

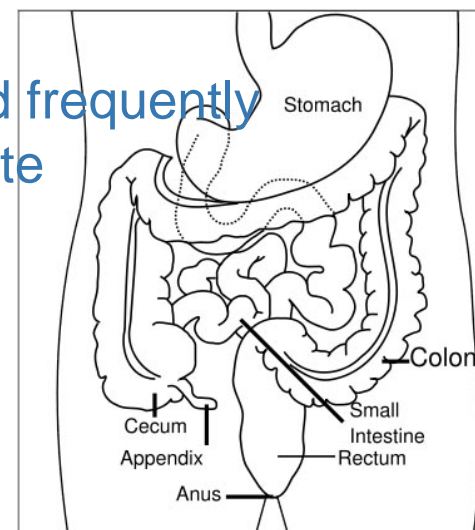
Dysentery

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

	Sym. Type	Treatment
Early stage	Excess sym.	Promoting digestion & removing food retention
Chronic	Def. sym	Reinforcement & astringency
Chronic	Def. + Excess	Reinforcement & elimination in combination
Chronic	Bloody stool	Removing heat from blood & regulating blood
Chronic	Mucus or purulent discharge	Improve flow of Qi & eliminate dampness

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:

Shao Yao Tang					
Bai Shao	Dang Gui	Da Huang	Huang Lian	Huang Qin	Mu Xiang
Jiao bing Lang	Shan Zha	Rou Gui	Gan Cao		

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:

Shao Yao Tang					
Bai Shao	Dang Gui	Da Huang	Huang Lian	Huang Qin	Mu Xiang
Jiao bing Lang	Shan Zha	Rou Gui	Gan Cao		
Bai Tou Weng Tang					
Bai Tou Weng	Qin Pi	Huang Lian	Huang Qin		

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:

Wei Lin Tang					
Cang Zu	Hou Pu	Chen Pi	Gan Jiang	Da Zhao	Gui Zhi
Bai Zhu	Fu Ling	Ze Xie	Zhu Ling	Gan Cao	

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:

Fu Zi Li Zhong Tang					
Fu Zhi	Ren Shen	Bai Zhu	Gan Jiang	Gan Cao	
Tao Hua Tang					
Chi Shi Zhi	Gan Jiang	Jing Mi			
Zhen Ren Yang Zang Tang					
Yin Shu Ke	Rou Dou Kou	Bai Zhu	Ren Shen	Mu Xiang	Rou Gui
Zhi Gan Cao	Shen Jiang	Da Zhao	He Zi		

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:

Liu Jun Zi Tang (Rest)					
Ren Shen	Zhi Gan Cao	Fu Ling	Bai Zhu	Chen Pi	Ban Xia
Lian Li Tang (Onset)					
Ren Shen	Zhi Gan Cao	Fu Ling	Bai Zhu	Gan Jiang	Huang Lian

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

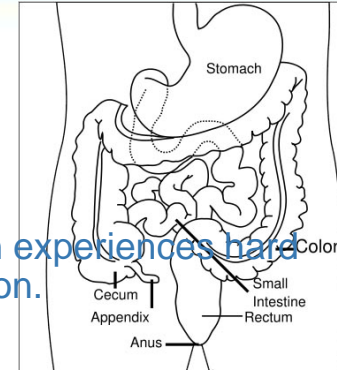
Formula:

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,

Constipation

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.

Bristol Stool Chart

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

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
提壺揭蓋--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:

Tiao Wei Chen Qi Tang					
Da Huang	Zhi Gan Cao	Mang Xiao			
Ma Zi Ren Wan					
Ma Zi Ren	Bai Shao	Zhi Shi	Da Huang	Hou Pu	Xing Ren

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

Mu Xiang

Wu Yao

Chen Xiang

Da Huang

Bing Lang

Zhi Shi

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:

Huang Qi Tang					
Huang Qi	Chen Pi	Huo Ma Ren	Feng Mi		

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:

Run Chang Wan					
Dang Gui	Sheng Di	Huo Ma Ren	Tao Ren	Zhi Ke	

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:

Ji Chuan Jian					
Dang Gui	Niu Xi	Rou Cong Rong	Ze Xie	Zhi Ke	Sheng Ma

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 extremities, 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:

Ji Chuan Jian					
Dang Gui	Niu Xi	Rou Cong Rong	Ze Xie	Zhi Ke	Sheng Ma

Modifications:

Warm the kidney Qi

-- Rou Gui, Wu Yao

Qi Deficiency

-- Huang Qi