

Hypochondriac pain

Hypochondrial pain indicates pain under rib-cage on both sides or one side only. It is always related to a liver disharmony.



TCM

Etiology & Pathology

1. Liver Qi Stagnation:
2. Blood Stasis
3. Dampness & Heat (In Liv. & GB.)
4. Liver Yin Def.
5. Fluid retention in hypochondium
6. Shao Yang meridian disease

TCM

- Main Points for differentiation
- 1. Excess
 - Stagnation of Liver Qi
 - Stasis of Blood
 - Damp-Heat in the liver & GB
- 2. Deficiency
 - Liver Yin Def.
 - Liver Blood Def.
- 3. Exterior and interior
- 4. Cold and Heat
- 5. Qi or Blood



| | Hypochondrial | Stomachache | Chest Pain |
|-----------------|--|---|---|
| Area | Hypochondrium on one or two sides | Stomach area | Behind the sternum of left-anterior of the chest, or involving left hypochondrium and left shoulder & arm |
| Character | Distending or stabbing pain, vague pain, burning or colic pain; with preference for changing body position at sever pain | Distension & fullness, stabbing pain, mass in the abdomen, preference for pressing in def. case, and tenderness for excess type | Fullness as main, dislike to change body position at pain |
| Co-Sym. | Mass in the hypochondrium, | Vomiting, nausea, acid regurgitation | Short breathing, oppressed feeling in chest, cold limbs, palpitation |
| Cause | Affection by exopathogen, diet, seven emotional factors | Diet, emotion, affection by cold | Overeating, emotional fluctuation |
| Medical History | Disease of Liver & GB. | Disease of Sp. & St. | Disease of heart |
| Radiating | Right shoulder & Back | Back | Left shoulder & back |

Treatment

1). Liver Qi Stagnation:

Signs & Symptoms:

- Main Sym. : Mainly distending pain in hypochondrium area which is clearly related to the emotional state
- Concurrent sym.: often complicated by distension and fullness in the stomach, oppressed feeling in chest, frequent belching & sighing, slight breathlessness, poor appetite
- **Tongue:**
thin fur
- **Pulse:**
wiry

• **Treatment Protocol:**

- **Smoothing & regulating the liver Qi**

Formula:

| Chai Hu Shu Gan San | | | | | |
|---------------------|----------|--------|-------------|---------|----------|
| Chai Hu | Bai shao | Zhi ke | Zhi Gan Cao | Chen Pi | Xiang Fu |
| Chuan xiong | | | | | |

Modifications:

Pain is predominant

-- Qing Pi, Yan Hu Suo

Qi stag. turning to fire

-- Mu Dan Pi, Zhi zi, Huang Lian, Chuan Lian Zi (reduce Chuan Xiong & the dosage of Xiang Fu)

Qi stag. turning to fire and with yin def.

-- Dan Shen, Shou Wu, Gou Qi zi, Mu Dan Pi, Zhi Zi, Ju Hua
Diarrhea & abdomen pain

-- Bai Zhu, Fu Ling, Yi Yi Ren, Bai Bian Dou

Invading St. causing nausea

-- Xuan Fu Hua, Dai Zhe shi, Ban Xia, Sheng Jiang

Treatment

2). Blood Stasis

Signs & Symptoms:

- Main Sym. : Stabbing pain in rib range with a fixed part, and worse at night.
- Concurrent sym.: feeling of a mass on palpation,
- **Tongue:**
purple
- **Pulse:**
deep & uneven

• **Treatment Protocol:**

- Removing blood & eliminate the stasis
- Smooth the liver Qi

Formula:

| Chai Hu Shu Gan Tang | | | | | |
|----------------------|----------|------------|-------------|---------|----------|
| Chai Hu | Bai Shao | Zhi Ke | Zhi Gan Cao | Chen Pi | Xiang Fu |
| Chuan Xiong | Yu Jin | Yan Hu Suo | | | |
| Xue Fu Zhu Yu Tang | | | | | |
| Dang Gui | Shen Di | Tao Ren | Hong Hua | Zhi Ke | Chi Shao |
| Cai Hu | Gan Cao | Jie Geng | Chuan xiong | | |

Modifications:

Constipation

-- Da Huang

Mass

-- San Leng, E Zhu, Di Bie Chong

Stop Pain

-- Xuan Hu Suo

Moving Blood open the meridian

-- Qian Cao

Treatment

3). Damp-heat in Liv. & GB.

Signs & Symptoms:

- Main Sym. : Dull hypochondrial pain & fullness
- Concurrent sym.: a feeling of heaviness, a sticky taste, nausea, yellow sclera, dark urine
- **Tongue:**
sticky-yellow coating
- **Pulse:**
slippery & rapid

• **Treatment Protocol:**

- **Clear heat**
- **Resolve dampness**
- **Smooth the liver Qi**

Formula:

Long Dan Xie Gan Tang

| | | | | | |
|--------------|-----------|--------|---------|-------------|---------|
| Long Dan Cao | Chai Hu | Ze xie | Mu tong | Che Qian Zi | Dan Gui |
| Shen Di | Huang Qin | Zhi Zi | | | |

Modifications:

Spleen Def.:

-- Bai Zhu, Fu Ling

Gall stones

-- Jin Qian Cao, Hai Jin Sha, Yu Jing

Severe Rib pain

-- Jin Ling Zi Powder (Jing Ling Zi, Yan Hu Suo)

Dampness

-- Yin Chen hao, Huang Bai

Treatment

4). Liver Yin Deficiency

Signs & Symptoms:

- Main Sym. : slight hypochondrial pain
- Concurrent sym.: dryness of throat & eyes, skin & hair, tiredness, poor memory, insomnia, depression, scanty periods, dizziness, tidal fever, night sweating,
- **Tongue:**
 reddish body with less coating
- **Pulse:**
 fine, wiry & rapid
- **Treatment Protocol:**
 - **Nourishing Liver Yi**

TCM

Formula:

Yi Guan Jian

Sha Shen

Mai Dong

Dang Gui

Sheng Di

Gou Qi Zi

Chuan Lian Zi

Modifications:

enhance the liver Qi moving

-- Rose, He Huan Hua

Irritability

-- Suan Zhao Ren, Zhi Zi

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

Case History 2

1. Female 51 years

First visiting:

Main complain: Right upper abdomen & rib area pain

With vomiting, nausea, sweating, blue yellow face color, loose stools, dark urination, bad appetite & distension of abdomen.
Western Medicine doctor diagnosed as cholecystitis .

Tongue: yellow greasy coating, red on both sides of the body

Pulse: wiry & slippery

TCM diagnose:

Liver & GB. Qi stag & turning to heat

Treatment protocol:

- Soothing the liver & GB Qi
- Clear away liver & GB. heat

Formula:

Jing Yin Hua 15, Lian Qiao 10, Zao Xiu 9, Jing Qian
Cao 45g, Ji Nei Jing 9, Cai Hu 12, Yu Jin 12, Shi Chang Pu 9, Bai
Shao12, Wu Ling Zhi 9, Mo Yao 3, X14 bags

Case History 2

1. Female 51 years

Second visiting:

Main complain: Right upper abdomen & rib area pain

pain is getting better, greasy coating disappeared, appetite & sleeping are better too, stools & urination are normal too.

Tongue: normal

Pulse: wiry

Formula:

Cai hu 10, Bai Shao 12, Jing Ying Hua 30, Huang qin 9, Ban Xia 9, Fu Ling 12, Long Dan cao 9, Xiang Fu 9, Ji Nei Jing 9, Mo Yao 4, Bai Zhu 10, Yi Mu Cao 15, Bai Hua she she cao 15

Case History 3

1. Female 34 years

First visiting:

Main complain: Chronic hypochondriac pain for 3 years
bad appetite, abdomen distension after meal, hiccup, don't like greasy food, bitter taste, having no desire for drinking, irritability, dizziness, dark urine, tiredness

Tongue: yellow greasy coating, red on both sides of body

Pulse: deep, wiry & slippery

TCM diagnose:

Liver & GB. Qi stag + damp heat

Spleen Def.

Treatment protocol:

-- clearing the damp-heat

-- soothing the liver Qi

-- Tonify Spleen

Formula:

Dang Gui 12, Bai Shao 12, Fu Ling 24, Bai Zhu 9, Zhi Zi 9, Dan Pi 12, Cai Hu 9, Yu Jing 9, San Leng 9, E Zhu 9, Mei Gui Hua 9, Chuan Lian Zi 9, Bie Jia 30, Long Dan Cao 9, Bo He Ye 9, Ji Nei Jing 6, Yin Chen Hao 12, Huang Bai 9, Gan Cao 6 X58 bags

Case History 3

1. Female 34 years

Second visiting:

Main complain:

appetite increased, rib pain stopped, feel the energy is also coming back,

Tongue: Normal Pulse: wiry & fine

Formula:

Herb Reduced: Zhi Zi, Long Dan Cao, Huang Pai,

Dosage reduced: Sang Leng, E Zhu

Add: Dang Shen, Shan Yao

X 60

Case History 4

1. Male 35 years

First visiting:

Main complain: Right rib area burning pain for 7 month
Tiredness & weakness, bad appetite, dry mouth & throat, dark urination. Treated by clear away damp-heat herbs, no working.

Tongue: Deep red body color, with white greasy coating

Pulse: fine wiry & rapid

TCM diagnose:

Liver Qi stag & turning to heat

Liver Yin def.

Treatment protocol:

-- Soothing the liver Qi

-- Clear away liver heat

-- Tonify the Liver Yin & harmonize the maridian

Formula:

Huo Xiang 5, Zhi Shi 5, Yin Chen 12, Fu Ling 10, Bai
Zhu 10, Che Qian Zi 10, Dan Pi 6, Zhi Zi 6, Shi Hu 12, Bai Shao 10,
Gan Cao 3

X 30 bags

Case History 5

1. Male 39 y

First visiting:

Main complain: Chronic hepatitis for 6 years

Pain on both sides of hypochondriac area repeatedly occurred. Distension of abdominal area; Bad appetite, hiccup, bowels movement sound, loose stools. Every time, after the treatment, patient feel better, however, sym. Happened again after hard working. Treated by Cai Hu Shu Gan San, no working,

Tongue: Big fat body with greasy coating

Pulse: empty slow & weakness

TCM diagnose:

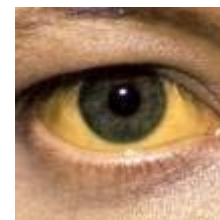
Sym. Of Ban Xia Xie Xin tang

Treatment protocol:

Formula:

Ban Xia 9, Huang Lian 9, Gan Jiang 6, Zhi Gan Cao 6, Dang Shen 9, Da Zhao 4

Jaundice



What is Jaundice?

Jaundice is a disease and syndrome, marked mainly by yellow in eyes, the body and urine.

Three parts:

- Yang Jaundice
- Yin Jaundice
- Acute Jaundice

Etiology & Pathology

1. Etiology:

External pathogens (acute jaundice)

-- Damp Heat

-- Fulminant pathogens

Due to improper diet

Tiredness & Exhaustion

Gallstones

Abdominal Mass (Blood Stasis)

2. Pathology

Dampness

Spleen & Stomach, Liver & GB.

Differentiation

| | Yang Jaundice | Yin Jaundice |
|-----------|-----------------------------------|---|
| Causes | Damp-heat & exopathogens | Cold-dampness & Def. of Sp., St. |
| Yellow | Fresh yellow like orange | Dark like smoking |
| Syndromes | Excess & heat syn. | Def. syn. or Cold sym. With Sp. Def. complicated with excess sym. |
| State | Generally, mild in most case | Severe in most case |
| Treatment | Clearing away heat & dampness, | Strengthen the spleen and worming & dispelling cold- dampness |

Treatment

I. Yang Jaundice

1). Heat over dampness:

Signs & Symptoms:

- Main Sym. : Yellow body & eyes, orange-like fresh yellow, with brightness, and scanty dark urine.
- Concurrent sym.: often fever & thirsty, restlessness, fullness of abdomen, nausea, dry mouth, and bitter taste, constipation.
- **Tongue:**
yellow greasy coating
- **Pulse:**
wiry & rapid

• **Treatment Protocol:**

- **Clear away heat**
- **Eliminating dampness**

Formula:

| Yin Chen Hao Tang | | | | | |
|-------------------|--------|----------|--|--|--|
| Yin Chen Hao | Zhi Zi | Da Huang | | | |

Modifications:

Constipation

-- Zhi Zi Da Huang Tang

Promote urination

-- Zhu Ling, Fu Ling, Che Qian Zi, Hua Shi

Nausea, vomiting

-- Huang Lian, Zu Ru

Pain on the right rib area

-- Cai hu, Yu Jing, Chuan Lian Zi, Yan Hu Suo

Fullness in the chest & nausea

-- Hua Xiang, Pei Lan

Feel noise in the stomach area

-- Hou Pu, Yu Jin

irritability

-- Huang Lian, Zhi Zi

Treatment

I. Yang Jaundice

2). Dampness over heat

Signs & Symptoms:

- Main Sym. : Yellow body and eyes, with no so bright yellow as that in heat sym.
- Concurrent sym.: No high fever, heaviness of head, tastelessness, with no thirst, fullness in the chest & the stomach, anorexia, distension in abdomen, aversion to greasy food, nausea, loose stools.
- **Tongue:**
thick greasy yellow coating,
- **Pulse:**
wiry & slippery; weak & slow

• **Treatment Protocol:**

- **Eliminating dampness**
- **Clear away heat**

Formula:

Yin Chen Wu Ling San

Yin Chen Hao

Gui Zhi

Bai Zhu

Fu Ling

Zhu Ling

Ze Xie

Modifications:

Dampness

-- Ping Wei San (CangZhu, HouPu, ChenPi, Gan Cao, Sheng Jiang, Da Zhao)

Clear Heat toxic

-- Lian Qiao, Jing Yin Hua, Da Qin Ye

Coma

-- An Gong Niu Huang Wan

Cool Blood

-- Ce Bai Ye, Di Yu

Scanty urine

-- Mu Tong, Hua Shi, Bai Mao Geng, Che Qian Zi, Da Fu Pi

Treatment

3). Acute Jaundice

Signs & Symptoms:

- Main Sym. : Sudden & acute attack, jaundice rapidly become darkness, gold-like color
- Concurrent sym.: High fever & excessive thirst, hypochondrial pain & abdominal fullness, coma & delirium, or nose bleeding, blood in the stool,
- **Tongue:**
bright red body with yellow & dry coating
- **Pulse:**
wiry, slippery & rapid; fine, rapid

• **Treatment Protocol:**

- **Clear heat**
- **Clear away toxic material**
- **Removing blood heat**

Formula:

Xi Jiao San

Xi Jiao

Huang Lian

Zhi Zi

Sheng Ma

Yin Cheng

Modifications:

Spleen Def.:

-- Bai Zhu, Fu Ling

Gall stones

-- Jin Qian Cao, Hai Jin Sha, Yu Jing

Severe Rib pain

-- Jin Ling Zi Powder (Jing Ling Zi, Yan Hu Suo)

Dampness

-- Yin Chen hao, Huang Bai

Treatment

II. Yin Jaundice

4). Liver Yin Deficiency

Signs & Symptoms:

- Main Sym. : Dark yellow skin color
- Concurrent sym.: aversion to cold, no appetite, fullness in the stomach, loose stools, tastelessness & no thirst.
- **Tongue:**
Pale body with white greasy coating
- **Pulse:**
weak & slow or deep & rapid

• **Treatment Protocol:**

- **Strengthen the Sp. & regular the St. Qi**
- **Warming & removing cold-dampness**

Formula:

Yin Chen Zhu Fu Tang

Yin Chen Hao

Bai Zhu

Fu Zi

Gan Jiang

Zhi Gan Cao

Rou Gui

Modifications:

release dampness

-- Fu Ling, Ze Xie

Thick coating, distension of abdomen

-- Cang Zhu, Hou Pu

Itching skin

-- Qin Jiao, Di Fu Zi

Spleen Yang Def.

-- Fu Zi, Gang Jiang, Wu Zhu Yu

Blood stasis

-- Gui Zhi, Zi Su Mu



Treatment

II. Yin Jaundice

5). Blood Stasis

Signs & Symptoms:

- Main Sym. : Dark yellow body & eyes
- Concurrent sym.: vascular spider in the skin, darkish complexion, mass in hypochondrium with fixed pain, black stool.
- **Tongue:**
Green & purple body with ecchymosis
- **Pulse:**
wiry & uneven or fine & uneven

• **Treatment Protocol:**

- **Promoting circulation of blood**
- **Removing blood stasis**
- **Eliminating jaundice**

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:

Smooth liver Qi

-- Xiao Yao San

Sp Def.

-- Liu Jun Zi Tang

Treatment

II. Yin Jaundice

6). Spleen & Blood Def.

Signs & Symptoms:

- Main Sym. : Yellow eyes and skin, pale and dim complexion, dark urine
- Concurrent sym.: mental tiredness & weakness, lassitude in limbs, palpitation and shortness of breath, anorexia and loose stool, restlessness in night
- **Tongue:**
pale & thin body
- **Pulse:**
fine & weak

• **Treatment Protocol:**

- **Strengthening spleen**
- **Warming middle jiao**
- **Nourishing Qi & Blood**

Formula:

Xiao Jian Zhong Tang

Gui Zhi

Bai Shao

Gan Cao

Sheng Jiang

Da Zhao

Yi Tang

Modifications:

Qi Def.

-- Huang Qi, Dang Shen

Blood def.

-- Dang Gui, Shu di, E Jiao, Han Lian Cao

Yang Def.

-- Rou Gui, Gan Jiang