



**PROFESSIONAL  
SEMINAR SERIES**

**GASTROINTESTINAL  
AND  
HEPATOBILIARY DISORDERS  
- PART 1**



## **TOPICS**

- **INTESTINAL DYSBIOSIS**
- **GASTRITIS**
- **GASTRIC ULCER**
- **VIRAL HEPATITIS**



## THE INTESTINAL MICROFLORA & DIETARY FIBRE

- **Denis P. Burkitt** (1911 – 93) *“Don't Forget Fibre in Your Diet”*
- English surgeon, worked as medical missionary-researcher-clinician in Africa. Awarded for innovative research leading to the establishment of a virus-cancer link in a wide-spread childhood disease: **Burkitt's lymphoma**. Lectured widely on the importance of dietary fibre.
- Famous 'Tumour Tour' in which he and two colleagues traveled 16 000 km in a second-hand Ford pick-up truck, visiting sixty hospitals in ten weeks. On the way he observed the differences in bowel motions between Europeans and native Africans



## MICROFLORA & FIBRE

- "Obesity, hiatus hernia, appendicitis, diverticulosis, colitis, polyps, and cancer of the colon are virtually unheard of among the rural eastern Africans – av. intake **100mg** fibre per day (<20mg/day Western diet)
- "Countries with large stools are the ones with small hospitals... And countries with small stools have large hospitals. When compared with world standards, America and England are ... constipated nations."
- "Soft in, hard out," - referring to the bland diet causing constipation and hemorrhoids. "Transit time in the nursing homes in Britain ... takes a fortnight!" ... compared to seven hours for Africans.
- **Normal stool** = 12 inches (30cm) per day (total) + sense of complete evacuation – pleasant & satisfying; smell 'earthy' – not foul; buoyant yet flushes easily



## FIBRE CONTENT - FOODS

<b>Food</b>	<b>Typical portion (weight)</b>	<b>Fibre/portion</b>
All-Bran	1 medium sized bowl (40g)	9.8g
Shredded wheat	2 pieces (44g)	4.3g
Bran flakes	1 medium sized bowl (30g)	3.9g
Weetabix	2 pieces (37.5g)	3.6g
Muesli	1 medium sized bowl (45g)	3.4g
Muesli (Swiss style)	1 medium sized bowl (45g)	2.9g
Fruit 'n Fibre	1 medium sized bowl (40g)	2.8g
Porridge	1 medium sized bowl (250g)	2.3g
Cornflakes	1 medium sized bowl (30g)	0.3g
Crispbread, rye	4 crispbreads (36g)	4.2g
Pitta bread (wholemeal)	1 piece (75g)	3.9g
Pasta (plain)	1 medium portion (200g)	3.8g
Wholemeal bread	2 slices (70g)	3.5g
Naan bread	1 piece (160g)	3.2g
Brown bread	2 slices (70g)	2.5g
Granary bread	2 slices (70g)	2.3g
Brown rice (boiled)	1 medium portion (200g)	1.6g
White bread	2 slices (70g)	1.3g
White rice (boiled)	1 medium portion (200g)	0.2g



## FIBRE CONTENT - FOODS

<b>Food</b>	<b>Typical portion (weight)</b>	<b>Fibre/portion</b>
Baked beans (in tomato sauce)	Half can (200g)	7.4g
Red kidney beans (boiled)	3 tablespoons (80g)	5.4g
Peas (boiled)	3 heaped tablespoons (80g)	3.6g
French beans (boiled)	4 heaped tablespoons (80g)	3.3g
Brussel sprouts (boiled)	8 sprouts (80g)	2.5g
Potatoes (old, boiled)	1 medium size (200g)	2.4g
Spring greens (boiled)	4 heaped tablespoons (80g)	2.1g
Carrots (boiled, sliced)	3 heaped tablespoons (80g)	2.0g
Broccoli (boiled)	2 spears (80g)	1.8g
Spinach (boiled)	2 heaped tablespoons (80g)	1.7g
Pepper (capsicum green/red)	Half (80g)	1.3g
Onions (raw)	1 medium (80g)	1.1g
Olives (in brine)	1 heaped tablespoon (30g)	0.9g
Tomato (raw)	1 medium/7 cherry (80g)	0.8g
Lettuce (sliced)	1 bowl (80g)	0.7g
Avocado pear	1 medium (145g)	4.9g
Pear (with skin)	1 medium (170g)	3.7g



## FIBRE CONTENT - FOODS

<b>Food</b>	<b>Typical portion (weight)</b>	<b>Fibre/portion</b>
Orange	1 medium (160g)	2.7g
Apple (with skin)	1 medium (112g)	2.0g
Raspberries	2 handfuls (80g)	2.0g
Banana	1 medium (150g)	1.7g
Tomato juice	1 small glass (200 ml)	1.2g
Strawberries	7 strawberries (80g)	0.9g
Grapes	1 handful (80g)	0.6g
Orange juice	1 small glass (200 ml)	0.2g
Apricots (semi-dried)	3 whole (80g)	5.0g
Prunes (semi-dried)	3 whole (80g)	4.6g
Almonds	20 nuts (33g)	2.4g
Peanuts (plain)	1 tablespoon (25g)	1.6g
Mixed nuts	1 tablespoon (25g)	1.5g
Brazil nuts	10 nuts (33g)	1.4g
Raisins/sultanas	1 tablespoon (25g)	0.5g
Quorn (pieces)	1 serving (100g)	4.8g
Chicken curry (takeaway)	1 portion meat/sauce (150g)	3.0g
Vegetable pasty	1 medium sized (150g)	3.0g
Bran (wheat)	1 tablespoon (7g)	2.5g
Potato crisps (low-fat)	1 bag (35g)	2.1g
Pakora/bhajia (vegetable)	1 portion (50g)	1.8g
Pizza (cheese and tomato)	1 slice, deep pan (80g)	1.8g



# THE INTESTINAL MICROFLORA

- Intestinal flora: around 500 species of bacteria; outnumber the cells of your body by a factor of 10 to 1
- The 'friendly' types: completion of digestion, detoxification, production of vitamins, protection from unfriendly organisms = **SYMBIOSIS**
- Major useful functions of friendly bacteria:
  - Producing short chain fatty acids → energy requirements.
  - Producing nutrients, e.g. B vitamins and vitamin K
  - Metabolism of drugs, hormones and carcinogens
  - Protecting the host from infection by pathogenic bacteria, e.g. by competing for space, production of anti-bacterial substances
  - Maintaining a healthy intestinal pH
  - Enhancing immune function
- Other 'normal' organisms: don't provide any benefits or do so only when their numbers are kept low by competing friendly bacteria, e.g. coliform bacteria (E.coli etc), yeasts/fungus and bacteroides.



# DYSBIOSIS

- **DYSBIOSIS =** Loss of this state of balance due to the presence of frankly pathogenic organisms, the overgrowth of unfriendly organisms that are not considered pathogenic, or the absence of friendly bacteria.
- **Protozoan parasites** (e.g. *Entamoeba histolytica*, *Entamoeba coli*, other *Entamoeba*, *Giardia lamblia*, *Blastocystis hominis*)
- **Yeasts** (e.g. *Candida albicans*, *Torulopsis glabrata*)
- **Bacteria** (e.g. *Salmonella*, *Shigella*, *Campylobacter jejuni*, *Yersinia enterocolitica*, *Klebsiella pneumoniae*, *Citrobacter freundii*, *Citrobacter diversus*, *Proteus mirabilis*, *Pseudomonas aeruginosa*, *Clostridium difficile*, etc).



# DYSBIOSIS

## IN TRADITIONAL CULTURES

- Common disorder throughout human history. Most traditional cultures have developed ways of dealing with it. See Weston Price: *'Nutrition and Physical Degeneration'*
- Shortages of food supply, traveling, accidental ingestion → consumption of stale or rotting food
- Contaminated water supplies, especially in the rainy season
- Poor sanitation in developing countries + importation of Western diet and loss of traditional culture → immunity



# DYSBIOSIS

## IN THE MODERN WORLD

- Restaurants with poor hygiene, raw food, old meat not well cooked
- Repeated use of antibiotics
- Maldigestion: “Colonic flora is a reflection of what it is fed.” If food is completely and rapidly digested and absorbed in the small intestine, it is not available to nourish unfriendly bacteria or yeast in either the small or large intestine. Almost all that is left to reach the large intestine is fibre, which is a favorite food for friendly bacteria such as *Lactobacillus* and *Bifidobacterium* and promotes their growth. Decrease in gastric acid etc. in middle age.
- Dietary factors:
  - High in flesh protein and low in plant foods (low fibre)
  - Processed foods (no fibre + chemical additives), incl. juices, milk
  - Tap water (organic & inorganic contaminants; chlorine also kills friendly bacteria)
- Stress → GIT shuts down → inflammation & ulceration



# DYSBIOSIS

## IN THE MODERN WORLD

- About 90% of Americans have yeast or parasite overgrowth – P. Check: *'Eat Move and Be Healthy'*  
– D. Kaufmann: *'The Fungal Link'*
- 'Intestinal dysbiosis should be considered as a mechanism promoting disease in all patients with **chronic gastrointestinal, inflammatory or autoimmune disorders, food allergy and intolerance, breast and colon cancer, and unexplained fatigue, malnutrition or neuropsychiatric symptoms**'. - Leo Galland MD (author & practitioner of integrated med.)
- There is no entry for 'dysbiosis' in Western medical dictionaries!



# DYSBIOSIS

## SIGNS AND SYMPTOMS





# DYSBIOSIS

## SIGNS AND SYMPTOMS

### A) GIT

- Bloating & discomfort
- Epigastric &/or abdominal pain
- Flatulence
- Acidic regurgitation
- Loose stools or diarrhea
- Constipation



# DYSBIOSIS SIGNS AND SYMPTOMS

## **B) SYSTEMIC**

- Fatigue
- Mental and emotional disorders
- Joint & muscle pain
- Headaches, heavy head ('hung over')
- Menstrual disorders
- Skin irritations
- Recurrent infections (throat, ear)



# TCM PATHOGENESIS

## ACUTE & SUBACUTE (OR MILD)

- **Excess** type syndromes
- Damp pathogen – exogenous and / or endogenous
- Pathogenic complexes – Damp with Heat or Cold
- Disruption of Qi dynamic in the middle Jiao
- Alternatively, may be **mixed excess and deficiency** syndrome
  - + Spleen Qi deficiency
  - + Spleen Yang deficiency
  - + Liver-Spleen imbalance

## CHRONIC

- **Deficiency** syndromes (mainly)
  - Spleen (or Spleen-Stomach) Qi or Yang
  - Liver (Blood)
  - Kidney (Yin or Yang)



# TCM PATHOGENESIS

- Ingestion of contaminated food or beverages → **turbid Damp** in the middle Jiao
- Poor dietary practices → retention of **Damp-Heat** in the middle Jiao
- **Spleen** Qi or Yang deficiency → retention of **Damp**
- Stress, emotional strain → **Liver** overacts on Spleen → Spleen Qi deficiency → **Damp**
- Transformation of **Cold-Damp** to **Damp-Heat**
- Obstruction of the Qi dynamic of the middle Jiao → **Qi counterflow**
- Long term retention of pathogens → deficiency (Qi and Body Fluids): **Spleen** Qi deficiency; **Spleen** Yang deficiency; **Stomach** Yin deficiency (Dryness) or **Spleen** Yin deficiency
- Complicating factors:
  - Qi stagnation → **Liver**
  - Long term → **Kidney** not replenished by **Spleen** → **K.** deficiency



# CLINICAL SYNDROMES

## ACUTE

- Turbid Damp obstruction of the middle Jiao
- Accumulation of Damp-Heat in the Spleen
- Food stagnation in the Stomach and Intestines

## MILD, SUBACUTE OR CHRONIC

- Liver Qi invading the middle Jiao ← → Spleen Qi deficiency → Damp
- Spleen deficiency (Qi or Yang) with Damp stagnation
- Kidney deficiency (Yin or Yang)
- Heart deficiency (Qi, Blood, Yin) ± deficiency Heat



# TREATMENT

## STRATEGY

### Initially

1. Dispel pathogens
2. Eliminate allergens & irritants
3. Harmonise Liver-Spleen

### Later

1. Tonify deficiency (Spleen, Kidney)
2. Address mental-emotional disturbance (Heart)



# TREATMENT

## **AVOID COMMON ALLERGENS**

- Gluten grains (wheat, oats, rye, barley, spelt)
- Dairy (esp. pasteurized)
- Eggs
- Citrus
- Legumes (esp. soy, peanuts)
- Garlic

## **REDUCE INSOLUBLE FIBRE**

- Supplement with psyllium husk, oat bran, slippery elm, pectin (apple)



## TREATMENT – acute/severe

### TURBID DAMP OBSTRUCTION OF THE MIDDLE JIAO

- Acute severe GIT signs & symptoms
- White tongue coat, soft or slippery pulse

BP 046 Huo Xiang Zheng Qi Wan (Agastache Formula)  
Big doses: 20 – 30 pills x 3 times/day

#### **With reflux or heartburn:**

- + BP067 Ban Xia Hou Po Tang – Jia Wei (Pinellia & Magnolia Combination) 8 – 12 x 3
- + BP050 Wen Dan Tang (Bamboo & Hoelen Formula) 8 – 12 x 3



## TREATMENT – acute/severe

### **ACCUMULATION OF DAMP-HEAT IN THE SPLEEN**

- Acute severe GIT signs & symptoms
- Thick tongue coat – white, creamy, yellow or mixed
- Paradoxical s/s, i.e. mixed signs of Cold and Heat

BP049 Huang Lian Jie Du Tang (Coptis & Scute)  
(12 pills x 3)

#### **With nausea, vomiting:**

- + BP050 Wen Dan Tang (Bamboo & Hoelen) (12 pills x 3)
- + BP067 Ban Xia Hou Po Tang – Jia Wei (Pinellia & Magnolia Combination) (12 pills x 3)



## TREATMENT – acute/severe

### FOOD STAGNATION IN THE STOMACH AND INTESTINES

- Belching (with foul taste/odour)
- S/S worsened by eating

BP004 Bao He Wan (Citrus & Crataegus)  
or CM102 Digest-Aid Formula

**With constipation:**

+ BP019 Run Chang Wan (Linum & Rhubarb) – if with constipation

**Stomach pain:**

+ BP006 Chai Hu Shu Gan Wan (Bupleurum & Cyperus Combination)

+ BP083 Xiang Sha Yang Wei Wan (Cyperus & Cardamon Formula)



## TREATMENT- subacute or mild

### TURBID DAMP

#### ➤ With Damp-Heat

Milder S/S, bloating flatulence, loose stools, tongue coat is cream, yellow or white and yellow

CM145 Gut Detox Formula

Large dose: 6 – 9 caps x 3

+ BP049 Huang Lian Jie Du Tang (Coptis & Scute) 8 – 12 pills x 3

#### ➤ With Heat Toxin

With pustules, carbuncles etc.

BP016 or CM119 Long Dan Xie Gan Tang (Gentiana/Anti-inflamm)

+ BP059 Si Miao Yong An Wan (Lonicera & Scrophularia) 12 – 15 x 3



## TREATMENT- subacute or mild

### TURBID DAMP (Ctd.)

➤ **With Damp-Cold**

Nausea or vomiting, white tongue coat – no signs of Heat

BP083 Xiang Sha Yang Wei Wan (Cyperus & Cardamon)

+ BP050 Wen Dan Tang (Bamboo & Hoelen)

+ BP067 Ban Xia Hou Po Tang – Jia Wei (Pinellia & Magnolia Combination)

(8 – 12 pills of each x 3)



# TREATMENT- subacute or mild

## LIVER-SPLEEN DISHARMONY

### ➤ Liver Qi invasion of the Spleen

Bloating with mild to moderate pain, loose stools, wiry pulse, etc.

BP006 Chai Hu Shu Gan Wan (Bupleurum & Cyperus)

+ BP020 Shen Ling Bai Zhu San (Ginseng & Atractylodes)

### ➤ Liver Qi invasion of the Stomach

Epigastric pain and distension, belching, acidic reflux, nausea or vomiting, wiry pulse etc.

BP022 Shu Gan Wan (Cyperus & peony)

+ BP083 Xiang Sha Yang Wei Wan (Cyperus & Cardamon)



# DYSBIOSIS – TREATMENT

## **FOLLOW UP**

- Liver-Spleen disharmony
- Spleen Qi or Yang deficiency
- Kidney deficiency (Yin or Yang)
- Mental and emotional disturbances



# CASE STUDY

C.J. Female, 42, medical diagnosis: Ulcerative Colitis, 4 months duration. Began after a series of stressful events. Initially treated with WSM (anti-inflammatory drugs and a course of antibiotics) with no improvement. Condition continued to worsen and she was advised have further invasive tests in hospital, with the possibility of partial or total colectomy.

## **Presenting Signs And Symptoms**

Extreme lethargy; acute weight loss; belching; painful abdominal cramps; excessive borborygmi; flatulence; rectal tenesmus; burning sensation of the rectum; severe diarrhea with visible blood and mucus; night sweats with temperature of 38 C; dehydration with dry lips, dry skin and craving for salt; weak dry cough; when not having diarrhea the stool was long and thin; dry, red tongue with raised papillae on both edges and a greasy yellow coat in the centre; wiry and weak pulse.



# CASE STUDY

## **TCM Diagnosis**

Retention of Damp-Heat in the Intestines, Liver Qi invading the Spleen, deficiency of the Qi.

## **Treatment**

Acupuncture, low fiber diet, increase fluid intake, increase sodium and potassium intake.

**Coptis & Scute Formula (Huang Lian Jie Du Wan) BP049** 12 pills, twice daily

PLUS

**Citrus & Peony Irritable Bowel Formula CM128**, three capsules, twice daily

For two weeks, after this continue with CM128



# CASE STUDY

## OUTCOMES

After 4 days on Coptis and Scute Formula, C.J. reported that the bowel started to feel more comfortable, although the night sweats and blood in the stools continued.

After 2 weeks her night sweats had ceased. The abdominal pain was significantly less, no fever, less diarrhea and she was gaining an appetite. The tongue coat now thin and white.

While continuing on the Citrus & Peony Irritable Bowel Formula, the condition continued to improve: Tongue less red with little coat, pulse less wiry and stronger, no blood in the stools, less diarrhea and less abdominal pain, improved energy levels.

After 3 months, condition is now almost normal. Still fatigue in afternoons and occasional loose stools (= Spleen Qi deficiency)  
Advised to continue on lower dose for a further 3 months



# GASTRITIS

**ACUTE GASTRITIS = INFLAMMATION OF G. MUCOSA**

## **CAUSES**

- Drugs & alcohol
- Bile
- Ischemia
- Bacterial, viral, and fungal infections
- Acute stress (i.e. shock)
- Radiation
- Allergy and food poisoning
- Direct trauma
- Emotional stress



# GASTRITIS

## CLINICAL FEATURES

- Epigastric discomfort
- Bloating
- Nausea
- Vomiting
- Loss of appetite
- Belching
- Often asymptomatic
  
- Diagnosis by radiology, endoscopy and/or biopsy



# GASTRIC ULCER (PEPTIC ULCER DISEASE)

## CAUSES

- *Helicobacter pylori* (70%)
- NSAID's
- Contributing factors include smoking, alcohol, bile acids, aspirin, steroids, and stress



## GASTRIC ULCER (PUD)

- Often **asymptomatic**
- **Epigastric pain** occurring shortly after meals
- Pain may occasionally occur in other locations
- **Duodenal ulcer pain** often occurs hours after meals and at night. Pain is characteristically relieved with food or antacids
- **Acidic regurgitation** / stomach upset
- Bleeding gastric ulcers → **hematemesis** or melena
- Diagnosis by endoscopy or radiography



# GASTRITIS & GASTRIC ULCER

TCM disease category:

**Epigastric Pain**

*wei wan tong* (胃脘痛)

## AETIOLOGY & PATHOGENESIS

### a) Excess

- Exogenous pathogens invading the Stomach
- Improper diet injures the Stomach-Spleen
- Liver Qi (or Fire) invasion of the Stomach

### b) Mixed Deficiency & Excess

- Spleen-Stomach deficiency (Qi / Yang / Yin)
  - Damp
  - Cold
  - Dry / Fire (deficiency)



# GASTRITIS & GASTRIC ULCER

## PROGRESSION

➤ Prolonged or severe conditions

Qi stagnation → Blood stasis → hemorrhage

OR

Qi stagnation → Heat → 'reckless' movement of Blood (= hemorrhage)

**Rx: Ge Xia Zhu Yu Tang** (Formula To Dissipate Blood Stasis Below The Diaphragm)

jia wei:

Minus tao ren & hong hua

Plus tian qi, pu huang (chao), bai ji



# EPIGASTRIC PAIN

## SYNDROMES DISCUSSED

### Excess

- Liver Qi invasion of the middle Jiao
- Heat in the Liver & Stomach
- Food stagnation in the Stomach and Intestines

### Deficiency

- Stomach Yin deficiency
- Spleen-Stomach Yang deficiency



# EPIGASTRIC PAIN

## LIVER QI INVASION OF THE STOMACH

- Distending pain – radiates to hypochondrium
- Poorly localised
- Related to emotional strain
- Wiry pulse

BP006 Chai Hu Shu Gan Wan (Bupleurum & Cyperus Comb.)  
+ BP083 Xiang Sha Yang Wei Wan (Cyperus & Cardamon Formula)  
+ BP022 Shu Gan Wan (Cyperus & Peony Formula)

## HEAT IN THE LIVER & STOMACH (LIVER FIRE INVASION OF THE STOMACH)

- Burning pain
- Reflux
- Bitter taste in mouth
- Red tongue with yellow coat
- Rapid-wiry pulse

**CM137 Reflux & Dyspepsia Formula** (initially: + BP050 Wen Dan Tang (Bamboo & Hoelen) + BP067 Ban Xia Hou Po Tang – Jia Wei (Pinellia & Magnolia Combination)



## EPIGASTRIC PAIN

### FOOD STAGNATION - STOMACH & INTESTINES

- Distension, fullness and pain
- Relieved by belching and vomiting
- Worsened by pressure and eating
- Belching (foul odor)
- Thick tongue coat
- Slippery pulse

BP004 Bao He Wan or CM102 Digest-aid

- + BP006 Chai Hu Shu Gan Wan (Bupleurum & Cyperus Combination)
- + BP083 Xiang Sha Yang Wei Wan (Cyperus & Cardamon Formula)



# EPIGASTRIC PAIN

## STOMACH YIN-FLUIDS DEFICIENCY

- Dull, burning pain
- Dry mouth
- Poor appetite
- Dry stool
- Red tongue with scanty coat
- Pulse is thready-rapid

BP052 Zhi Yin Gan Lu Yin (Rehmannia & Asparagus)  
+ BP028 Xiang Sha Liu Jun Zi Tang (Saussurea & Cardamon)  
+ BP006 Chai Hu Shu Gan Wan (Bupleurum & Cyperus  
Combination)

With reflux or nausea:

+ BP050 Wen Dan Tang (Bamboo & Hoelen Formula)



## EPIGASTRIC PAIN

### **SPLEEN-STOMACH DEFICIENCY-COLD ( = Yang xu)**

- Pain is alleviated by pressure and warmth
- Watery diarrhea or loose stools
- Intolerance of the cold, cold limbs
- Poor appetite and digestion, loss of taste
- Fatigue, reluctance to speak
- Absence of thirst
- Tongue is pale with a white coat
- Pulse is deep and thready and may also be slow

BP0070 Fu Zi Li Zhong Wan - Jia Wei (Dangshen & Ginger)  
+ BP044 Shen Qi Da Bu Wan (Codonopsis & Astragalus)  
With vomiting + BP010 Er Chen Wan (Citrus & Pinellia)



# VIRAL HEPATITIS

## **ACUTE**

Mostly Hep. A (or Hep. E in Asia); some Hep. B

Self-limited (but not all Hep B are self-limited)

Liver failure → 1%

## **CHRONIC**

Hep B, Hep C or Hep D

May lead to cirrhosis or cancer (20%), liver failure.

Hep. B → 5% chronic (in adults; neonates → 95%)

Hep. C → 84% asymptomatic → 85% chronic infection



# CLINICAL FEATURES

## ACUTE

- Initially:
  - Fatigue, weakness, general malaise, joint pain
  - Loss of appetite, nausea, vomiting
  - Low fever
- Later:
  - Jaundice, yellow sclera, pruritus
  - dark urine, pale stools
  - hypochondrial pain (right side)

## CHRONIC

- Often asymptomatic – Hep. C or B detected on LFT, blood tests and/or biopsy
- Fatigue, weakness
- Anorexia, nausea
- Some have acute flare-ups



# ETIOLOGY & PATHOGENESIS

## ENDOGENOUS

- Damp – due Spleen deficiency → Damp-Heat
- Qi stagnation – due to Liver constraint or Liver overacting on Spleen (due Spleen Qi deficiency)

## PLUS

## EXOGENOUS

- Damp-Heat invasion
- Epidemic Heat Toxin invasion
- Diet – greasy foods, alcohol → injures Spleen → Damp → stagnation → Damp-Heat



# PATHOGENESIS

## PROGRESSION

- Damp-Heat → Heat Toxin
- Liver Qi constraint → Qi stagnation → Blood stasis
- Qi stagnation → Heat or Fire → injures Qi, Blood and Body Fluids
- Damp → obstructs middle Jiao → Qi & Yang deficiency & also Qi counterflow
- Long term retention of Damp-Heat injures Yin & Blood



# SYNDROMES

## ACUTE

- Damp-Heat in the Liver and Gallbladder
  - Heat > Damp (= Yang jaundice)
  - Damp > Heat (= Yin jaundice)
- Heat Toxin flourishing (high fever → → → delirium)
- Liver constraint Qi stagnation with Blood stasis (= excess pattern) Yang
- Liver constraint with Spleen Qi deficiency and Blood deficiency (= deficiency pattern) Yin

## CHRONIC

- Liver constraint Qi stagnation with Blood stasis
- Liver constraint with Spleen Qi deficiency and Blood deficiency
- Liver-Kidney Yin deficiency



# CLINICAL SYNDROMES

## ACUTE

- Damp-Heat in the Liver and Gallbladder + Heat Toxin + Liver constraint Qi stagnation (i.e. more Heat)
- Damp disturbance of the Spleen + Qi stagnation & Blood stasis (i.e. more Damp, with Spleen Qi deficiency – less common presentation)

## CHRONIC

- Liver constraint with Spleen Qi deficiency and Blood stasis + Liver Blood deficiency + Liver-Kidney Yin deficiency (= chronic)



# DAMP-HEAT IN THE LIVER AND GALLBLADDER

## KEY S/S

- Acute stage
- Bright yellow sclera and skin
- Fever
- Dark urine
- Distention & pain in right hypochondrium
- Bitter taste in mouth
- Constipation, pale (clay color) stool
- Tongue has yellow greasy coat
- Pulse is wiry & rapid and possibly also slippery

**P/T:** Clear Damp-Heat and drain the Gallbladder (generally also clear Heat Toxin)

**Base Formula:** Yin Chen Hao Tang



# LIVER CONSTRAINT QI STAGNATION

## KEY S/S

- Acute or chronic stage
- Distention & pain in right hypochondrium
- Epigastric stuffiness and abdominal distension
- Nausea, belching
- Tongue is normal
- Pulse is wiry

**P/T:** Disperse stagnant Liver Qi and activate the Blood (± nourish the Liver Blood and tonify the Spleen)

**Base Formula:** Chai Hu Shu Gan Wan (acute stage – excess pattern)  
Or Xiao Yao San (chronic stage – deficiency pattern)



## DAMP DISTURBANCE OF THE SPLEEN

### KEY S/S

- Jaundice is dusky-yellow or smoky-yellow
- Hypochondrial pain
- Epigastric fullness, abdominal distention
- Nausea, vomiting, poor appetite
- Bland taste in the mouth
- Bodily heaviness
- Loose stools
- Tongue is pale with a greasy coat
- Pulse is soft

P/T Clear Damp-Heat, disperse stagnant Liver Qi, tonify the Qi, move the Qi and activate the Blood

Yin Chen Hao Tang + Yu Ping Feng San + Tao Hong Si Wu Wan (or Xue Fu Zhu Yu Tang)



# EMPIRICAL FORMULAS

## ➤ ACUTE HEPATITIS

### **CM142 Liver Function Formula**

Clears Damp-Heat and Heat Toxin from the Liver, disperses stagnant Liver Qi.

## ➤ CHRONIC HEPATITIS (non active stage)

### **CM109 Liver Tonic Formula**

Disperses stagnant Liver Qi and nourishes the Liver Blood, harmonises the Liver and Spleen, regulates the Qi and sends the Stomach Qi downwards, drains Damp-Heat from the Liver, activates the Blood and dispels stasis.