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

<table>
<thead>
<tr>
<th>Mu Xiang</th>
<th>Qin Pi</th>
<th>Chen pi</th>
<th>Gan Cao</th>
<th>Zhi Ke</th>
<th>Hou Pu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wu Yao</td>
<td>Xiang Fu</td>
<td>Cang Zhu</td>
<td>Sha Ren</td>
<td>Gui Zhi</td>
<td>Chuan Xiong</td>
</tr>
</tbody>
</table>

### Chai Hu Shu Gan Tang

<table>
<thead>
<tr>
<th>Chai Hu</th>
<th>Bai Shao</th>
<th>Zhi Ke</th>
<th>Zhi Gan Cao</th>
<th>Chen Pi</th>
<th>Xiang Fu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chuan Xiong</td>
<td>Yu Jin</td>
<td>Yan Hu Suo</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**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
**Formula:** Shi Pi Yin

<table>
<thead>
<tr>
<th></th>
<th>Fu Zi</th>
<th>Gan Jiang</th>
<th>Bai Zhu</th>
<th>Gan Cao</th>
<th>Hou Pu</th>
<th>Mu Xiang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cao Guo</td>
<td>Bing Lang</td>
<td>Mu Gua</td>
<td>Sheng Jiang</td>
<td>Da Zhao</td>
<td>Fu Ling</td>
<td></td>
</tr>
</tbody>
</table>

**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
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
   <B> 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:

<table>
<thead>
<tr>
<th>Xie Xin Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Da Huang</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shi Hui San</th>
</tr>
</thead>
<tbody>
<tr>
<td>Da Ji</td>
</tr>
<tr>
<td>Mao gen</td>
</tr>
</tbody>
</table>

Modifications:

Stop Bleeding

-- Da Huang Powder 2g; Bai Ji Powder 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
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
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

<table>
<thead>
<tr>
<th></th>
<th>Exterior</th>
<th>Interior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onset</td>
<td>Acute</td>
<td>Slowly</td>
</tr>
<tr>
<td>State</td>
<td>Seriously</td>
<td>Mildly</td>
</tr>
<tr>
<td>Pain character</td>
<td>Continuous pain; jumping pain; burning, distending &amp; choking pain</td>
<td>Vague, hollow &amp; dizzy pain</td>
</tr>
<tr>
<td>Cause</td>
<td>Wind, cold, damp, summer heat, fire</td>
<td>Qi Def. ; Blood Def. ; Liver Yang; Liver fire; phlegm; blood stasis</td>
</tr>
</tbody>
</table>

Diagnosis According to Channels:
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
Treatment

Exterior Headache:

\(<A> \text{ Wind-cold type} \)

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

\(\bullet\) Treatment Protocol:

\(- \) Expel wind-cold
\(- \) Stop headache
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
Treatment
Exterior Headache:
<B> 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:

<table>
<thead>
<tr>
<th>Chuan Xiong</th>
<th>Shi Gao</th>
<th>Bai Zhi</th>
<th>Ju Hua</th>
<th>Shi Gao</th>
<th>Gao ben</th>
</tr>
</thead>
<tbody>
<tr>
<td>Huang Qin</td>
<td>Bo He</td>
<td>Zhi Zi</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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:
&lt;C&gt; 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:

<table>
<thead>
<tr>
<th>Qiang Huo Sheng Shi Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qian Huo</td>
</tr>
<tr>
<td>Gan Cao</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Tian Ma Gou Teng Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tian Ma</td>
</tr>
<tr>
<td>Du Zhong</td>
</tr>
</tbody>
</table>

 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:
<B> 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:

<table>
<thead>
<tr>
<th>Da Bu Yuan Jian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shu Di</td>
</tr>
<tr>
<td>Du Zhong</td>
</tr>
</tbody>
</table>

 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:

<table>
<thead>
<tr>
<th>Ban Xia Bai Zhu Tian Ma Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ban Xia</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Tong Qiao Huo Xue Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>She Xiang</td>
</tr>
<tr>
<td>Chi Shao</td>
</tr>
</tbody>
</table>

Modifications:

Stop headache
  -- Yu jing; Chang Pu; Xi Xin; Bai Zhi
Q & 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 complaint: 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 diagnosis:
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 3
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 Huo9; Wu Gong powder 2; Quan Xie Powder 1.5; * Shi Nan Ye 9; *Wang Jiang Nan 9

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