What is dysentery?

Dysentery is an illness involving severe diarrhea that is often associated with blood & pus in the feces, often seen in the summer & autumn seasons.

General signs of dysentery include
- Bloody, watery stools - passed frequently
- Pus and mucus in human waste
- Fever
- Nausea
- Severe abdominal cramps
Etiology & Pathology

1. Affection by exopathogens:
   - Damp-heat
   - Summer-heat
   - Damp-cold

2. Internal impairment of diet
   - Improper diet
   - Overeating fat, sweat food
   - Eating unclean food injury the intestine & St. producing damp-heat
### Main Points for differentiation

<table>
<thead>
<tr>
<th>Sym. Type</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early stage</td>
<td>Promoting digestion &amp; removing food retention</td>
</tr>
<tr>
<td>Excess sym.</td>
<td></td>
</tr>
<tr>
<td>Chronic</td>
<td>Reinforcement &amp; astringency</td>
</tr>
<tr>
<td>Def. sym</td>
<td></td>
</tr>
<tr>
<td>Chronic</td>
<td>Reinforcement &amp; elimination in combination</td>
</tr>
<tr>
<td>Def. + Excess</td>
<td></td>
</tr>
<tr>
<td>Chronic</td>
<td>Removing heat from blood &amp; regulating blood</td>
</tr>
<tr>
<td>Bloody stool</td>
<td></td>
</tr>
<tr>
<td>Chronic</td>
<td>Improve flow of Qi &amp; eliminate dampness</td>
</tr>
<tr>
<td>Mucus or purulent discharge</td>
<td></td>
</tr>
</tbody>
</table>
Treatment

1). Damp-heat dysentery

Signs & Symptoms:

- Main Sym.: dysentery with bloody stool and mucus or purulent discharge, main bloody stool, feeling of burning sensation in the anus, abdominal pain & rectal tenesmus

- Concurrent sym.: fullness in the St., indigestion, viscous mouth & acid regurgitation, scanty dark urine

- **Tongue:**
  - reddish body with yellowish & greasy fur

- **Pulse:**
  - slippery & rapid

• Treatment Protocol:

  - Clear away heat-dampness
  - Removing toxic substances
  - Regulating activity of Qi
  - Promoting circulation of blood
  - Removing food retention & promoting digestion
Formula:

<table>
<thead>
<tr>
<th>Shao Yao Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bai Shao</td>
</tr>
<tr>
<td>Jiao bing Lang</td>
</tr>
</tbody>
</table>

Modifications:

Exterior wind cold:
- Jing Fang Bai Du San

Exterior wind heat
- Yin Qiao San

Summer heat
- Huo Xiang Bai Du San

Damp sym. is worse than heat sym. (white mucus more than bloody pus)
- Wei Ling Tang

Heat sym. is worse than damp sym. (red pus is more, with thirsty & prefer cool water, red tongue body with yellow greasy coating, slipper rapid pulse)
- Bai Tou Weng Tang + Jing Yin Hua, Pu Gong Yin, Ma Chi Xian,

Promoting blood circulation
- Chi Shao,
Treatment

2). Fulminant dysentery

**Signs & Symptoms:**

- **Main Sym.:** acute & sudden attack, high fever & restlessness, dysentery with fresh & purple mucus and bloody stool, colicky in the abdomen, rectal tenesmus

- **Concurrent sym.:** thirst & prefer cool drink, headache, even coma and convulsion

- **Tongue:** dark reddish body with yellowish & dry fur

- **Pulse:** slippery & rapid

• **Treatment Protocol:**

- Clear away heat
- Cool blood
- Removing toxic substances
Formula:

<table>
<thead>
<tr>
<th>Shao Yao Tang</th>
</tr>
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<tbody>
<tr>
<td>Bai Shao</td>
</tr>
<tr>
<td>Jiao bing Lang</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bai Tou Weng Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bai Tou Weng</td>
</tr>
</tbody>
</table>

Modifications:

High fever even with coma:
  -- Shui Niu Jiao 30 ~ 60 g, An Gong Niu Huang Wan

Cool heat in blood & Removing toxic substances
  -- Jin Ying Hua, Lian Qiao, Pu Gong Yin

Cool blood & move blood
  -- Chi Shao

Convulsion
  -- Gou Teng, Ling Yang Jiao, Quan Xie, Wu gong
Treatment

3). Cold Damp type

**Signs & Symptoms:**

- **Main Sym.:** Dysentery with bloody & mucus discharge, more mucus and less bloody pus, or complete mucus discharge, abdominal pain, rectal tenesmus
- **Concurrent sym.:** heaviness in the head & body, fullness in the stomach, tastelessness in diet
- **Tongue:**
  - normal or slight pale tongue
- **Pulse:**
  - weak & slow

**Treatment Protocol:**

- Warming & dispelling cold & dampness
- Prompting flow of Qi
Formula:

<table>
<thead>
<tr>
<th>Wei Lin Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cang Zu</td>
</tr>
<tr>
<td>Bai Zhu</td>
</tr>
</tbody>
</table>

Modifications:

Bad appetite:
- -- Bao He Wan

Cold accumulation in middle Jiao
- -- Gan Jiang, Fu Zi

Heaviness in the head
- -- Qiang Huo, Fang Feng

Dampness
- -- Fu Ling, Che qian zi
Treatment

4). Cold due to Yang Deficiency

**Signs & Symptoms:**

- **Main Sym.:** Dysentery with white mucus discharge, abdominal pain, rectal tenesmus
- **Concurrent sym.:** tiredness, aversion to cold, cold limbs, bad appetite, no thirsty
- **Tongue:** normal or slight pale tongue
- **Pulse:** weak & fine

• **Treatment Protocol:**

  - Warming spleen & kidney yang
  - Stop dysentery
Formula:

<table>
<thead>
<tr>
<th>Fu Zi Li Zhong Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fu Zhi</td>
</tr>
<tr>
<td>Tao Hua Tang</td>
</tr>
<tr>
<td>Chi Shi Zhi</td>
</tr>
<tr>
<td>Zhen Ren Yang Zang Tang</td>
</tr>
<tr>
<td>Yin Shu Ke</td>
</tr>
<tr>
<td>Zhi Gan Cao</td>
</tr>
</tbody>
</table>

**Modifications:**

**Sink of middle Jiao’s Qi:**
-- Huang Qi, Shen Ma

**Food retention**
-- Shen Qu, Shan Zha, Bin Lang (Reduce: He Zi, Yin Shu Ke)

**Cool limbs & aversion to cold**
-- Wu Zhu Yu, Fu Zi
Treatment

5). Chronic dysentery with frequent relapse

Signs & Symptoms:

- Main Sym.: recurrent dysentery, dysentery with mucus & bloody discharge, abdominal pain and rectal tenesmus,

- Concurrent sym.: bad appetite, tiredness & weakness, aversion to cold, thin body type,

- **Tongue:** pale tongue with greasy coating

- **Pulse:** weak

• Treatment Protocol:

- Strengthen the spleen & Tonify Qi (rest stage)
- Clearing heat & eliminate dampness (onset)
Formula:

<table>
<thead>
<tr>
<th>Liu Jun Zi Tang (Rest)</th>
<th>Ren Shen</th>
<th>Zhi Gan Cao</th>
<th>Fu Ling</th>
<th>Bai Zhu</th>
<th>Chen Pi</th>
<th>Ban Xia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lian Li Tang (Onset)</td>
<td>Ren Shen</td>
<td>Zhi Gan Cao</td>
<td>Fu Ling</td>
<td>Bai Zhu</td>
<td>Gan Jiang</td>
<td>Huang Lian</td>
</tr>
</tbody>
</table>

Modifications:

Onset:

-- Mu Xiang, Dang gui, chi Shao
Case History

1. male  65 years

First visiting:
Main complain: Dysentery for 2 days
dysentery with bloody & mucus discharge for 2 days after
eating unclean food, with abdominal pain, rectal tenesmus, bad appetite,
thirsty & prefer cold drinking, bitter taste, frequent urination, bad sleeping,

Tongue: red tongue body with yellow greasy coating
Pulse: wiry & slippery

TCM diagnose:
Damp-heat dysentery

Treatment protocol:
-- Clear away heat-dampness
-- Removing toxic substances
-- Regulating activity of Qi
-- Promoting circulation of blood

Formula:
Bai Shao 15, Bai Tou Weng 15, Huang Lian 6, Huang Qin 10,
Mu Xiang 6, Bing Lang 10, Dang Gui 10, Rou Gui 3, Shan Zha 15, Shen Gan Cao 6,
What is Constipation?

Constipation is a condition of the digestive system where a person experiences hard feces that are difficult to eliminate, or prolonged duration of defecation.

Signs:

-- bowel movements which do not occur daily
-- dry stools
-- difficult defaecation
-- abnormal shape of stools

Normally, the bowels should open every day and the stools should be light-brown in color, roughly cylindrical in shape and a few inches long

Diagnosis

-- Stools shape
-- Moisture of stools
-- Pain
-- Effort of defaecation
-- Color
Types 1 and 2 indicate constipation;

3 and (especially) 4 are the preferred types of stools as they are the easiest to pass.

Types 5-6 are more symptomatic of diarrhea,

Type 7 may be a sign of Cholera.

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Separate hard lumps, like nuts (hard to pass)</td>
</tr>
<tr>
<td>2</td>
<td>Sausage-shaped but lumpy</td>
</tr>
<tr>
<td>3</td>
<td>Like a sausage but with cracks on its surface</td>
</tr>
<tr>
<td>4</td>
<td>Like a sausage or snake, smooth and soft</td>
</tr>
<tr>
<td>5</td>
<td>Soft blobs with clear-cut edges (passed easily)</td>
</tr>
<tr>
<td>6</td>
<td>Fluffy pieces with ragged edges, a mushy stool</td>
</tr>
<tr>
<td>7</td>
<td>Watery, no solid pieces. Entirely Liquid</td>
</tr>
</tbody>
</table>
Etiology & Pathology

1. Etiology:
   - Diet
   - Emotional stress
   - Lack of exercise
   - Overwork & childbirth
   - Febrile disease

2. Pathology
   - Heat accumulation in the intestine & stomach
   - Stagnation of Qi
   - Def. of Qi & blood
   - Accumulation & Stag. Of severe pathogenic cold
Differentiation

**Heat**
1. Chronic Interior Heat
2. Acute heat in febrile disease

**Qi**
Liver Qi stagnation

**Def.**
1. Qi Def. : Having desire to defecate, with difficulty in defecation, less defecation times
2. Blood Def. : dry, small rabbit-like pellets, but normal defecation times
3. Yang Def. : dry or not dry stool, difficulty in defecation
4. Yin Def.

**Cold**
dry or not dry stool, reduced defecation times
Treatment methods:

1. Disperse the Lung Qi to promote bowel movement
2. Downward draining by cold bitter herbs
3. Warm up the Yang Qi and help the bowel movement
4. Moisten the large intestine to promote the bowel movement
5. Refloat the grounded ship 增水行舟
6. Clear the fire toxin and promote the bowel movement
7. Regulate the Qi & open the bowel movement 提壶揭盖--lift the pot and remove the lid
Treatment

1). Heat

**Signs & Symptoms:**

- Main Sym.: dry stools, difficulty in defecation, longer interval of defecation.

- Concurrent sym.: thirsty, scanty-dark urine, red face, feeling of heat, abdominal distention & pain, dry mouth, foul breath, restlessness,

- **Tongue:** Red with yellow coating

- **Pulse:** rapid & slippery

**Treatment Protocol:**

- Clear Heat
- Drain fire of large intestine or liver
- Moisten the intestine
Formula:

<table>
<thead>
<tr>
<th>Tiao Wei Chen Qi Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Da Huang</td>
</tr>
<tr>
<td>Ma Zi Ren Wan</td>
</tr>
<tr>
<td>Ma Zi Ren</td>
</tr>
</tbody>
</table>

Modifications:

- If fluid have been injured
  -- Sheng Di, Xuan Shen, mai men dong, Shi Hu
- Bleeding due to hemorrhoids
  -- Di Yu, Huai Hua
- Liver Fire: red eyes, bitter taste,
  -- Dang Gui Lu Hui Wan
- Constipation with dry mouth & nose
  -- Gua Lou, Tian Hua Feng, Shan Zhi zi
Case History

1. Female 34 years

**First visiting:**

Main complain: Constipation for 10 years

Only 2-3 bowel movements a week and the stools were dry and small, foul breath. Apart from this, she had no other symptoms.

Tongue: normal body color but with dry yellow coating

Pulse: unremarkable

TCM diagnose:

Heat in the intestines & St.

Treatment protocol:

-- Clear Heat
-- Benefit fluids

Formula:

Huo Ma Ren 9, Da Huang 6, Xing Ren 4.5, Zhi shi 6, Hou Pu 4.5, Bai Shao 4.5, Huang Lian 3, Ku Shen 4.5
Treatment

2). Qi Stagnation

Signs & Symptoms:

- Main Sym.: Constipation with stools shaped like pebbles but not dry, desire to open the bowels but difficulty in doing so, worse after emotional changing
- Concurrent sym.: belching, fullness in the chest & hypochondrium, abdominal distension, preference for sighing, irritability
- Tongue: normal color or slightly red on the sides
- Pulse: wiry

• Treatment Protocol:

- Regulate the liver Qi
- Make Qi descend
- Eliminate stagnation
Formula:

Liu Mo Tang

<table>
<thead>
<tr>
<th>Mu Xiang</th>
<th>Wu Yao</th>
<th>Chen Xiang</th>
<th>Da Huang</th>
<th>Bing Lang</th>
<th>Zhi Shi</th>
</tr>
</thead>
</table>

Modifications:

Heat signs: Qi stag. Turning to fire
-- Huang Qin, Zhi Zi

Lung Qi Stag.
-- Xin Ren, Gua Lou Ren

After the surgery or injury
-- Tao Ren, Hong Hua, San qi

If with chest fullness due to phlegm block the Qi circulation
-- Gan Sui, Zao Jia
Treatment

3). Qi Def.

Signs & Symptoms:

- Main Sym.: Desire to open the bowels but difficulty in doing so, great effort to open bowels, feeling of exhaustion afterwards

- Concurrent sym.: thin and long stools which are not dry, pale complexion, tiredness, short breath, weakness or chronic patients.

- Tongue: 
  Pale 

- Pulse: 
  Empty 

• Treatment Protocol:

- Tonify Qi
- Moisten the intestine
Formula:

<table>
<thead>
<tr>
<th>Huang Qi Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huang Qi</td>
</tr>
</tbody>
</table>

Modifications:

Pronounced Qi Def.

-- Dang Shen, Shan Yao, Huang Jin

Sinking of Qi & prolapsed of the anus

-- Bu Zhong Xi Qi Tang

Lung Qi def.

-- Shen Mai San
Treatment

4). Blood Def.
Signs & Symptoms:

- Main Sym. : ball like dry stools, normal defecation times with difficulty in defecation

- Concurrent sym.: dull-pale complexion, dizziness, numbness of the limbs, blurred vision, insomnia & dreamful sleep,

- Tongue: Pale or normal

- Pulse: Empty

• Treatment Protocol:

- Tonify Blood
- Moistening dryness
Formula:

<table>
<thead>
<tr>
<th>Run Chang Wan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dang Gui</td>
</tr>
<tr>
<td>Sheng Di</td>
</tr>
<tr>
<td>Huo Ma Ren</td>
</tr>
<tr>
<td>Tao Ren</td>
</tr>
<tr>
<td>Zhi Ke</td>
</tr>
</tbody>
</table>

**Modifications:**

if the stools are very dry

-- Wu Ren Wan (Tao Ren, Xing Ren, Bai Zi Ren, Song Zi Ren, Yu Li Ren, Chen Pi)

Tonify Yin fluid

-- Xuan Shen, Mai Dong, Shen Shou Wu

Kid. Def. sym.

-- Zhi shou wu, Rou Cong Rong, Hu Tao Rou
Case History

1. Female  39 years

**First visiting:**
Main complain: Constipation for 20 years
Only 2 bowel movements a week but her stools were not particularly dry or small. Her periods were rather scanty and she suffered from pre-menstrual tension. Her memory was poor.

Tongue: Pale and partially peeled
Pulse: generally Choppy

TCM diagnose:
Blood Def.

Treatment protocol:
-- Nourish Liver blood
-- moisten the intestine

Formula:
Dang Gui 9, Shu Di 12, Huo Ma Ren 6, Tao Ren 4.5, Zhi Ke 6, Shou Wu 9, Chai Hu 4.5, Yu Li Ren 6, Zhi Gan Cao 3, Hong Zao 3 dates
Treatment

5). Yang Def.
Signs & Symptoms:

- Main Sym.: Difficulty in defecation, exhaustion and sweating after defecation, stools not dry
- Concurrent sym.: sore back and knees, feeling cold, frequent-pale urination
- Tongue: Pale & wet
- Pulse: deep & weak

• Treatment Protocol:

  - Tonify Kidney Yang
  - Moistening the intestine
Formula:

<table>
<thead>
<tr>
<th>Ji Chuan Jian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dang Gui</td>
</tr>
<tr>
<td>Niu Xi</td>
</tr>
<tr>
<td>Rou Cong Rong</td>
</tr>
<tr>
<td>Ze Xie</td>
</tr>
<tr>
<td>Zhi Ke</td>
</tr>
<tr>
<td>Sheng Ma</td>
</tr>
</tbody>
</table>

Modifications:
Case History

1. Female  61 years

**First visiting:**
Main complain: Constipation for many years
Only 2 bowel movements a week but her stools were not particularly dry. She often felt exhaustion, feeling cold, a lack of will power and spirit of initiative, back-ache, dizziness and tinnitus.

Tongue: Pale and swollen
Pulse: Deep & weak
TCM diagnose:
Kidney Yang Def.

Treatment protocol:
-- Tonify & warm kidney yang
-- moisten the intestine

Formula:
Dang Gui 9, Huai Niu xi 6, Rou cong rong 6, Ze Xie 4.5, zhi Ke 4.5, sheng Ma 1.5, Shu di 9, Huo ma ren 6, Hu tao ren 6, Zhi gan cao 3
Treatment

6). Cold

Signs & Symptoms:

- Main Sym.: Difficult defecation, stools dry or not dry
- Concurrent sym.: pale complexion, aversion to cold, cool extremeties, abdominal pain due to cold Qi in the abdomen, bowel sound, or cold pain along the spinal cord, clear & more urine
- Tongue: Pale & wet
- Pulse: deep slow & weak

• Treatment Protocol:

- Warm the Yang
- Scatter cold
- Promote bowel movement
Formula:

<table>
<thead>
<tr>
<th>Ji Chuan Jian</th>
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</thead>
<tbody>
<tr>
<td>Dang Gui</td>
</tr>
</tbody>
</table>

Modifications:

Warm the kidney Qi
-- Rou Gui, Wu Yao

Qi Deficiency
-- Huang Qi