



Su Wen  
Herbs

'Traditional  
Formulae for the  
Modern World'

created by

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## THE TREATMENT OF DIGESTIVE PROBLEMS with the Three Treasures® Remedies

### FEELING OF DISTENSION, OPPRESSION, FULLNESS, STUFFINESS

A feeling of DISTENSION (zhang 胀) indicates stagnation of Qi. This type of sensation will be seldom referred to as 'distension' by Western patients: more often than not patients will call it a feeling of 'bloating', 'bursting', 'being blown-up', etc.

A feeling of distension is both subjective and objective. The patient feels bloated subjectively, and distension is also objective in that it can be seen and palpated. On palpation it feels like an over-inflated balloon, it resists on palpation and 'rebounds'.

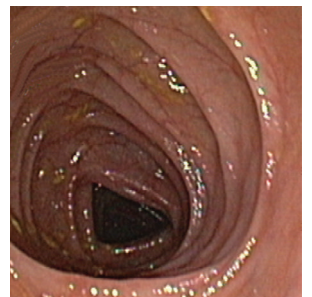
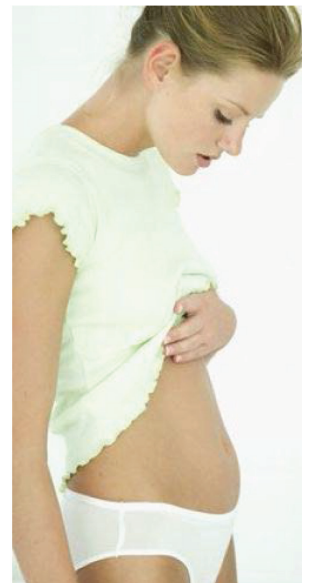
#### Functional abdominal bloating

Few studies adequately separate bloating from IBS and other functional disorders, most of the IBS patients report this symptom but **it occurs in about 10-30% of individuals in community-based surveys, usually with a female predominance.**

A feeling of distension indicates Qi stagnation: it is the cardinal symptom of Qi stagnation which usually affects the Liver.

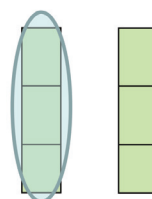
Remember, however, that it affects also other organs: in the context of digestive disorders, it affects the Stomach, Intestines and Spleen.

Note that Qi stagnation does not always derive from anger (whether repressed or not) but it may derive from worry, shame and guilt.

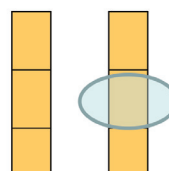


Colon image

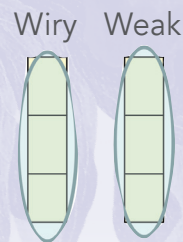
- Liver-Qi stagnation: abdominal and/or epigastric bloating, related to emotional state. Pulse all Wiry or Wiry on left.



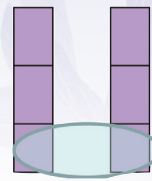
- Stomach-Qi stagnation: epigastric bloating, not much related to emotional state. Alleviated by burping. Pulse Wiry on right Guan.



- Spleen-Qi stagnation: lower abdominal bloating, loose stools. Alleviated by passing gas and by rest. Pulse slightly Wiry on left and Weak on right.

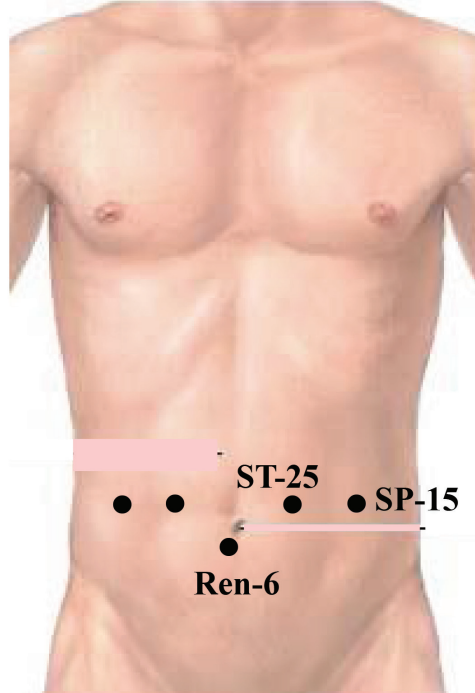
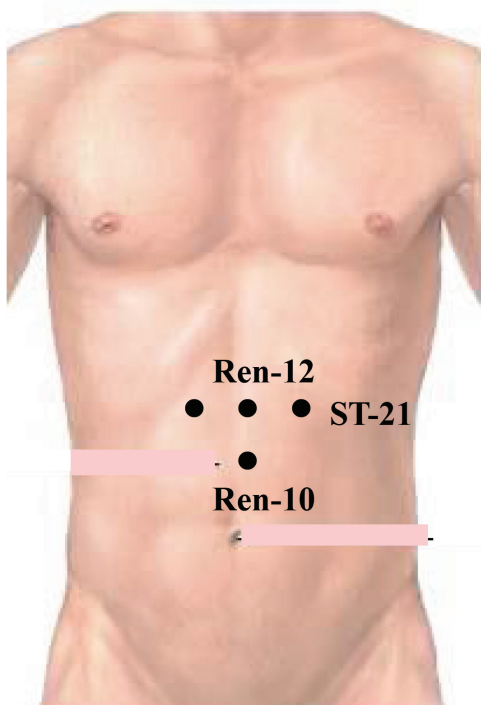


- Intestines Qi stagnation: abdominal distension and pain, borborygmi, constipation. Alleviated by passing gas. Pulse Wiry on both *Chi* position.



Distension of epigastrium: Ren-10, Ren-12, ST-21, ST-34, ST-40, GB-34.

Distension of lower abdomen: ST-25, SP-15, GB-34, Ren-6.



A feeling of OPPRESSION (*men* 闷) denotes Phlegm or also more severe stagnation of Qi. The translation of this term cannot adequately convey the image evoked by its Chinese character: this depicts a heart constrained by a door and, besides the physical sensation, it also implies a certain mental anguish associated with this feeling. A Chinese patient who says he/she has *men* is probably depressed. Yu men 郁闷 = depressed.

闷

Men

门

Door

心

Heart

A feeling of oppression is purely subjective and it is experienced mostly in the chest but it can be also in the epigastrium. Some patients would describe it as a 'weight' on the chest.

In Western patients too, a feeling of oppression of the chest reflects emotional stress especially to do with sadness, grief, worry, shame and guilt.

Feeling of oppression of the chest: Ren-17, P-6, LU-7, ST-40.

A feeling of FULLNESS (*man* 满) indicates retention of food or Dampness. A feeling of fullness is different than a feeling of distension. One literally feels full and slightly nauseous. It may affect the epigastrium or abdomen.

The feeling of fullness is subjective and objective. Subjectively, the patient feels full. It is felt objectively on palpation but not seen on observation. On palpation, the abdomen feels hard and not elastic as in the feeling of distension.

A feeling of an actual mass (on palpation) indicates stasis of Blood.

Epigastric fullness: ST-19, ST-21, Ren-10, SP-4/P-6 (Chong Mai), ST-34.

Abdominal fullness: ST-25, ST-27, SP-4/P-6 (Chong Mai), ST-37, ST-39.

A feeling of STUFFINESS (*pi* 痞) indicates Stomach-Qi deficiency or Stomach-Heat. Contrary to the previous two sensations which can be felt objectively on palpation (e.g. a distended or full abdomen feels so on touch), the sensation of stuffiness is only subjective and the abdomen feels soft on touch.

The feeling of stuffiness is usually in the epigastrium.

	<b>DISTENSION</b>	<b>OPPRESSION</b>	<b>FULLNESS</b>	<b>STUFFINESS</b>
Subjective/objective	Both	Subjective	Both	Subjective
Symptoms	Bloating	Weight	Full, nausea	Mildly full
Chinese	<i>Zhang</i> 张	<i>Men</i> 闷	<i>Man</i> 满	<i>Pi</i> 痞
Objective on what	Visually and palpation		On palpation	Soft on palpation
Pattern	Qi stagnation	Phlegm	Dampness	Deficiency and ST-Heat

## THE CHONG MAI IN DIGESTIVE DISORDERS

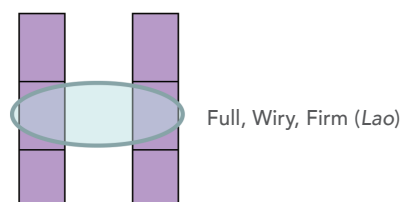
The Chong Mai has two major clinical applications:

- a) Blood stasis in gynaecology
- b) Digestive disorders of a Full nature.

When the Chong Mai is affected by digestive disorders, the pulse is Full (Wiry, Firm) on both *guan* positions.

The Lao pulse is like the Wiry pulse but only at the Middle and Deep levels.

The Wiry pulse is superficial and Wiry also at the superficial level. I call it 'Firm', other authors call it 'Confined'. 'Lao' literally means 'prison' and it represents a bull under a roof. 牢





## EPIGASTRIC PAIN

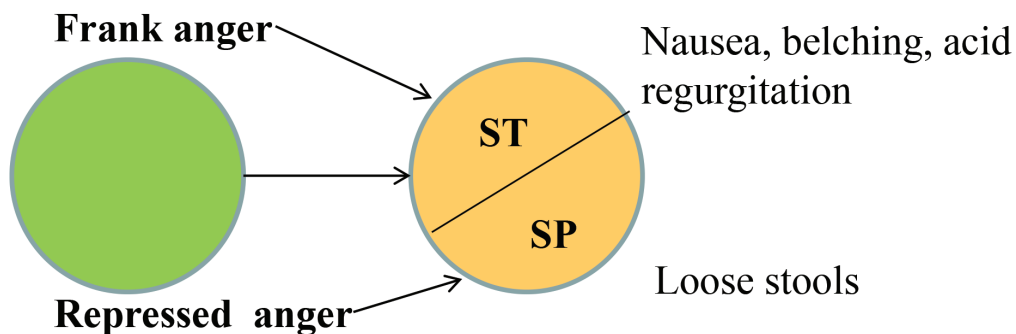
The possible patterns are the following:

### EXCESS

Cold invading the Stomach  
Retention of food  
Liver-Qi invading the Stomach  
Stomach-Heat  
Stomach-Fire  
Stomach Phlegm-Fire  
Stomach Damp-Heat  
Stomach and Liver Heat  
Stasis of Blood in the Stomach  
Phlegm-Fluids in the Stomach

### DEFICIENT

Stomach and Spleen Deficient and Cold  
Stomach-Yin Deficiency



## FULL PATTERNS

### 1) LIVER-QI INVADING THE STOMACH

#### Clinical manifestations

Epigastric distension and pain radiating towards the right or left hypochondrium, belching, sighing, irritability, uncomfortable feeling of hunger. The pain comes in bouts clearly related to emotional tension. Tongue: normal body colour or slightly Red sides. Pulse: Wiry. It may be Wiry only on the left side.

#### Treatment principle

Soothe the Liver and regulate Qi.

#### Acupuncture

LIV-14 Qimen, P-6 Neiguan, ST-21 Liangmen,  
Ren-12 Zhongwan, ST-36 Zusanli, G.B.-34 Yanglingquan.  
Reducing or even method.

#### Prescription

CHAI HU SHU GAN TANG

*Bupleurum Soothing the Liver Decoction*

Three Treasures®: BREAK INTO A SMILE™







Very slightly red on the sides (LIV)

## 2) STOMACH PHLEGM-HEAT

### Clinical manifestations

A feeling of oppression of the epigastrium, dry mouth but no desire to drink, mucus in the stools, nausea, vomiting, mental restlessness, insomnia, in severe cases manic behaviour or manic-depression.

**Tongue:** Red with a very sticky or slippery yellow coating. The tongue may have a wide Stomach-type crack in the centre with a rough, brush-like, dry yellow coating inside it.

**Pulse:** Slippery, Rapid, Overflowing.

### Treatment principle

Harmonize the Stomach, clear Heat, resolve Phlegm, calm the Mind.

### Acupuncture

ST-21 Liangmen, Ren-12 Zhongwan, Ren-13 Shangwan, P-5 Jianshi, ST-40 Fenglong, P-7 Daling, Du-24 Shenting, G.B.-13 Benshen, ST-44 Neiting. All with reducing method, except for Ren-12 which should be reinforced.

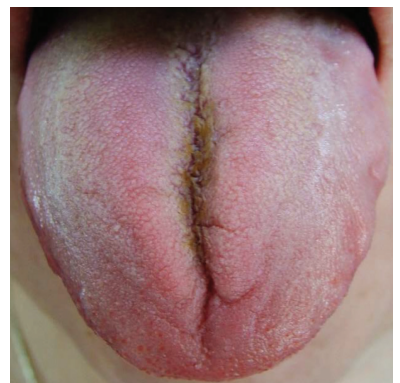
### Herbal treatment

### Prescription

WEN DAN TANG

*Warming the Gall Bladder Decoction*

**Three Treasures®: CLEAR THE SOUL™**



## 3) DAMP-HEAT IN THE STOMACH

### Clinical manifestations

Feeling of fullness of the epigastrium, dull epigastric pain, dry mouth, no desire to drink, a bitter taste, a sticky sensation in the mouth, nausea, vomiting. There may also be a frontal headache.

**Tongue:** Red with a sticky-yellow coating.

**Pulse:** Slippery, Rapid, slightly Weak-Floating in the right Middle position.

### Treatment principle

Clear Heat, resolve Dampness, harmonize the Stomach.

### Acupuncture

Ren-10 Xiawan, Ren-9 Shuifen, ST-21 Liangmen, SP-9 Yinlingquan, SP-6 Sanyinjiao, BL-20 Pishu, BL-21 Weishu, Ren-12 Zhongwan, ST-8 Touwei, L.I.-4 Hegu. All with reducing or even method except Ren-12 and BL-20 which should be reinforced.

### Herbal treatment

#### Prescription

XIANG SHA PING WEI SAN

*Aucklandia-Amomum Regulating  
Decoction  
the Stomach Powder*

LIAN PO YIN

*Coptis-Magnolia*

**Three Treasures®: EASE THE MUSCLES™**



## DEFICIENCY

### 1) STOMACH AND SPLEEN DEFICIENT AND COLD

#### Clinical manifestations

Dull epigastric pain which improves with pressure, after eating, and with the application of heat, vomiting of thin fluids, tiredness, poor appetite, chilliness, loose stools, pale complexion. Tongue: Pale, white coating. Pulse: Deep, Weak.

#### Treatment principle

Warm the Middle, strengthen the Spleen and Stomach.

#### Acupuncture

Ren-12 Zhongwan, P-6 Neiguan, ST-36 Zusanli, Ren-6 Qihai, BL-20 Pishu, BL-21 Weishu. All with reinforcing method, moxa is applicable.

#### Prescription

HUANG QI JIAN ZHONG TANG

*Astragalus Strengthening the Centre Decoction*

**Three Treasures®: PROSPEROUS EARTH™**



### 2) STOMACH-YIN DEFICIENCY

#### Clinical manifestations

Dull epigastric pain, dry mouth, desire to sip liquids, dry throat, slight nausea. Tongue: normal colour, dry, no coating, scattered cracks or a central wide Stomach-type crack. Pulse: Floating-Empty in the right Middle position.

#### Treatment principle

Nourish Yin, benefit the Stomach, stop pain.

#### Acupuncture

Ren-12 Zhongwan, ST-36 Zusanli, SP-6 Sanyinjiao. Reinforcing method.



#### a) Prescription

YI GUAN JIAN and  
BAI SHAO GAN CAO TANG  
*One Linking Decoction and  
Paeonia-Glycyrrhiza Decoction*

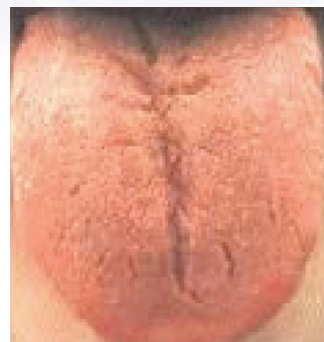
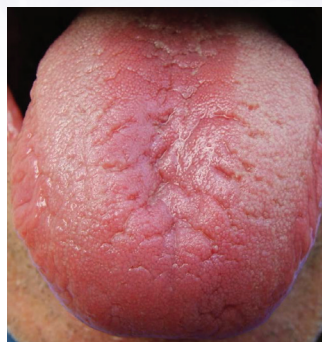
#### b) Prescription

YI WEI TANG  
*Benefiting the Stomach Decoction*

#### c) Prescription

YANG WEI TANG  
*Nourishing the Stomach Decoction*

**Three Treasures®: CENTRAL MANSION™  
or JADE SPRING™**



#### YI GUAN JIAN

*One Linking Decoction*  
Sheng Di Huang *Radix Rehmanniae*  
Gou Qi Zi *Fructus Lycii*  
Bei Sha Shen *Radix Adenophorae*  
Mai Men Dong *Radix Ophiopogonis*  
Dang Gui *Radix Angelicae sinensis*  
Chuan Lian Zi *Fructus Meliae toosendan*

#### YI WEI TANG

*Benefiting the Stomach Decoction*  
Bei Sha Shen *Radix Glehniae* 9g  
Mai Men Dong *Radix Ophiopogonis* 9g  
Sheng Di Huang *Radix Rehmanniae* 12g  
Yu Zhu *Rhizoma Polygonati odorati* 6g  
Bing Tang Brown sugar 3g

#### BAI SHAO GAN CAO TANG

*Paeonia-Glycyrrhiza Decoction*  
Bai Shao *Radix Paeoniae alba*  
Zhi Gan Cao *Radix Glycyrrhizae preparata*

#### YANG WEI TANG

*Nourishing the Stomach Decoction*  
Bei Sha Shen *Radix Glehniae* 9g  
Mai Men Dong *Radix Ophiopogonis* 6g  
Yu Zhu *Rhizoma Polygonati odorati* 6g  
Bian Dou *Semen Dolichoris lablab* 6g  
Sang Ye *Folium Mori* 4g  
Shi Hu *Herba Dendrobii* 6g  
Zhi Gan Cao *Radix Glycyrrhizae preparata* 3g

## ABDOMINAL PAIN

### 1) STAGNATION OF QI

#### Clinical manifestations

Abdominal pain and distension which are clearly related to the emotional state, feeling bloated, constipation, irritability, moodiness, borborygmi.

**Tongue:** there may be no change in the body colour, but in more severe cases it may be Red on the sides.





### i. Acupuncture

Ren-6 Qihai, P-6 Neiguan, P-7 Daling, T.B.-6 Zhigou, G.B.-34 Yanglingquan, LIV-3 Taichong, BL-18 Ganshu, SP-6 Sanyinjiao, ST-39 Xiajuxu. Reducing or even method.

### ii. Herbal therapy

#### Prescription

CHAI HU SHU GAN TANG

*Bupleurum Soothing the Liver Decoction*

**Three Treasures®: BREAK INTO A SMILE™**

## 2) STAGNATION OF QI WITH DAMPNESS

### Clinical manifestations

Abdominal pain and distension which are clearly related to the emotional state, feeling bloated, constipation, irritability, moodiness, borborygmi, a feeling of fullness and heaviness of the abdomen.

**Tongue:** there may be no change in the body colour, but in more severe cases it may be Red on the sides; sticky coating.

**Pulse:** Slippery and Wiry.

### i. Acupuncture

#### Points

Ren-6 Qihai, P-6 Neiguan, T.B.-6 Zhigou, G.B.-34 Yanglingquan, LIV-3 Taichong, BL-18 Ganshu, SP-6 Sanyinjiao, Ren-9 Shuifen, SP-9 Yinlingquan, ST-28 Shuidao, BL-22 Sanjiaoshu, ST-39 Xiajuxu. Reducing or even method.

### ii. Herbal therapy Prescription

SI MO TANG

*Four Milled-Herb Decoction*

**Three Treasures®: SMOOTH PASSAGE™**



## 3) QI STAGNATION, DAMPNESS, QI DEFICIENCY

### Clinical manifestations

Abdominal pain and distension that come and go, worse when tired or when under emotional stress, feeling bloated, constipation or loose stools, irritability, moodiness, borborygmi, a feeling of fullness and heaviness of the abdomen, tiredness, poor appetite.

**Tongue:** there may be no change in the body colour, but in more severe cases it may be Red on the sides; sticky coating.

**Pulse:** Soggy and slightly Wiry.

### i. Acupuncture

- Qi stagnation: Ren-6 Qihai, P-6 Neiguan, T.B.-6 Zhigou, G.B.-34 Yanglingquan, LIV-3 Taichong, BL-18 Ganshu

- Dampness: SP-6 Sanyinjiao, Ren-9 Shuifen, SP-9 Yinlingquan, ST-28 Shuidao, BL-22 Sanjiaoshu, ST-39 Xiajuxu, Ren-5 Shimen.

- Qi deficiency: Ren-12 Zhongwan, ST-36 Zusanli, BL-20 Pishu.

## ii. Herbal therapy

SI MO TANG

*Four Milled-Herb Decoction*

**Three Treasures®: SMOOTH PASSAGE™**

### 4) STASIS OF BLOOD

#### Clinical manifestations

Severe abdominal pain, masses in the abdomen, dark complexion.

**Tongue:** Purple.

**Pulse:** Deep and Choppy or Deep and Firm.

#### i. Acupuncture

Ren-6 Qihai, P-6 Neiguan, P-7 Daling, T.B.-6 Zhigou, G.B.-34 Yanglingquan, LIV-3 Taichong, BL-18 Ganshu, SP-6 Sanyinjiao, SP-10 Xuehai, BL-17 Geshu, KI-6 Zhaohai and LU-7 Lieque, SP-4 Gongsun and P-6 Neiguan (Chong Mai), ST-39 Xiajuxu. Reducing or even method.

#### ii. Herbal therapy

##### Prescription

SHAO FU ZHU YU TANG or

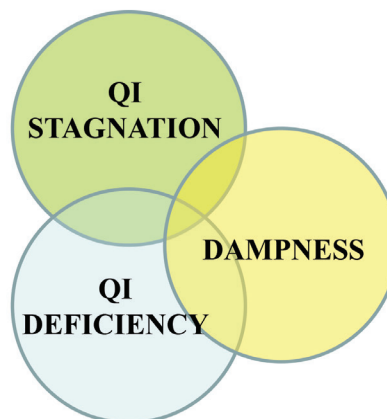
GE XIA ZHU YU TANG

*Lower Abdomen Eliminating Stasis Decoction or Eliminating Stasis below the Diaphragm Decotion*

**Three Treasures®:**  
**STIR FIELD OF ELIXIR™.**

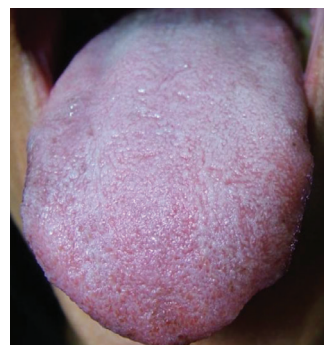
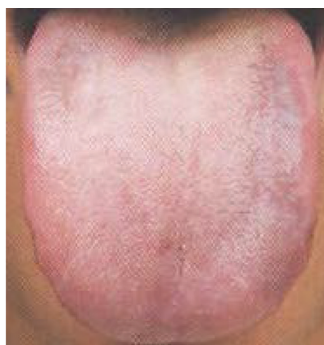
### IRRITABLE BOWEL SYNDROME – SMOOTH PASSAGE™

Distension  
Pain  
Bitty stools  
Wiry pulse



Mucus in stools  
Heaviness  
Fullness  
Slippery pulse

Mild distension  
Mild pain or no pain  
Loose stools  
Better with rest and pressure





## 5) DAMP HEAT IN THE INTESTINES

### Clinical manifestations

Abdominal pain which is worse with pressure and hot food, loose stools with foul smell, mucus and/or blood in the stools, a burning sensation of the anus, thirst, slight sweating, dark urine, a feeling of fullness and heaviness of the abdomen.

Tongue: Red body, thick-sticky-yellow coating.

Pulse: Slippery and Rapid.

### Treatment principle

Clear Heat, resolve Dampness.

### i. Acupuncture

#### Points

ST-25 Tianshu, BL-25 Dachangshu, L.I.-11 Quchi, Ren-10 Xiawan, SP-9 Yinlingquan, SP-6 Sanyinjiao, T.B.-6 Zhigou, ST-37 Shangjuxu, ST-39 Xiajuxu.

Reducing or even method; no moxa.

### ii. Herbal therapy

#### Prescription

DA CHENG QI TANG

*Great Conducting Qi Decoction*

#### Prescription

SHAO YAO TANG

*Paeonia Decoction*

#### Prescription

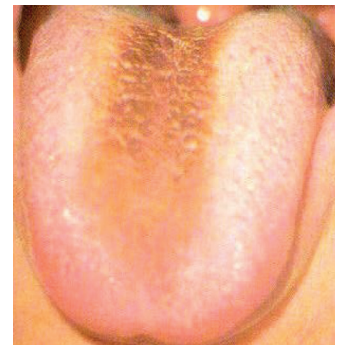
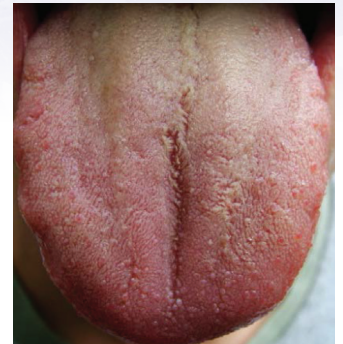
HUANG QIN TANG

*Scutellaria Decoction*

#### Prescription

BAI TOU WENG TANG

*Pulsatilla Decoction*



### Three Treasures®: EASE THE MUSCLES™.

DA CHENG QI TANG

*Great Conducting Qi Decoction*

Da Huang Radix et Rhizoma Rhei 12g

Mang Xiao Natrii Sulfas 9g

Hou Po Cortex Magnoliae officinalis 15g

Zhi Shi Fructus Aurantii immaturus 12g

HUANG QIN TANG

*Scutellaria Decoction*

Huang Qin Radix Scutellariae 9g

Bai Shao Radix Paeoniae alba 9g

Zhi Gan Cao Radix Glycyrrhizae preparata 3g

Da Zao Fructus Jujubae 4 dates

BAI TOU WENG TANG

*Pulsatilla Decoction*

Bai Tou Weng Radix Pulsatillae 15g

Huang Bo Cortex Phellodendri 12g

Huang Lian Rhizoma Coptidis 4g

Qin Pi Cortex Fraxini 12g



## SHAO YAO TANG

### *Paeonia Decoction*

Bai Shao Radix *Paeoniae alba* 20g

Dang Gui Radix *Angelicae sinensis* 9g

Zhi Gan Cao Radix *Glycyrrhizae preparata* 5g

Huang Lian Rhizoma *Coptidis* 5g

Huang Qin Radix *Scutellariae* 9g

Da Huang Radix et Rhizoma *Rhei* 9g

Mu Xiang Radix *Aucklandiae* 5g

Bing Lang Semen *Arecae* 5g

Rou Gui Cortex *Cinnamomi* 2g

## 6) SPLEEN-QI DEFICIENT AND SINKING

### Clinical manifestations

Dull, central abdominal pain that comes and goes, worse when tired, better with pressure, bearing-down feeling, tiredness, loose stools, poor appetite, weak muscles, depression.

Tongue: Pale.

Pulse: Weak.

### i. Acupuncture

#### Points

Du-20 Baihui, Ren-12 Zhongwan, Ren-6 Qihai, ST-36 Zusanli, SP-3 Taibai, BL- 20 Pishu, ST-39 Xiajuxu. All with reinforcing method.

### ii. Herbal therapy

#### Prescription

BU ZHONG YI QI TANG

*Tonifying the Centre and Benefiting Qi Decoction*

**Three Treasures®: TONIFY QI AND EASE THE MUSCLES™**



## 7) SPLEEN-QI DEFICIENCY WITH DAMPNESS

### Clinical manifestations

Dull, central abdominal pain that comes and goes, worse when tired, better with pressure, tiredness, loose stools, poor appetite, a slight feeling of fullness and heaviness of the abdomen.

Tongue: Pale, sticky coating.

Pulse: Soggy.

### i. Acupuncture

#### Points

Ren-12 Zhongwan, ST-36 Zusanli, SP-3 Taibai, BL-20 Pishu, Ren-6 Qihai, SP-9 Yinlingquan, ST-28 Shuidao, Ren-9 Shuifen, BL-22 Sanjiaoshu, ST-39 Xiajuxu. Reinforcing method on the first five points; even method on the others.



Soothe the Centre



Soothe the Centre

Central Mansion



## ii. Herbal therapy

### Prescription

XIANG SHA LIU JUN ZI TANG

*Aucklandia-Amomum Six Gentlemen Decoction*

Three Treasures®: remedy SOOTHE THE CENTRE™, CENTRAL MANSION™

## 8) SPLEEN- AND KIDNEY-YANG DEFICIENCY

### Clinical manifestations

Dull abdominal pain that comes and goes, worse when tired, better with pressure and with the application of warmth, better with warm drinks, feeling cold, tiredness, loose stools, desire to lie down, cold limbs, lower backache, dizziness, tinnitus, frequent-pale urination.

Tongue: Pale and wet.

Pulse: Deep and Weak.

Tonify Spleen- and Kidney-Yang, warm Yang, expel Empty Cold.

### i. Acupuncture

#### Points

Ren-12 Zhongwan, ST-36 Zusanli, ST-25 Tianshu, BL-20 Pishu, Ren-6 Qihai, KI-3 Taixi, BL-23 Shenshu, Ren-4 Guanyuan, ST-39 Xiajuxu, ST-37 Shangjuxu. All with reinforcing method; moxa is applicable, especially the moxa box on the lower abdomen.

### ii. Herbal therapy Prescription

LI ZHONG WAN

*Regulating the Centre Pill*

Three Treasures®: STRENGTHEN THE ROOT™

## DEFICIENCY OF YIN OF STOMACH AND INTESTINES

Yang Ming = Stomach and Large Intestine.

A Yin deficiency of the Stomach often affects the Large Intestine too, although we do not have a syndrome called 'Yin deficiency of Stomach and Large Intestine'.



	FULL	FULL/EMPTY	EMPTY
M.B.	DRAIN FIELDS™ Dampness	SOOTHE THE CENTRE™ Spleen-Qi Xu, Dampness, Qi stagnation Middle Burner	PROSPEROUS EARTH™ Spleen-Qi Xu
	EASE THE MUSCLES™ Damp-Heat	HARMONIZE THE CENTRE™ Stomach- and Spleen-Qi and Yin Xu, Dampness, Phlegm	CENTRAL MANSION™ ST and SP Qi and Yin Xu, Dampness
			JADE SPRING™ Stomach- and Spleen-Yin Xu (Lu-Yin Xu)
L.B.	BREAK INTO A SMILE™ Liver-Qi stagnation	SMOOTH PASSAGE™ Liver-Qi stagnation Lower Burner, Spleen- Qi Xu, Dampness	

## SOOTHE THE CENTRE™ (Xiang Sha Liu Jun Zi Tang)

**Patterns:** Stomach and Spleen Qi Deficiency, some Stomach-Yin Deficiency, Dampness and stagnation of Qi in Middle Burner.

**Digestive symptoms:** Poor appetite, feeling of fullness, distension and pain of the epigastrium, poor digestion, loose stools.

**Tongue:** Pale, teethmarks, sticky coating in the centre which may be rootless, possibly small transversal cracks on the side.

**Explanation:** this formula is primarily for Xu conditions, i.e. Spleen-Qi Xu is primary to the Dampness and the main symptoms will be tiredness and digestive problems. It treats problems of the Middle Burner rather than the Intestines and focuses on digestive problems of the Stomach and Spleen with some Dampness and some stagnation of Qi.

**IN A NUTSHELL:** move Qi and resolve Dampness in the Middle Burner, tonify Spleen-Qi. Digestive problems from Qi stagnation and Dampness in the Middle Burner with Spleen-Qi deficiency.





### CLASSICAL ANTECEDENT:

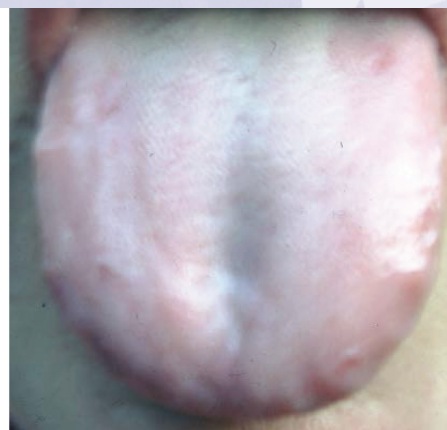
Xiang Sha Liu Jun Zi Tang

### DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in moving Qi and resolving Dampness.



1. Pale, Swollen, Swollen sides (Spleen area)



2. Pale, Swollen, Swollen sides (Spleen area), sticky-white coating

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## PROSPEROUS EARTH™ (*Liu Jun Zi Tang*)

Patterns: Spleen-and Lung-Qi Deficiency, Dampness.

Digestive symptoms: poor digestion, slight abdominal distension and fullness, poor appetite, craving for sweets, loose stools.

Tongue: Pale

Explanation: This is a very simple formula which primarily tonifies Spleen-Qi and secondarily resolves Dampness. Spleen-Qi deficiency with Dampness is probably one of the most common clinical findings in digestive problems and it will nearly always be accompanied by tiredness.

**IN A NUTSHELL: tonify Spleen-Qi, resolve Dampness.**

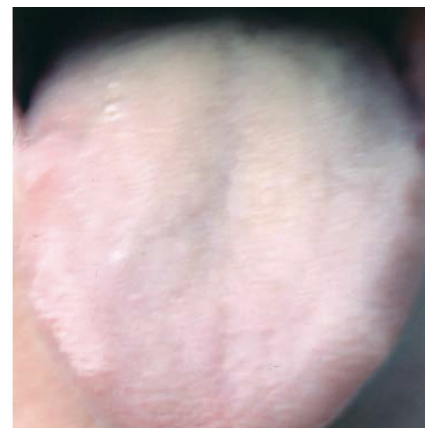
CLASSICAL ANTECEDENT: Liu Jun Zi Wan.

### DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger Qi-tonic action.



1. Pale, sticky coating



2. Pale, teethmarks, sticky coating

## SMOOTH PASSAGE™

Patterns: Spleen-Qi Xu, Liver-Qi stagnation, Dampness.

Digestive symptoms: alternation of constipation and loose stools, abdominal distension and pain, stools like pellets, mucus in stools, poor appetite.

Tongue: Pale, normal or Red, sticky coating.

Explanation: this formula is for Irritable Bowel Syndrome. It tonifies Spleen- Qi, moves Liver-Qi and resolves Dampness.

NOTE: *Smooth Passage™* differs from *Soothe the Centre™* in that it is directed at the Lower Burner and therefore the Intestines.

**IN A NUTSHELL:**  
move Qi and resolve Dampness in the Lower Burner, tonify Spleen-Qi. Digestive problems of the Lower Burner, irritable bowel syndrome.



1. Red sides, yellow coating, thicker on the root



2. Pale, sticky coating on the root



## BREAK INTO A SMILE™ (Chai Hu Shu Gan Tang)

Patterns: Liver Qi invading Spleen and Stomach.

Digestive symptoms: epigastric or abdominal distension and pain which is worse when stressed, flatulence, belching.

Tongue: almost normal or slightly red on the sides.

Explanation: this formula moves Qi and eliminates stagnation. Abdominal distension is an important indication for the use of the formula. Distension is often described as 'bloating' by Western patients.

NOTE: this formula is appropriate when there is not only distension and fullness, but also pain.

In this way it is different from *Soothe the Centre™* which may be used if there is distension or fullness only.

**IN A NUTSHELL:** Liver-Qi stagnation in the Middle and/or Lower Burner causing distension and pain. Digestive problems from Liver-Qi stagnation.



1. Red sides



2. Red sides, yellow coating





CLASSICAL ANTECEDENT: Chai Hu Shu Gan Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Invigorating Blood action
- Calming the Mind action
- Tonifying Qi and Yin of Stomach

## DRAIN FIELDS™ (*Huo Po Xia Ling Tang*)

Patterns: Dampness, Spleen-Qi Deficiency.

Digestive symptoms: Feeling of fullness and heaviness in the epigastrium, nausea, poor appetite, loose stools.

Tongue: Sticky-white coating

Explanation: this formula is used primarily to drain Dampness and therefore should be chosen if the Excess aspect predominates over the Deficiency. It is appropriate for Dampness without Heat.

NOTE: Although *Prosperous Earth*™ also treats Spleen-Qi deficiency and Dampness, *Drain Fields*™ should be used when the Dampness is primary to the Spleen deficiency and therefore the pulse is Slippery and the tongue is swollen. If the Spleen deficiency is primary to the Dampness, then *Prosperous Earth*™ is appropriate.



DAMPNESS +  
SP-QI XU - → Drain Fields™

DAMPNESS -  
SP-QI XU + → Prosperous Earth™

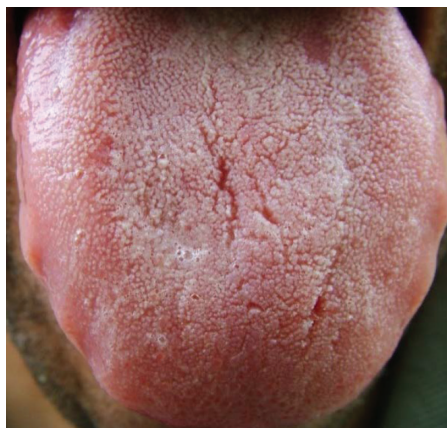
**IN A NUTSHELL: resolve Dampness.**

CLASSICAL ANTECEDENT:

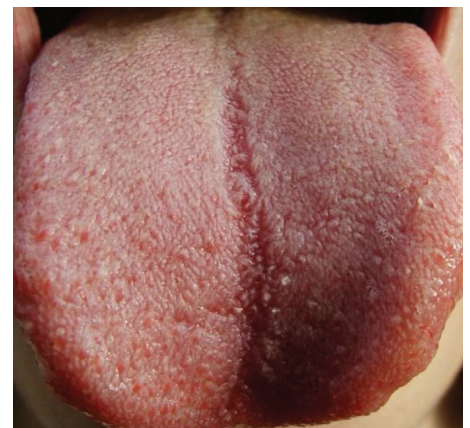
Huo Po Xia Ling Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:

- Stronger action in resolving Dampness from the space between skin and muscles with fragrant herbs (muscle ache)
- It mildly tonifies Qi (which original formula does not do).



Swollen, thick-sticky-white coating



Swollen, thick-sticky-white coating



## EASE THE MUSCLES™ (Lian Po Yin)

Patterns: Damp-Heat in the Middle Burner.

**Digestive symptoms:** a feeling of fullness of the epigastrium, a sticky or bitter taste, poor appetite, loose stools.

**Tongue:** Red or slightly red with a sticky-yellow coating. Even if the tongue is not red, the presence of a sticky-yellow coating is an essential sign for the prescription of this formula.

**Explanation:** this formula can be used in all cases when the condition is characterised predominantly by retention of Damp-Heat. It is appropriate only when the Excess aspect predominates over the deficiency.

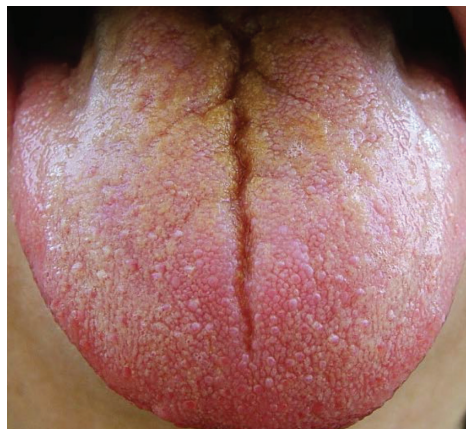
**NOTE:** *Ease the Muscles™* differs from *Drain Fields™* in that it resolves Damp-Heat, as opposed to just Dampness.

**IN A NUTSHELL:** resolve Damp-Heat from the Middle Burner and from the space between the skin and muscles.

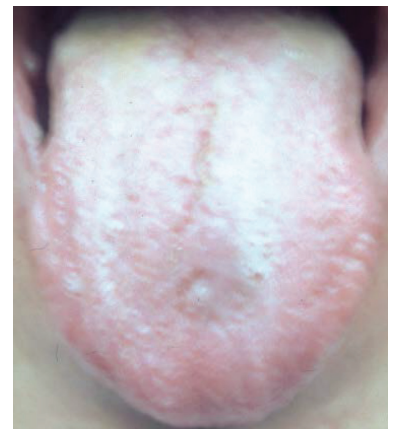
**CLASSICAL ANTECEDENT:**  
Lian Po Yin.

**DIFFERENCES FROM CLASSICAL ANTECEDENT:**

- Stronger action in eliminating Dampness from the space between the skin and muscles (muscle ache)
- Mildly tonify Qi (only one herb).



1. Red, sticky-yellow coating



2. Red sides, swollen sides (SP), sticky coating

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## CENTRAL MANSION™ (Shen Ling Bai Zhu San)

Patterns: Stomach- and Spleen-Qi Xu, Stomach- and Spleen-Yin Xu.

**Digestive symptoms:** dull epigastric pain, slight epigastric fullness, dry mouth, dry lips, loose stools, diarrhoea, nausea, weak limbs, tiredness, tongue with rootless coating, partially peeled, normal colour, cracks.

**Explanation:** this formula has a broad range of action in tonifying Qi and Yin of both Stomach and Spleen; it also resolves Dampness and secondarily tonifies Lung-Qi.

**NOTE:** *Central Mansion™* is in the 'middle' of a continuum of a deficiency of Stomach-Qi, then Qi and Yin, then Yin. Therefore *Central Mansion™* is placed between *Prosperous Earth™* (deficiency of Stomach- and Spleen-Qi) and *Jade Screen®* (definite deficiency of Stomach-Yin, tongue no coating at all and possibly red).



**IN A NUTSHELL: Qi and Yin deficiency of Stomach and Spleen. Digestive problems and especially chronic loose stools or diarrhoea.**

**CLASSICAL ANTECEDENT:** Shen Ling Bai Zhu San.

**DIFFERENCES FROM CLASSICAL ANTECEDENT:**

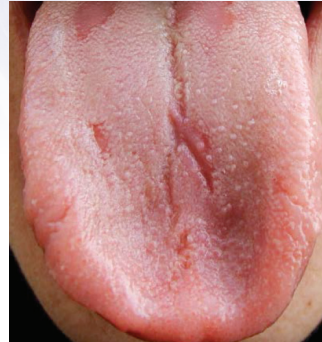
- More pronounced Yin-nourishing action.



1. Pale, partially peeled



2. Pale, partially peeled, deep ST crack, dry



3. Partially peeled, ST crack



4. Pale, Swollen, partially peeled

## HARMONIZE THE CENTRE™

**Patterns:** Stomach- and Spleen-Qi Xu, Stomach- and Spleen-Yin Xu, Dampness and Phlegm in the Middle Burner.

**Digestive symptoms:** dull epigastric pain, slight epigastric fullness, dry mouth, dry lips, loose stools, diarrhoea, nausea, weak limbs, tiredness, tongue with rootless coating, partially peeled, normal colour, cracks, Type II diabetes.

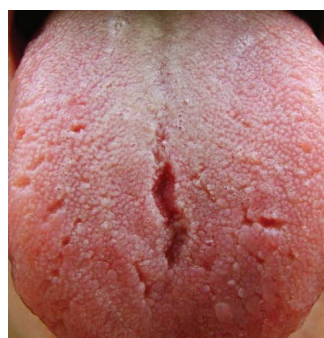
**Explanation:** this formula has a broad range of action in tonifying Qi and Yin of both Stomach and Spleen; it also resolves Dampness and Phlegm.

**NOTE:** *Harmonize the Centre™* is similar to *Central Mansion™* in that it tonifies Qi and Yin of Stomach and Spleen. In addition, it resolves Phlegm and treats Type II diabetes.

**IN A NUTSHELL: tonify Spleen- and Stomach-Qi and Stomach Yin, resolve Dampness and Phlegm in the Middle Burner. Type II diabetes.**



1. Pale, partially peeled



2. Slightly Red, partially peeled, ST-crack, SP-cracks



3. Pale, Swollen, no coating, ST-crack



4. Pale, partially peeled



## JADE SPRING™ (Sha Shen Mai Dong Tang)

**Patterns:** Stomach, Spleen and Lung Yin Deficiency, Stomach-Empty Heat.

**Digestive symptoms:** excessive hunger, poor digestion, slight burning epigastric pain, dry stools.

**Tongue:** Dry, either no coating or rootless coating in the centre, Stomach crack in the midline or scattered small cracks, may be slightly red in the centre.

**Explanation:** this formula nourishes Stomach-, Spleen- and Lung-Yin and clears Empty Heat.



STOMACH- AND SPLEEN-YIN XU

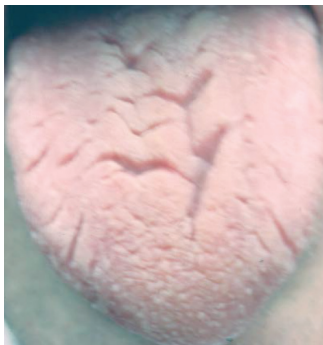
**NOTE:** this remedy differs from *Central Mansion™* in that it is aimed more at nourishing Yin of Stomach and Spleen whereas *Central Mansion™* tonifies Qi as well and it also resolves Dampness.

**IN A NUTSHELL:** deficiency of Yin of Lungs, Stomach and Spleen.

**CLASSICAL ANTECEDENT:** Sha Shen Mai Dong Tang.

**DIFFERENCES FROM CLASSICAL ANTECEDENT:**

- Nourishes Spleen-Yin.



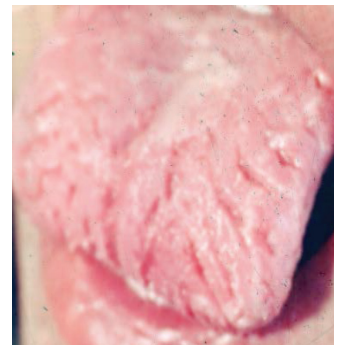
1. Stomach and Spleen cracks



2. Stomach cracks



3. Stomach, Heart and Spleen cracks



4. Deep Spleen cracks

**NOTE:** *Jade Spring™* nourishes ST- and SP-Yin; *Central Mansion™* tonifies Qi as well and it also resolves Dampness.



## MIDDLE BURNER DIGESTIVE REMEDIES



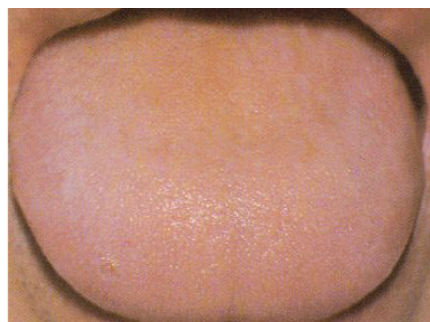
PROSPEROUS EARTH™



CENTRAL MANSION™



CENTRAL MANSION™



SOOTHE THE CENTRE™

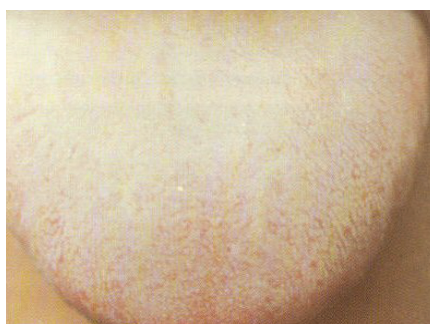


JADE SPRING™

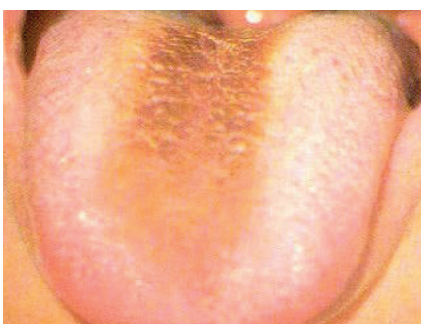


CENTRAL MANSION™

## MIDDLE BURNER DIGESTIVE REMEDIES - DAMPNESS



DRAIN FIELDS™



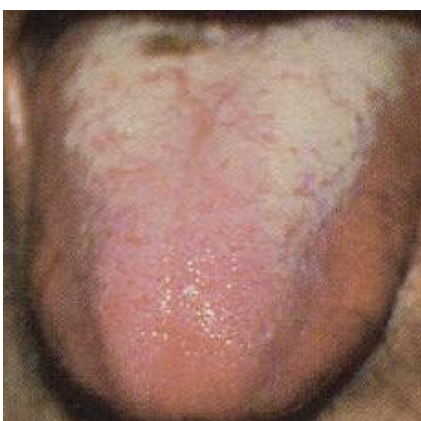
EASE THE MUSCLES™



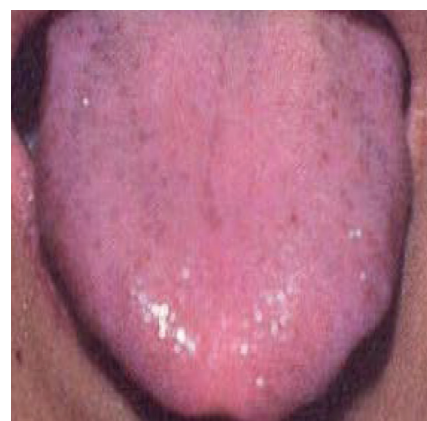
EASE THE MUSCLES™



SMOOTH PASSAGE™

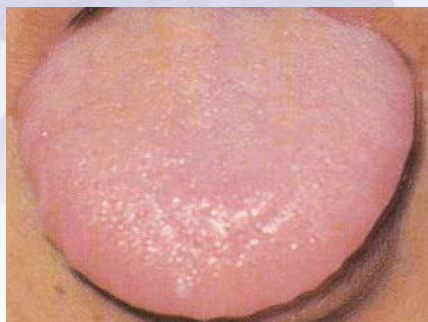


SMOOTH PASSAGE™



STIR FIELDS OF ELIXIR™

## PROGRESSION FROM STOMACH-QI XU TO STOMACH-YIN XU



Pale=Spleen-Qi Xu



Pale, rootless coating, partially peeled=  
Stomach-Qi and Yin Xu



Normal colour, no coating=  
Stomach-Yin Xu



Normal colour, no coating=  
Stomach-Yin Xu



Red, no coating=Stomach-Yin Xu,  
Empty Heat



Red, no coating=Stomach-Yin Xu  
with Empty Heat

## COMPARISON OF BREAK INTO A SMILE, SMOOTH PASSAGE AND SOOTHE THE CENTRE

	BREAK INTO A SMILE™	SMOOTH PASSAGE™	SOOTHE THE CENTRE™
PATTERN	Qi stagnation (Full-Shi)	Liver-Qi Stagnant, Spleen-Qi Xu, Dampness	Stagnant Liver-Qi invading Stomach
LOCATION	Middle and Lower Burner Hypochondrium	Lower Burner	Middle Burner
SYMPTOMS	Pain	Distension, Pain, Fullness	Distension, Pain, Fullness
PULSE	Wiry all over	Wiry on left or wiry on both 'Chi' (3rd) pos.	Wiry on both 'Guan' (2nd) pos.
ANTECEDENT	<i>Chai Hu Shu Gan Tang</i>		<i>Xiang Sha Liu Jun Zi Tang</i>



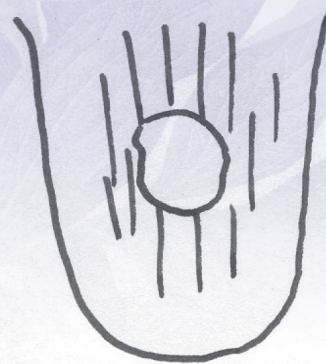
## CENTRAL MANSION™ – JADE SPRING™



Central crack



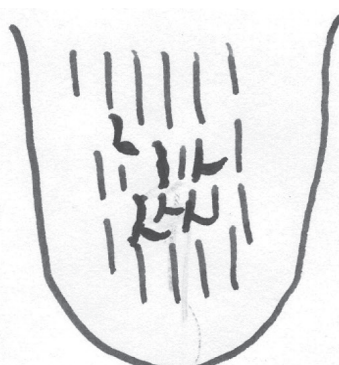
Peeled patches



Peeled centre



Horizontal cracks



Vertical cracks



Cracks, no coating

	PROSPEROUS EARTH™	CENTRAL MANSION™	JADE SPRING™
PATTERN	Spleen-Qi Xu	Spleen-Qi and Yin Xu, Stomach-Qi and Yin Xu, Dampness	Stomach-Yin Xu, some Empty Heat
SYMPTOMS	Tiredness, poor appetite, loose stools	Tiredness, poor appetite, loose stools, slight epigastric pain, dry mouth, dry stools	Tiredness, poor appetite, dry stools, dry mouth, slight epigastric pain, feeling of heat
PULSE	Empty or Weak	Weak or Floating-Empty	Floating-Empty
TONGUE	Pale	Pale or normal, dry, rootless coating	Pale or normal, dry red, no coating, St cracks



## CASE HISTORIES

### 29-YEAR OLD WOMAN

#### Digestive symptoms:

- irritable bowel syndrome
- pain
- bloating
- constipation
- pain improved after a bowel movement

Tongue: Pale and Swollen

Pulse: Wiry



#### Diagnosis

- Liver-Qi stagnation (pain better with bowel movement)
- Spleen-Qi deficiency (Pale tongue)
- Dampness (Swollen tongue).

I prescribed *Smooth Passage™* and gave her acupuncture to move Qi and strengthen the Stomach and Spleen.

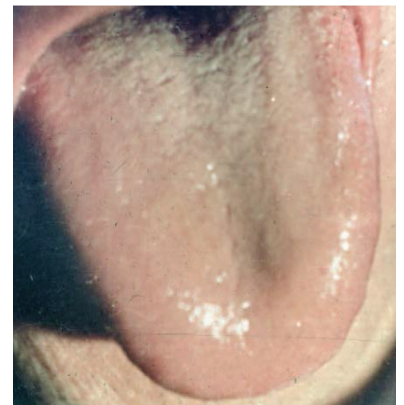
### 23-YEAR OLD WOMAN

#### Digestive symptoms:

- She had felt very tired for the past year
- abdominal distension and pain
- diarrhoea
- abdominal pain better after a bowel movement
- undigested food in the stools

Tongue: Pale and slightly Swollen

Pulse: right-*guan* position Weak



#### Diagnosis

- Spleen-Qi deficiency (tiredness, Pale tongue, right-Middle position Weak)
- Liver-Qi stagnation (abdominal distension and pain, pain better after a bowel movement).

I prescribed *Soothe the Centre™* to strengthen the Spleen and move Liver-Qi.

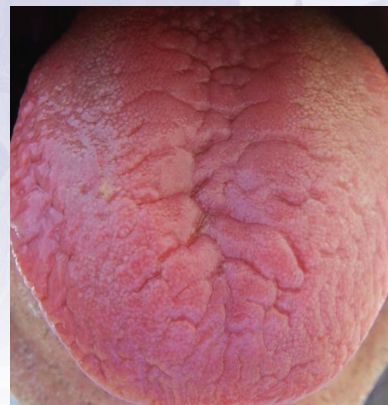
## 62-YEAR OLD WOMAN

### Digestive symptoms:

- constipation, having a bowel movement once every 4 or 5 days
- stools were dry and difficult to evacuate
- a “sort of discomfort” in the epigastrium which became more pronounced as the day went on

**Tongue:** slightly Red with small, scattered cracks and without coating

**Pulse:** normal



### Diagnosis

Stomach-Yin deficiency (primary cause of the constipation and epigastric pain, confirmed by the tongue being slightly Red and cracked).

I prescribed *Jade Spring™* (3 tablets twice a day).

## 16-YEAR OLD MAN

### Digestive symptoms:

- a feeling of being ‘weighed down’
- tiredness
- some abdominal bloating
- his complexion was quite yellow
- craving sweet foods
- a ‘vague discomfort’ in the epigastrium which came on when he was tired
- loose stools
- He had begun to feel like this while studying for exams, about which he was very anxious.

**Tongue:** Pale and Swollen with a sticky, rootless coating

**Pulse:** Slippery on right side



### Diagnosis

The main pattern present here is Stomach-and Spleen-Qi deficiency (tiredness, loose stools, Pale tongue).

However, unusually in someone of this age, the rootless coating and epigastric discomfort indicate that there is some Stomach-Yin deficiency as well.

On top of this, there is also some Dampness which is reflected by the tongue being Swollen and the pulse being Slippery.

I therefore prescribed *Central Mansion™* which will treat primarily the Stomach-and Spleen-Qi deficiency, but will also address the Yin deficiency and Dampness.