

TCM

## Hypochondriac pain

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



## Etiology & Pathology

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

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- 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**

## 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 Shao12, Jing Ying Hua 30, Huang qin 9, Ban Xia 9, Fu Ling 12, Long Dan cao 9, Xiang Fu9, 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. + Spleen 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



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## 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**

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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). Spleen yang 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