

Tympanites

Abdominal distention:

Hollow inside & tense outside, the abdomen is beaten like a drum.

Symptoms:

- Abdominal distention
- Sallow skin
- Blood vessels seen
- Mass in the hypochondria or abdomen



Etiology & Pathology

1. Direct Cause

Lingering Jaundice
Hypochondriac Pain
Abdominal mass

2. Predisposing Cause

Emotional Depression
Improper Diet
Schistosomiasis 血吸虫病

- Main Points for differentiation
- 1. Excess
 - Superficiality in Excess
 - Qi Stagnation;
 - Blood Stasis: Vein & Masses
 - Water retention: Water vibrating sound
- 2. Deficiency
 - Deficiency in origin
 - Sp. Qi Def.
 - Qi & Yin Def.
 - Sp. Yang Def.
 - Liver & Kid. Yin def.



	Abdominal distention	Edema
Distention	Stiffness & fullness sensation in the enlarged abdomen, normal or thin limbs	Swelling face & limbs, flat and soft abdomen
Accompanying Sym.	Vessels seen in the abdomen, vascular nerves in the neck & chest, hematemesis 咳血, hemafecia 吐血, jaundice, fever, irritability, coma	Oppressed feeling in the chest, palpitation, dyspnea, nausea, vomiting, irritability, sleepy
Organs related	Liver, Spleen, Kidney,	Lung, Spleen, Kidney
Pathology	Qi Stag., Blood Stasis, Water retention in the abdomen and weakened body resistance	Retained water in the skin
Therapeutic Principle	Regulating the flow of qi, promoting blood circulation, promoting urination, Strengthening body resistance	Induce urination; Inducing purgation; Strengthening the Sp; Warming the kid; Removing blood stasis;
Herbs	Mu Xiang Shun Qi Wan;	Yue Bi Jia Zhu Tang; Wu Ling San; Shen Ling Bai Zhu San

Treatment

1). Early Stage:

Signs & Symptoms:

- Main Sym. : Distended abdomen is beaten like a drum.
- Concurrent sym.: hypochondriac distending, lose appetite, tiredness & weakness, scanty urine, abdominal distension is aggravated after meal and alleviated after eructation.
- Tongue:
 darkish tongue or with spots, white greasy coating
- Pulse:
 wiry & slippery
- Treatment Protocol:
 - Regulating the flow of Qi
 - Promoting blood circulation
 - Inducing urination & eliminating distention



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	Gui Zhi	Chuan Xiong

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			

Modifications:

Greasy yellow coating, dry & bitter taste

-- Dan Pi, Zhi Zi

Rib area distention & pain

-- Yan Hu Suo, Dan Shen, E Zhu, Yu Jin, Zi Su Mu

Fixed stabbing pain

-- Dan Shen, Chi Shao, San Leng, Eu Zhu,

Dizziness, insomnia, red tongue & fine pulse

-- Shou Wu, Gou Qi Zi, Nu Zhen Zi

Bad appetite

-- Bao He Wan

Scanty urine

-- Che Qian Zi, Ze Xie, Zhu Ling, Fu Ling

Abdominal distention

-- Da Fu Pi, Lai Fu Zi, Xie Bai

Treatment

2). Middle stage

Signs & Symptoms:

- **Main Sym. :** Serious distention, stiffness & fullness of abdomen; water-vibrating sound in motion; pitting on pressure
- **Concurrent sym.:** sallow complexion, lassitude, abdominal distention, no appetite, thirst with no desire to drink, vascular nevus & spider nevus scatted on neck, chest and back, vessels seen in abdomen, liver palms, constipation or loose stool, and scanty urine
- **Tongue:**
pale enlarged body with teeth-marks, thick & greasy coating
- **Pulse:**
thready & slippery
- **Treatment Protocol:**
 - Strengthen the body resistance
 - Regulating the flow of Qi
 - Promoting blood circulation
 - Inducing urination & eliminating distention

Shi Pi Yin

Fu Zi	Gan Jiang	Bai Zhu	Gan Cao	Hou Pu	Mu Xiang
Cao Guo	Bing Lang	Mu Gua	Sheng Jiang	Da Zhao	Fu Ling

Modifications:

Edema

-- Gui Zhi, Zhu Ling, Fu Ling, Ze Xie

Abdomen distention & pain

-- Qin Pi, Xiang Fu, Yan Hu Suo, Yu jin, Zhe Ke, Sha Ren

Qi Def.

-- Huang Qi, Dang Shen

Damp-heat

-- Yin Chen Hao, Tu Fu Ling, Jing Qian Cao, Huang Qin, Huang Lian

dark & painful urination

-- Hua shi, Tong Cao,

Yin Def.

-- Yu Zhu, Sha Shen, Mai Dong

Pale tongue, insomnia,

-- Dang Gui, Shou Wu, E Jiao

Nausea & vomiting

-- Ban Xia, Chen Pi, Sheng Jiang, Zu Ru

Abdomen distention with asthma

-- Ma Huang, Xin Ren, Jie Geng

Treatment

3). Late Stage

<A> Liver & Kidney Yin Def.

(weakened body resistance & excessive pathogenic

factors)

Signs & Symptoms:

- Main Sym. : abdominal distension with more uncomfortable feeling in the evening than in the morning, vessels seen in abdomen. Mere skeleton.
- Concurrent sym.: sallow or pale complexion; cold pain in the waist and knees; scanty urine; dry mouth & throat; irritability & insomnia; bleeding in gum & teeth; fever sensation in chest, palms & soles, dry skin, dizziness, tinnitus, night sweating.
- Tongue:
 - red body with less coating
- Pulse:
 - wiry & fine; rapid & slippery
- Treatment Protocol:
 - Nourishing the Liver & kidney
 - Moving blood & break the blood stasis



Ge Xia Zhu Yu Tang					
Wu Ling Zhi	Dang Gui	Chuan Xiong	Tao Ren	Hong Hua	Chi Shao
Wu Yao	Yan Hu Suo	Gan Cao	Xiang Fu	Zhi Ke	Dan Pi
Mai Wei Di Huang Wan					
Yi Guan Jian					

Modification:

Body fluid severely damaged

-- Shi Hu, Tian Hua Feng, Zhi Mu

Fever in the afternoon

-- Yin Chai Hu, Bie Jia, Di Gu Pi, Bai Wei

Teeth bleeding

-- Zhi Zi, Lu Geng, Ou Jie Tan

Yellow skin (Jaundice)

-- Yin Chen; Huang Bai

Tonify Liv. & Kid. Yin

-- Mai Dong; Wu Wei Zi

Treatment

3). Late Stage

 Vomiting Blood & Blood in stools

Signs & Symptoms:

- Main Sym. : in mild case, bleeding in teeth & nose; in severe case, vomit with blood or blood clot, or dark red loose stool.
- Concurrent sym.: bitter taste in dry mouth; burning heat in the stomach; bowel sound; abdominal distention; palpitation; short breath; cold limbs;
- Tongue:
 reddish yellow or pale body
- Pulse:
 wiry & rapid
- Treatment Protocol:
 - Clear Stomach heat
 - Cool blood & stop bleeding

Formula:

Xie Xin Tang					
Da Huang	Huang Lian	Huang Qin			
Shi Hui San					
Da Ji	Xiao Ji	Ce Bai Ye	He Ye	Qian Cao Geng	Zhi Zi
Mao gen	Da Huang	Dan Pi	Zong Lu Tan		

Modifications:

Stop Bleeding

-- Da Huang Powder 2g; Bai Ji Powde 6g; San Qi Powder 3g; 2~3 times/day

Severe sweating with cold limbs

-- Du Shen Tang

Case History 1

1. male 40 years

First visiting:

Main complain: Hepatocirrhosis with ascites
thin body type; pale sallow complexion; felt mass on right rib area; abdomen distention like a drum; lower body edema; scanty urine; unclean stool; bad appetite; spider nevus scatted under skin;

Tongue: pale body with white coating

Pulse: wiry, slow & weak

TCM diagnose:

Spleen Yang def.

Liver Qi Stag. & blood stasis

Water retention

Treatment protocol:

-- Warm up spleen Yang

-- Expel the water

Formula:

Fu Ling 10; Bai Zhu 10; Zhu Ling 10; Ze Xie 10; Ji Nei Jing 30; Dang Shen 15; Shen Qu 15; Wu Jia Pi 15; Zhi Ke 12; Gui Zhi 5; Shi Zao Wan 0.4

Headache



A headache is a condition of pain in the head; sometimes neck or upper back pain may also be interpreted as a headache. It ranks amongst the most common local pain complaints.

Headache to be discussed here is an internal disease with pain in the head as its main symptoms.

- Acute or Chronic
- Exterior or Internal injury

Etiology & Pathology

1. Exterior factors

- Wind: -- Cold
- Heat
- Dampness

2. Emotions

- Anger: GB channel: temple or side of the head
- Worry: Fore-head or top of head with dull character
- Fear: deficiency type
- Shock: whole head

3. Injury or Accidents

4. Overwork

5. Excessive sexual activity

6. Diet

7. Constitution

Differentiation

	Exterior	Interior
Onset	Acute	Slowly
State	Seriously	Mildly
Pain character	Continuous pain; jumping pain; burning, distending & choking pain	Vague, hollow & dizzy pain
Cause	Wind, cold, damp, summer heat, fire	Qi Def. ; Blood Def. ; Liver Yang; Liver fire; phlegm; blood stasis

Diagnosis According to Channels:

TCM

Exterior

- Wind-cold wind-heat Wind-dampness

Interior

Excess-type

- Liver-Yang
- Liver-fire
- Liver Wind
- Liver Qi Stag.
- Stagnation of Cold in the liver channel
- Dampness
- Turbid phlegm
- Turbid phlegm-wind
- Food Retention
- Blood stasis
- Stomach-heat

Deficiency Type

- Qi Def. Blood Def. Kidney Def.

Treatment

Exterior Headache:

<A> Wind-cold type

Signs & Symptoms:

- Main Sym. : headache & stiffness on the occiput and neck
- Concurrent sym.: aversion to cold; body ache; no sweating; no desire for drinking
- Tongue:
 thin white coating
- Pulse:
 floating & tight
- Treatment Protocol:
 - Expel wind-cold
 - Stop headache

Formula:

Chuan Xiong Cha Diao San					
Chuan Xiong	Jin Jie	Fang Fen	Bo He	Qiang Huo	Xi Xin
Bai Zhi	Gan Cao	(xiang Fu)			

Modifications:

Great Yang headache

-- Du Huo; Qiang Huo; Chuan Xiong; Gao Ben

Lesser Yang

-- Chai hu; Huang Qin; Qing Hao

Bright Yang

-- Sheng Ma; Ge Gen; Bai Zhi

Body ache – Qiang Huo

Red tongue & dry mouth + aversion to cold & fever

-- Huang Qin; Zhi zi; Dan Dou chi

lots of coughing

-- Xin Ren; Jie Geng; Qian Hu; Pi Pa Ye; Zhi Ke

Stuff nose

-- Xin Yi Hua; Cang Er Zi

TCM

Treatment

Exterior Headache:

 Wind-heat type

Signs & Symptoms:

- Main Sym. : headache which is felt inside the head and is distending in character. Cracked pain in severe case.
- Concurrent sym.: fever, slight thirst, runny nose with yellow discharge, a sore throat, red eyes, slightly dark urine
- Tongue:
 red body with thin yellow coating
- Pulse:
 floating & rapid
- Treatment Protocol:
 - Expel wind-heat
 - Stop headache

Formula:

Xiong Zhi Shi Gao Tang					
Chuan Xiong	Shi Gao	Bai Zhi	Ju Hua	Shi Gao	Gao ben
Huang Qin	Bo He	Zhi Zi			

Modifications:

fever

-- reduce Gao ben & Qiang Huo; Add Sang Ye, Bo He

Thirsty

-- Lu Gen; Xuan Shen; Tian Hua Feng

Red face & eyes

-- Long Dan Cao; Mu Zei

Sore throat

-- Ban Lan Gen; Jing Yin Hua; Pu Gong Yin; Niu Pang Zi

Constipation

-- Da Huang; Zhi Zi

Treatment

Exterior Headache:

<C> Wind-dampness

Signs & Symptoms:

- Main Sym. : headache with typical feeling of heaviness
- Concurrent sym.: muzzy feeling, heavy head, poor concentration and heavy eyes, a sensation of oppression in the chest
- Tongue:
 sticky coating
- Pulse:
 floating & slippery
- Treatment Protocol:
 - Expel wind-damp
 - Removing obstruction from the channels
 - Stop headache

Formula:

Qiang Huo Sheng Shi Tang					
Qian Huo	Duo Huo	Fang Fen	Gao Ben	Chuan Xiong	Man Jing Zi
Gan Cao					

Modifications:

Summer heat

-- Huo Xiang; Pei Lan; Liu Yi Powder

Overweight patient

-- Zi Su Zi; Lai Fu Zi; Bai jie Zi 6; Zao Jiao Ci 6;

Chest fullness

-- Xin Ren 10+ Zhi Ke 6+ Cao Dou Kou 3+ Fang Fen 6

Treatment

Interior injury Headache:

<A> Liver Yang rising up

Signs & Symptoms:

- Main Sym. : distending headache after anger; mostly on one side
- Concurrent sym.: red face & eyes; bitter taste & dry throat; distending pain on rib area; irritability and easily lose temper; bad sleeping with lots dreams.
- Tongue:
red tip & sides of body, thin yellow coating
- Pulse:
wiry & slippery
- Treatment Protocol:
 - Subdue rebellious liver Yang
 - Tonify Liver Yin or blood

Formula:

Tian Ma Gou Teng Yin					
Tian Ma	Gou Teng	Shi Jue Ming	Huang Qin	Zhi Zi	Niu xi
Du Zhong	Sang Ji Sheng	Ye Jiao Teng	Fu Shen		

Modifications:

Dizziness

-- Ju Hua; Bai Ji Li

Constipation due to liver fire

-- Long Dan Cao; Huang Qin; Zhi Zi; Dang Gui Long Hui Wan

Liver Yin def.

-- Shen Di; Bai Shao; Nu Zheng Zi

Treatment

Interior injury Headache:

 Kidney Def.

Signs & Symptoms:

- Main Sym. : empty headache with dizziness
- Concurrent sym.: sore lower back; weakness; tinnitus; irritability; bad sleeping
- Tongue:
 red body with less coating
- Pulse:
 deep & weak
- Treatment Protocol:
 - Nourish Kidney Yin

Formula:

Da Bu Yuan Jian					
Shu Di	Shan Zhu Yu	Shan Yao	Gou Qi Zi	Ren Shen	Dang Gui
Du Zhong					

Modifications:

blood def.

-- He Shou Wu; Gou Qi Zi; E Jiao; Nu Zhen Zi

Blood stasis

--Chuan Xiong; Dan Shen;

Treatment

Interior injury Headache:

<C> Phlegm headache

Signs & Symptoms:

- Main Sym. : headache with a feeling of fullness in the chest
- Concurrent sym.: nausea & vomiting phlegm
- Tongue:
tooth mark on the body with sticking coating
- Pulse:
slippery
- Treatment Protocol:
 - Eliminate phlegm
 - Tonify Spleen
 - Stop pain

Formula:

Ban Xia Bai Zhu Tian Ma Tang

Ban Xia	Bai Zhu	Fu Ling	Chen Pi	Sheng Jiang	Tian Ma
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Modifications:

Dampness in middle Jiao

-- Hou Pu; Cang Zhu; Bai Dou Kou

Phlegm turn to heat

-- Zu Ru; Huang qin; Huang Lian; Zhi Zi

Treatment

Interior injury Headache:

<d> Blood Stasis

Signs & Symptoms:

- Main Sym. : long time headache; fixed; stabbing or boring pain; “ nail being driven into head”
- Concurrent sym.: dark complexion; hypochondrial or abdominal pain and, in women, painful periods with dark-clotted blood.
- Tongue:
 - purple spot on the body
- Pulse:
 - wiry & choppy or tight
- Treatment Protocol:
 - Moving blood and break the stasis
 - Stop pain

Formula:

Tong Qiao Huo Xue Tang					
She Xiang	Shen Jiang	Cong Bai	Tao Ren	Hong Hua	Chuan Xiong
Chi Shao					

Modifications:

Stop headache

-- Yu jing; Chang Pu; Xi Xin; Bai Zhi

Qi & blood def.

-- Dang Gui; Shou Wu; Huang Qi; Dang Shen

Severe headache

-- Quan Xie; Wu gong; Di Bie Chong

break the blood stasis

-- Shui zhi, Sang Leng, E Zhu

Liver Yang rising up due to liver Yin Def.

-- reducing Chuan Xiong; Add Dang Gui 10; Bai Shao 15; Shen Di 10;

Case History 1

1. Female 32 years

First visiting:

Main complain: Migraine for 8 years
headache occurred on the top of the head and behind the eyes. They started with a dull pain and increased intensity to a severe character, accompanied by nausea, vomiting and diarrhea. They were better lying down. By the time she sought treatment, they occurred almost every day.

Tongue: Pale and thin

Pulse: weak on the right side & slightly wiry on left.

TCM diagnose:

Liver Yang rising from liver blood def.

Treatment protocol:

-- Nourish Liver Blood

Formula:

Dang Gui 9, Bai Shao 6; Chuan Xiong 6; Shu Di Huang 6; Shi Jue Ming 9; Gou Teng 6; Man Jing Zi 4; Ju Hua 2

Case History 1

1. Female 48 years

First visiting:

Main complain: Migraine for 13 years

headache on right side repeatedly occurred; pain like nail being driven into head; pain even radiated to occiput; extremely painful and hardly could tolerated.

irritability & easy to lose temper, hardly fall asleep at night & lots of dreams; eyelids purple color; blood stasis spots seen on sclera; eyes also sensation to lights

Tongue: Purple body with thin white coating

Pulse: fine & wiry

TCM diagnose:

Wind invaded head & meridian

Qi & Blood stasis

Treatment protocol:

-- Move blood

-- **Expel wind**

Formula:

Chuan Xiong 45g; Hong Hua 9; Chi Shao 9; Shen Di 15; Dang Gui 9; Qian Huo 9; Wu Gong powder 2; Quan Xie Powder 1.5; * Shi Nan Ye 9; *Wang Jiang Nan 9