Diarrhea

Biomedical definition is an increase in the volume, wateriness and/or frequency of bowel movements. Diarrhea can be caused primarily by digestive disease, especially as seen in the clinic, though there are other reasons. Some common ones:

- **Viruses**
  Rotavirus, for instance, is a common cause for kids, often affecting them in the fall. Affects adults too causing digestive problems including diarrhea.

- **Food retention**
  Often in children during nursing due to retention of milk. Also, some kids have an enzyme deficiency (congenital problem) which causes inability to digest/assimilate certain foods.

- **Parasites**
  More rare in the US, but possibly common in the world. Roundworm, pinworms, etc. will often exit around the anus at night and cause itching, diarrhea.

- **Irritable bowel syndrome (IBS)**
  Often emotional causes such as stress which causes repeat episodes of diarrhea. Endoscopic examinations will usually reveal nothing. In TCM this makes more sense: Liver overacting on the MJ.

- **Medications**
  More rarely, acute pancreatitis will cause diarrhea.

Symptoms of diarrhea are:

<table>
<thead>
<tr>
<th>Cramping</th>
<th>Borborygmus</th>
<th>Distention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dehydration</td>
<td>Loss of electrolytes</td>
<td>Watery to loose consistency</td>
</tr>
<tr>
<td>Light brown, dark, or black color</td>
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</table>

Diarrhea itself is not life-threatening, but can have serious consequences due to the ensuing dehydration and loss of electrolytes. It is very important to balance electrolytes for diarrhea sufferers: 10mg sugar, 5mg of salt dissolved in 5 liters of warm water will balance you out. This will bring the energy back when it is lost due to electrolyte imbalance.
Dark bowel movements could indicate bleeding in the digestive system. Dark blood indicates that blood has been partially digested and the bleeding is higher up in the tract.

These symptoms 3 times per day or more will give you a diagnosis of diarrhea, strictly speaking. If patient has these symptoms but only 2ce per day then it’s not specifically diarrhea. However, if the bm’s are very watery or more than 200 grams at a time…then you can also call it diarrhea.

Treatments include rest, fluids/electrolytes and antibiotics (such as norfloxacin).

**TCM Etiology**

- Irregular diet
- **Emotional disorder**
  - Liver overacting on the MJ
- **Invasion of external pathogens**
  - Summer heat for instance will cause diarrhea – damp blocks the MJ and the spleen can then not ascend the Qi in the form of very loose stool.

**TCM Mechanism**

Disorder of the Middle Jiao and the Spleen Qi

**TCM Differentiations/Patients/Treatment**

Know this, per Dr. Luo.

Blood + mucus + burning sensation is often associated with bloody dysentery. This is caused by damp heat. The blood results because the heat damages the vessels.

**Basic points**

Know these!

<table>
<thead>
<tr>
<th>ST-25 [ftn of LI]; REN-6; SP-15</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Distal:</strong> ST-36, ST-37 → also, basic pts of appendicitis (+lanelweixue)</td>
</tr>
<tr>
<td><strong>UB-25 [back shu of LI]</strong></td>
</tr>
</tbody>
</table>

- Stomach and Spleen points on the first line are local ones.
- ST 25 also good for mastitis (Yangming channel problem…that could be a T/F) and constipation (Yangming organ problem).
- ST 36 tonifies MJ Qi
- ST 37 = lower he sea of the LI
- UB 25 is the back shu of the LI and is also good for diarrhea.
Invasion of Damp Cold

This is an acute type of diarrhea. This patient may also have common cold symptoms. Cold will generate very little smell of the diarrhea. Tongue may be pale.

- Acute onset
- Hx of common cold or flu
- Increased frequency of bm; loose or watery stools; clear color; no odor
- Borborygms, cramps; may have decreased appetite

*Damp-Cold Sx:
- Heavy headed; chills, aversion to cold, sl. fever
- Muscular heaviness
- No thirst, no sweat; general cold sensation w/ desire for warmth
- Abdominal pain, cold, nausea and vomiting

T: Normal C: Thin, white, greasy
P: Soft (= superficial, thin, w/o strength)

<table>
<thead>
<tr>
<th>Remove Damp-Cold; Regulate MJ; Stop Diarrhea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic +</td>
</tr>
<tr>
<td>SP-9; LI-4; LU-7; GB-20</td>
</tr>
<tr>
<td>UB-12, 13</td>
</tr>
<tr>
<td>Moxa: indirect w/ fresh ginger on REN-8 and other abdominal pts</td>
</tr>
<tr>
<td>*See note about types of ginger in “KID Yang Xu”</td>
</tr>
</tbody>
</table>

- SP 9 - dampness
- LI 4 – expel wind and any external condition.
- LU 7 – luo connecting for the LI so is good for the intestines. Dispersing the Lung Qi will help the LI diarrhea to stop.
- GB 20 – expel wind
- UB 12 and 13 – 12 is the wind gate
- Moxa at Ren 8
Damp Heat Type Diarrhea

Very acute reason for diarrhea. Relatively more severe than the cold conditions. Dysentery falls into this condition: could have **blood (heat injuring the vessel)**, mucus, burning sensation. Strong odor is indicative of damp heat diarrhea. Diarrhea episodes will be more often with more frequent sensation that they need to go (this is tenesmus). May also have a fever.

**KNOW these symptoms and how to tell if it’s damp heat.**

<table>
<thead>
<tr>
<th>- Acute onset</th>
<th><strong>Remove Damp-Heat; Regulate MJ; Stop Diarrhea</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Hx of ST flu or dysentery</td>
<td>Basic +</td>
</tr>
<tr>
<td>- Loose or watery stools; brown color; w/ strong odor; may have sticky pieces; urgent bm</td>
<td>LI-4; LI-11; SJ-5; REN-12</td>
</tr>
<tr>
<td>- Buming pain in the abdomen or anus</td>
<td>SP-9; ST-40</td>
</tr>
<tr>
<td>- Tenesmus = feeling of incomplete evacuation</td>
<td>No moxa</td>
</tr>
<tr>
<td><strong>Damp-Heat Sx:</strong></td>
<td>ST-44 (use reducing method)</td>
</tr>
<tr>
<td>- Heaviness w/ headache; thirst w/ desire or no desire for drinks</td>
<td></td>
</tr>
<tr>
<td>- Joint pain; fever; sl. chills</td>
<td></td>
</tr>
</tbody>
</table>

**T:** Red or red tip  **C:** Yellow, greasy

**P:** Slippery, fast

- LI 11, SJ 5 very important for damp heat
- LI 4 – expel exterior
- REN 12 – tonify the stomach and help it transform the phlegm.
- SP 9 – drain the dampness
- ST 40 – mucus and phlegm
- ST 44 with reducing method to reduce the heat.

Bai Ton Weng Tang is a very important formula for this type of diarrhea: urgent damp heat diarrhea such as dysentery.
Food Stagnation Type Diarrhea

Also an acute type. Look for smell that is not strong, but rather sour. Where damp heat is a strong smell, food stagnation is a very sour smell – like aging food in a refrigerator. Perhaps undigested food in the diarrhea. Look for the bean curdy coating on the tongue

- Acute Onset
- Related to irregular diet
- Loose stools; w/ undigested food; sour smell
- Abdominal pain and fullness; aversion to touch
- Pain alleviated after bm
- Aversion to food; nausea, vomiting; vomiting of undigested food; borborygmus
- Sour breath

Symptoms of Food Retention:
- Fullness and distension in epigastric region
- Belching with foul smell, or vomiting
- Decreased appetite or aversion to food; aversion to touch

T: Normal, or red
C: Thick, greasy (slimy, smooth, rooted = retention of D / more SP);
   or Curdy (like rough, uneven pieces of bean curd; not rooted = food yu / more ST)
P: Slippery, forceful, could be fast

- UB 20, 21
  Spleen/Stomach back shu’s.
- Ren 10, 12, 13
  Local points.
  o 10 is more for diarrhea – this is the lower border of the stomach
  o 12 is for the stomach function.
  o 13 is more for vomit – this is the upper border of the stomach.
- ST 21
- ST 34
- P6
Spleen Xu Type
Chronic type of diarrhea. This is specifically deficiency without excess reasons.

- Chronic onset
- Watery diarrhea – off/on
- Worse after eating greasy foods, stool with undigested food
- Fullness in epigastrum, esp. after meals
- BM happens after greasy, oily, cold foods
- Poor appetite; exhaustion, fatigue; pale face

T: Pale  C: White, greasy; or thin white
P: Deep, weak

SP 3 when there is a lot of Spleen deficiency and no excess. Combine it with Ren 12 and UB 20/21. ST 36 is also a very good point – stimulate it for best effect.

Kidney Yang Xu Type
Chronic type problem.
Cold feeling, early morning diarrhea are very key. Moxa is the first choice in treatment.

- Chronic onset – often age related
- Loose or watery, often occurs in the morning (5 am = “cock’s crow diarrhea”)
- Cold pain in the abdomen or lower back
- Impotence; lower libido
- Cold extremities
- Severe cases: edema on lower extremities

T: Pale, swollen, teeth marks  C: Moist, wet
P: Deep, weak, slow

Warm Kidney Yang; Astringe Body Fluids

Basic +
REN-4, 6, 8; UB-23, DU-4
DU-20 (when more severe)
Moxa – indirect w/ dry ginger
[Fresh ginger: more dynamic, moving; mainly goes through channels to expel ext
Dry ginger: more static; more to warm Yang in MJ and KID – works more on organs]
UB-20 (can use moxa on abdomen and back shu points)
Qi Zhong Si Bian (extra pts) – 4 points around navel – ea. 1 cun from navel
Herb treatment is a lean meat, fried with vinegar and use Ma chi han herb along with it.

To treat little kids you can do massage – face down, pinch the spine.

**Hemorrhoids**

Biomedicine defines this as dilated or varicose veins on the anus or rectum. Also, veins that drop out of the anus. The types of hemorrhoids can be internal, external, or compound hemorrhoids.

- **Internal**
  Above the “pectinate line” inside the anus
- **External**
  Below the pectinate line.
- **Compound**
  A little bit of both.

Hemorrhoids often caused by straining or by internal pressures in the peritoneum such as that caused by pregnancy. Athletes that lift heavy weights with high exertion are prone to this as well. That cause would also befall people that lift crap for a living as well. Lots of sitting for a long time will often cause it.
TCM Etiology

- Irregular diet
  Like hot spicy foods for instance, though there can be other causes. This heats the blood and makes the problems more severe.

- Emotional disorder

- Improper habits
  Sitting too much whether occupational or just lazy ass is a big cause. When you have to sit a lot either take a break hourly and walk around for 20 minutes

- Overworking
  Working too long and consuming the Qi – causes a Qi xu and the Qi drops. Lift the Qi and move the blood – hemorrhoids are often due to stasis of blood as well.

TCM Mechanism

- Qi and Blood stagnation in the ano-rectal area

TCM Differentiations and Treatment

Basic points
Use bleeding for acute/excess problems at BL 40. Very effective. Can couple with cupping.

Works on PNS:

UB-35; Ba liao; UB-40, 57

Er bai (on the palmar aspect of the forearm, 4 cun above P-7 – one pt is on the Pericardium Channel, the 2nd pt is on the radial side of the tendon)

Folk therapy: Works on CNS b/c on DU Channel:

Dx by inspecting frenulum: lift up upper lip; the presence of a rice grain-like nodule refers to hemorrhoids. The location & color of the nodule helps to dx the location of the hemorrhoids.

- If the nodule is clear, small, soft: may not indicate hemorrhoids, but chronic constipation instead.
- If the nodule is large, brownish or black color, and hard: hemorrhoids

Tx on the frenulum = blood-letting therapy: prick and break nodule to release several drops of blood or bodily fluid. The bleeding of the hemorrhoids will stop w/in 24 hrs.

DU-1, 2 will also be effective, however, b/c these points are difficult to treat, tx on the frenulum is an effective folk therapy. Further, according to Dr. Wu’s “folding therapy,” if a meridian is folded in half, the end pts overlap the starting pts and thus, also coincide in functions.
## Lower pouring of Damp Heat

Damp heat is a major reason and the onset is acute. Blood should be *fresh red*. Damp + heat also equals tenesmus.

<table>
<thead>
<tr>
<th>- Acute onset</th>
<th>Remove Damp-Heat; Benefit Rectum &amp; Anus</th>
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<tbody>
<tr>
<td>- Sharp pain or burning around anus; itching</td>
<td>Basic +</td>
</tr>
<tr>
<td>- Tenesmus; or bleeding of turbid red blood</td>
<td>LI-11, SJ-5; GB-41</td>
</tr>
<tr>
<td>- Constipation or loose stool</td>
<td></td>
</tr>
</tbody>
</table>

**D-H Sx:**
- Decreased appetite; nausea, vomiting; gas/bloating

| - Thirst or thirst w/o desire to drink | SP-9, SP-6 |
| - General heaviness | ST-37, 40 |
| T: Red | ST-44 (if more heat) |
| C: Thick, greasy yellow (slimy) | REN-9 |
| P: Slippery, fast | |

LI 11 to clear the heat, SJ 5 to clear dampness and heat. These are the most important for damp heat. ST 40 also good for damp heat. SP 9 for the dampness. ST 37 can also be used since this relates to the LI. Also, again, bleeding at BL 40.

GB 41 is the exit point of the GB channel and helps clear the damp heat. How are hemorrhoids related? Often hemorrhoids are due to high blood pressure and uncontrolled emotions affecting the blood. This comes from Liver Qi stagnation.

### Liver Qi Stagnation

| - Acute onset – related to emotional disorders | Soothe Liver Qi; Promote Qi Circulation; Benefit the Anus & Rectum |
| Or hemias in the abdomen become worse | Basic + |
| - Hemorrhoids – off/on | 4 gates; GB-34 |
| - Protruding hemorrhoids, esp. on defeation, dark and swollen, severe pain | UB-18, 25; ST-37, 25 |
| - Distension or dull pain; may radiate to perineum or groin | |

**LIV Qi Yu Sx:**
- Breast distension; PMS
- Stress; hypochondriac pain, chest tightness
- Sighing from time to time

T & C: Normal
W: Wiry

Many Liver Qi stagnation points here. Can use Liver 2 instead of LV 3 if there’s a lot of heat. Plus the Stomach 37 point for the Lower He Sea of the LI point.
Yin Xu with Heat in the Blood

- Chronic onset
- Often d/t unhealthy or irregular diet; chronic diseases; or poor body constitution
- Pale red or fresh red bleeding of the hemorrhoids (spouting or dripping blood)
- Constipation
- Worse d/t overwork or at the end of the day

*Yin Xu Sx:*
- Thirsty, dry mouth or throat; desire to dip drinks; night sweats; low-grade fever; hot flashes

T: Red, small
C: Peeled or less coat (dry, rough)
P: Thin, Fast

Nourish Yin; Cool Blood; Stop Bleeding

Basic +
KID-3, 6; SP-6, UB-52, 43, 23

Note the points to nourish the Kidney.

Prolapse of the Spleen Qi

Key symptom is hemorrhoids plus often have stuff that drops out and can’t be put back in. Typical prolapsey kind of stuff. Spleen Qi sinking could also be the problem here. Look for all of the Spleen Qi xu signs. Other organs may drop as well.

- Chronic onset – chronic stage
- Hemorrhoids w/ prolapse – off/on
  [Hemorrhoids protruding especially when walking or defecating]
- Overworking makes it worse; Sx alleviated w/ rest
- Sinking sensation w/ fullness, distending sensation in the lower abdomen
- Constipation d/t insufficient energy
- Fatigue, dizziness, vertigo; pale face; poor appetite; gas/bloat; SOB
- Hypotension; other organ prolapses are common

T: Pale, swollen (w/ tm)
C: Thin, white
P: Very deep, weak [worse on the right middle]

Tonify Spleen Qi; Save SP Qi from Prolapse

Basic +
DU-20; UB-20, 21
REN-17, 4, 6

Also:
REN-8 (both w/ or w/o moxa)
ST-36
UB-20, 23
SP-6 (if bleeding is pronounced)

Du 20 is a very important lift point for any prolapse.

Ear points also good for hemorrhoids. Use the rectum point, hemorrhoid 1, apex of the ear. Can also plaster Ren 8.
Case Study 1

**Chronic**

Zhang, a 38 yo female has suffered from watery diarrhea for about 3 years. She has had diarrhea for about 4 to 5 times per day and has also experienced abdominal fullness, pain in the abdomen and lower back soreness. She has a poor appetite, fatigue. Recently she often sighs and has severe spasms and pain during the 1st 2 days of menstruation. She has a pale tongue with a thin white coating, and her pulse is deep, weak and slightly wiry.

1. the Patient’s diarrhea indicates
   a. Liver overacting on the spleen with damp retention
   b. Deficient cold affecting the ST and SP
   c. SP and KI deficiency with liver Qi yu
   d. Prolapse of the Spleen Qi with blood stasis

   **Answer is C**

2. What is the tx principle for this case?
   a. Soothe LV qi, reg SP fnx, and remove dampness
   b. Dispel xu cold from the ST and SP
   c. Tonify both the SP and the KI and reg LV qi
   d. Save SP qi from prolapse and eliminate blood stasis

   **Answer is C**

3. What points?
   a. LI 4, ST 44, ST 37, SP 9, ST 25, LI 11
   b. REN 12, ST 36, DU 14, GB 20, ST 25
   c. DU 20, REN 6, REN 17, SP 4, ST 25, DU 4
   d. UB 23, UB 20, UB 25, ST 25, LIV 3, ST 37

   **Answer is D**
Case Study 2

Li is a 32 yo male. He has been suffering from diarrhea w/strong odor for 3 days. It started suddenly and he still has a fever and nausea. He was prescribed antibiotics but didn’t help. Bowel movements are always very loose with some cramping and burning pain during evacuation which occurs about 3-4 times per day. He also suffers from a feeling of fullness and distention and his appetite has decreased. His head feels muzzy and his body feels heavy. His tongue is red w/thick and sticky yellow coating and slippery pulse.

1. what is the dx for the case
   a. diarrhea due to SP qi xu w/damp
   b. Diarrhea due to disharmony between LV and S
   c. Disorder of the MJ w/LV qi yu
   d. Diarrhea due to invasion of DH

   Answer = D

2. Which one of the following is correct?
   a. Excessive type with SP and ST disorder
   b. More xu with less excess
   c. Half excess with half xu
   d. SP is the only affected organ in this case

   Answer = A

3. What points?
   a. ST 25, ST 36, ST 40, SP 6, SP 16, SP 9, LI 11, BL 25, LI 4
   b. KI 3, SP 5, BL 62, GB 34, SJ 5, LU 6, KI 6
   c. LI 10, ST 36, SP 6, BL 20, BL 21, REN 17
   d. (there was an option D, but he flew past it and I didn’t get it… wasn’t the right answer anyhow!)

   Answer = A
Wang, 52 year old female.

- **Spleen qi xu** heat damp
- She had intermittent loose stool with burning and heavy sensation for more than 3 months. During the last 1 month she had 4 times of loose stool in a day. She felt thirsty after diarrhea. Half a month ago she tried to have some herbs according to her own experience and felt better. Sometimes she only had 1 time of loose stool during a day. However 1 week ago she had a new problem: she defecated one time during a week. Her stool was dry with a strong odor. She also had a hot sensation in her palms and dry sensation in her throat and nose. She also had poor appetite and abdominal distention. She sweated a lot in her meal (ew!!!). Her tongue was red with yellow greasy coating at the root. Her pulse was slippery and fast, thin and fast in the 1st position on the right.

- **Lung heat** Spleen qi xu MJ Qi xu
- Bod fluid dmg excess yin xu
- Lung heat Spleen qi xu MJ Qi xu
- Lung yin xu . . . . . . . . . . . .causing wind Lu yin xu

She has a 10 year history of psoriasis and still feels itchy after eating spicy foods. Her skin is dry with a red rash.

What is your diagnosis and suggestion for points?

- **Spleen qi xu with retention of damp heat**
- **Lung yin xu and deficient heat**

By the way, she’s got diabetes…alternating loose stool and constipation, thirst and skin problems. Called Xiao Ke in TCM.

Points:
- ☯ Spleen Qi xu: ST 36, SP 6
- ☯ LU yin xu: LU 9
- ☯ Damp heat to lower jiao: ST 40, LI 11, SJ 5
- ☯ Can use ST 37 for constipation and the Insulin Point for diabetes.
Final Exam Review

This is very very challengeable. Final is **week 11!!!**
- 60 multiple choice.
- 17 fill in the blank.
- 10 true/false
- 10 matching – symptom and disease

Includes the last class from last term: infertility and impotence.

External reasons for headache: wind cold/heat/damp
Stokes: the 3 stages and what is attacked at each. Know the difference between attack channel (don’t lose consciousness) and attack the organ (lose consciousness). Sequella has what different kinds of stage – what different diseases can you see in this stage (facial paralysis, etc.). Review all different disease covered. Mostly basic points and mechanism. Also primary symptoms Review *all cases* we discussed in the class.