea
Stool with food	With indigested food	Bad smell
Thirst	No thirst	Excessive thirst
Drink	Pain relieving after taking hot drink	Preference for cold drink
Urine	Clear	Scanty dark

### <4> Diarrhea & Dysentery

Diarrhea	Dysentery
Gurgling sound, pain relieve after heat application	Pain exacerbation after defecation
Spleen ( middle Jiao )	Intestine (low jiao)
No	Hematochezia with pura
Free Defecation	Paroxysmal & rectal tenesmus
Dampness due to spleen def.	Pathogen attacking

## <5> Therapeutic Principle

Dampness	Dispel dampness & dry the spleen
Superficial sym.	Relieve exterior syn.
Heat	Clear away heat
Dyspepsia	Promote digestion
Protracted diarrhea (deficiency of vital essence)	Strengthen resistance of the body
Acute diarrhea	Avoiding using reinforcing method & astringing intestine method together
Chronic diarrhea	Should not adopt over clearing & removing method



## **Nine Methods to treat Diarrhea**

- 1. Drain the dampness, promote the urination:**
- 2. Lifting the Yang Qi: Chai Hu, Shen Ma, Qiang Huo, Ge Gen**
- 3. Clear the Damp-heat with bitter & cold herbs**
- 4. Treating the unstopped by unstopping: using the purgation to treat diarrhea caused by food stagnation.**
- 5. Harmonize the middle Jiao with Sweet herbs**
- 6. Astringent with sour herb : Wu Wei Zi, Wu Mei, Bai Shao**
- 7. Dry the dampness in the spleen**
- 8. Warm the kidney**
- 9. Stable & Bind:**  
**Si Shen Wan: Rou Dou Kou; Tao Hua Tang: Chi Shi Zhi**



### **Cautions :**

- 1. Tonifying but not too much sweet & warm**
- 2. Clear damp-heat but not too much bitter & cold**
- 3. Astringent & bind but not too early**
- 4. Promote urination but not too much**

## Treatment

### Fulminating diarrhea

#### 1). Cold-damp or wind-cold type

#### Signs & Symptoms:

- Main Sym. : acute & fulminating attack, clear & dilute, even watery stool, sudden pain & diarrhea with bowel sound
- Concurrent sym.: often combined with exterior sym. of wind-cold. Plus less appetite & distension of abdomen
- Tongue:
  - white greasy
- Pulse:
  - slow & weak
- Treatment Protocol:
  - Removing dampness by diuresis
  - Relieving exterior sym
  - Dispel the cold



Formula:

Huo Xiang Zhen Qi Powder

Huo xiang	Zi Su	Bai Zhi	Jie Geng	Bai Zhu	Hou PU
Ban Xia	Shen Qu	Da Pu Pi	Fu Ling	Chen Pi	Da Zhao
Shen Jiang	Gan Cao				

Modifications:

Exterior cold:

-- Jin Jie, Fang Feng

Dampness, gurgling sound, difficulty with urine

-- Wu Lin San

Cold is more serious than damp

-- Li Zhong Wan

## Treatment

### Fulminating diarrhea

#### 2). Damp-heat or Summer heat type diarrhea

#### Signs & Symptoms:

- Main Sym. : immediate diarrhea after abdominal pain, acute & sudden diarrhea, yellow-brown stool with pretty bad odor, feeling of burning heat in the anus.
- Concurrent sym.: restlessness, thirsty, short & scanty dark urine
- Tongue:  
    yellow greasy coating
- Pulse:  
    “slippery and rapid” or “weak & rapid”
- Treatment Protocol:
  - Clear heat
  - Removing dampness

**Formula:**

**Ge Gen Qin Lian Tang**

Ge Gen	Huang Qin	Huang Lian	Zhi Gan Cao		
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**Modifications:**

**Dampness:**

-- Yi Yi Ren, Hou Pu,

**Food retention**

-- Shen Qu, Shan Zha, Mai Ya

**Wind-heat exterior sym.**

-- Jin Yin Hua, Lian Qiao

**Summer-heat exterior sym. Restlessness, thirsty,  
dark urine**

-- Xing Jia Xiang Ru Yin, Liu Yi San

## Treatment

### Fulminating diarrhea

#### 3). Improper diet (over eating)

#### Signs & Symptoms:

- Main Sym. : diarrhea after abdomen pain, and pain relieving after diarrhea.
- Concurrent sym.: Fullness in stomach area, loss of appetite
- Tongue:  
    yellow greasy coating
- Pulse:  
    slippery and rapid
- Treatment Protocol:
  - Removing dampness
  - Promoting digestion

Formula:

Bao He Wan					
Shen Qu	Shan Zha	Fu Ling	Ban xia	Chen Pi	Lian Qiao
Lai Fu Zi					

Modifications:

Damp heat

-- Huang Lian, Huang Qin  
white coating & slow pulse

-- Ping Wei san

Severe food retention, full stomach,  
diarrhea with discomfort

-- Da Huang, Zhi shi



## Treatment

### Chronic diarrhea

#### 1). Spleen def.

#### Signs & Symptoms:

- Main Sym. : loose stool or watery stool diarrhea with indigested food
- Concurrent sym.: lose appetite, uncomfortable in the stomach area after eating, especially diarrhea after eating greasy food. Sallow complexion, fatigue & weakness
- Tongue:
  - pale & enlarged body
- Pulse:
  - weak
- Treatment Protocol:
  - Tonify Spleen Qi

Formula:

Shen Ling Bai Zhu San					
Ren Shen	Fu Ling	Bai Zhu	Jie Gen	Shan Yao	Bai Bian Dou
Lian Zi Rou	Sha Ren	Yi Ni Ren			

Modifications:

Spleen Yang Def.

-- Fu Zi Li Zhong Tang

Rectocele due to sinking of Qi

-- Huang Qi, Dang Shen

Long time chronic, ( red thin tongue body + thin yellow greasy coating)

-- Shi Liu Pi, Wu Bei Zi, Shan Zha

cold limbs

-- Fu Zi Li Zhong Tang



## Treatment

### Chronic diarrhea

#### 2). Kidney def.

#### Signs & Symptoms:

- Main Sym. : diarrhea before draw, loose stool, even with undigested food, and comfort after diarrhea
- Concurrent sym.: soreness & cold pain in the lower back, aversion to cold, bowel sound, damp & cool scrotum in male, delayed menstrual cycle in female
- Tongue:
  - pale & enlarged body
- Pulse:
  - deep & slow
- Treatment Protocol:
  - Warming the kidney
  - Strengthen the spleen
  - Stop the diarrhea



**Formula:**

**Si Shen Wan**

Bu Gu Zhi

Rou Dou Kou

Wu Zhu Yu

Wu Wei Zi

Sheng Jiang

Da Zhao

**Modifications:**

**sinking of Zhong Qi:**

-- Huang Qi, Dang shen

**Spleen Yang Def.**

-- Fu Zi Ling Zhong Tang

**Kidney Yang Def.**

-- Ba Ji Tian, Rou Gui

**Blood stasis**

-- Shao Fu Zhu Yu Tang

**Encopresis**

-- Chi Shi Zhi, Gan Jiang, Jin Mi (Tao Hua Tang)

## Treatment

### Chronic diarrhea

#### 3). Liver Qi attacking the spleen.

#### Signs & Symptoms:

- Main Sym. : abdominal pain & diarrhea after emotional disorder, and slight relieving of abdominal pain after defecation, and diarrhea again after abdominal pain
- Concurrent sym.: fullness in the chest & hypochondrium, belching, loss of appetite, bitter mouth & acid regurgitation, shallow complexion, tiredness & weakness
- Tongue:  
    reddish body, yellowish coating
- Pulse:  
    taut & fine
- Treatment Protocol:
  - Depressing the hyperactive liver Qi
  - Strengthen the spleen
  - Stop the diarrhea

TCM

Formula:

Tong Xie Yao fang

Bai Zhu

Bai Shao

Fang Feng

Chen Pi

Modifications:

Liver Yin def.:

-- Wu Bei Zi, Wu Wei Zi, Mu Gua

Tonify Sp.

-- Fu ling, Bian Dou, Shan Yao

Depression

-- Yu Jing, He Huan Hua, Long Gu, Mu

Li

## Case History

### 1. male 32 years

#### First visiting:

**Main complain:** Chronic diarrhea for 4 years, getting worse in 1 month

Patient has suffered from chronic colonitis for 4 years, and symptoms has got worse for 1 month. He has to go to bathroom 3~4 times/day. Other symptoms like abdomen pain, loose stools with bloody mucus, prefer warm, bad appetite, thin body type.

**Tongue:** white greasy coating

**Pulse:** fine

**TCM diagnose:**

Spleen def. + Damp heat

**Treatment protocol:**

-- Clear away damp-heat

-- Strengthen spleen & harmonize the stomach

**Formula:**

Dang Shen 12, Cang Zhu 12, Bai Zhu 12, Gan Cao 10,  
Gui Zhi 10, Yuan Hu 12, Huang Lian12, Huang Bai12, Mu Xiang10,  
Chen Pi10, Bai Tou Weng12,

## Case History

### 2. Male 67 years

#### First visiting:

Main complain: Loose stools & diarrhea for several months  
weakness, thin body type, sore lower back, aversion to cold,  
night urination, bad appetite, go to bathroom 3~4 times/ day. Every  
morning, he has to go to bathroom first after getting up, then feel  
comfortable. Other symptoms like abdomen distention,

Tongue: thin white coating

Pulse: deep & fine

TCM diagnose:

Spleen & kidney Yang def.

Treatment protocol:

-- Tonify Spleen & kidney yang

Formula:

Dang Shen 15, Bai Zhu 12, Fu Ling 15, Shan Yao 15,  
Chen Pi 10, Ban Xia 12, Lai Fu Zi 12, Fu Shou 10, Bu Gu Zhi 12, Rou  
Gui 10, Tu Si Zi 15, Gan Jiang 6

## Case History 3

### 1. Male 31 years

#### First visiting:

**Main complain:** chronic diarrhea for several years

**Patient** had diarrhea 3~4 times/day for years, most occurred after eating the food, also related with stress. Diarrhea always started with painful lower abdomen, and the pain released after the defecation. Diagnosed as IBS by the regular doctor.

**Physical Exam:** soft abdomen & no tenderness

**Tongue:** thin coating

**Pulse:** slightly wiry

**TCM diagnose:**

The hyperactive Liver Qi attacking the Spleen

**Treatment protocol:**

-- Depressing the hyperactive Liver Qi

-- Tonify Spleen

**Formula:**

Bai Zhu 15g, Bai Shao 15g, Fang Fen 15g, Chen Pi 6g,  
Chai Hu 15g, Yan Hu Suo 15g, Wu Mei 10g, Wu Wei Zi 5g, Dang  
Shen 10g, Shan Yao 15g, Gan Cao 6g

## Case History 4

Female 71 years

### First visiting:

**Main complain: chronic diarrhea for years**

Patient had bad digestion since she was young, easily got diarrhea after eating improper food or got cold. The symptoms got worse during these several months. Every morning, she had emergence to go to bathroom after getting up. 2~3 times a day, sometime with indigested food; also had sunk feeling on the lower abdomen; sore lower back and knees;

**Tongue: swollen body with teeth mark, thin greasy coating**

**Pulse: fine**

**TCM diagnose:**

**Spleen & Kidney Yang deficiency**

**Spleen Yang sunk**

**Treatment protocol:**

-- Warm spleen & kidney yang

-- Raising Spleen Yang to stop diarrhea

**Formula:**

**Bu Gu Zhi 15g, Rou Dou Kou 10g, Wu Zhu Yu 10g, Wu Wei Zi 5g, Huang Qi 15g, Dang Shen 15g, Chao Bai Zhu 15g, Fu Ling 15g, Chai Hu 6g, Shen Ma 6g, Ge Gen 15g, Shan Zha 15g, Shen Qu 15g, Mai Ya 15g, Gu Ya 15g,**

## Case History 5

Male 89 years

### First visiting:

**Main complain:** Frequent occurred diarrhea for 4 month

Patient had frequent diarrhea for 4 m, 6~7/day, with yellow watery like stools, abdominal distention, pain, and borborygmus, appetite is Ok; Swollen legs; Treated with warm kidney, tonify spleen, astringent, raising Yang Qi, stop diarrhea herbs, no working.

**Tongue:** red body with less coating

**Pulse:** fine & weak

**TCM diagnose:**

Damp-water accumulating due to Yang Qi lose its function of transportation.

**Treatment protocol:**

- Warm the Yang Qi
- Drain the dampness

**Formula:**

Gui Zhi 10, Fu Ling 15, Zhu Ling 15, Ze Xie 15, Bai Zhu 15, Che Qian Zi 30, Niu Xi 15, Shi Liu Pi 15, Shan Zha 15, Shen Qu 15, Mai Ya 15, Gu Ya 15