

Digestive Issues

I) Digestion

- Digestion is the origin of chronic degenerative diseases
- There are 3 levels of digestion:
 - Assimilation
 - Digestion
 - Elimination
- Tui-Na can help in any of these
- Regularity is more important than the amount of stool or times per day that one shits
- Diarrhea is more dangerous than constipation since an excess of minerals and water leave the body

II) 4 Types of Constipation

1) Heat in the St/LI (Yang-ming)

- Due to the high Heat produced in the digestion of foods like fried, baked or microwaved foods
 - Particularly, the body is trying to digest the oil and salt in fried foods, and the preservatives in microwavable food
 - Baked goods are dry

2) Excess Activity

- Due to Tai-yang venting Excess to gut, due to hectic lifestyle
- Signs of constipation:
 - Difficult defecation
 - Infrequent BM
 - Dry, hard, fowl-smelling stools
 - Gas
 - Bad breath
 - Gingivitis
 - Abdominal distension/fullness/pain
 - Dark urine

3) General Excess

- Caused by emotional issues
- Here, Liver invades Spleen, the main organ of digestion
- Signs and Symptoms (due to Liver):
 - Worry
 - Irritation
 - Anxiety
 - Intercostal pain
 - Diaphragmatic pain
 - Obsession (Spleen issue)

- In this case, constipation is due to holding onto the past because of an inability to express oneself

4) Deficiency

a) Deficiency of Spleen-Qi and Yang

- Not enough Qi to push stools outward
 - Often found in the elderly
- Signs and symptoms:
 - Fatigue after BM
 - Pebble-sized stools due to intermittent Qi movement
 - Shortness of breath
 - Weak limbs
 - Sweating easily on exertion
 - Pale, Swollen tongue

b) Deficiency of Lung, and Liver Blood or Yin

- Signs and symptoms:
 - Dry hard stools
 - Dehydration
 - Dry lips and tongue
 - Pale complexion
 - Dizziness

c) Deficiency of Spleen and Kidney Yin and Yang

- Signs and symptoms:
 - Chronic constipation
 - Cock-crow diarrhea/constipation
 - Common in the elderly
- Treatment:
 - Treat chronic deficiency of Qi and Blood

III) 3 Types of Diarrhea

1) Emotional

- Especially due to depression, fear and stress

1) Damp-Heat

- Due to dysentery
- Body purging itself from bad food/water
- Can be due to traveling
- Can cause:
 - Pain in the epigastrium/ribs (Heat rises)
 - Smelly, explosive stools
 - Thirst (only in small sips)
 - Irritability

- 2) Damp-Cold
 - Diarrhea in the morning
 - Seen in elderly
 - Also seen in HIV patients
 - Connotes serious illness
 - Can cause:
 - Tightness/stabbing pain in the lower abdomen (since Cold sinks)
 - Stools have undigested food and/or mucus
 - No thirst
- 3) Signs and symptoms for all three forms
 - Abdominal pain and distension
 - If there's a Spleen Deficiency – feeling of heaviness and rumbling
 - If chronic = Kidney Deficiency

IV) Constipation Protocols

A) **Excess Heat Constipation**

Strategy: clear Heat and moisten Intestines to move stools

- 1) Nie from Bl-25 to Du-14
- 2) Tui this same area
 - (1) and (2) help to vent heat
 - Cooling oils like peppermint can be used
 - Also use the huatwo points if the constipation is acute
- 3) With the patient in a supine position, Nie and lift abdominal rectus
- 4) Chen (vibrate) entire belly with palm
- 5) Nie Bl-57 (master point of digestion)
- 6) Cha (scrub/scrape) GB-30 (controls the abdomen)
- 7) “Strum” (like a guitar) St-36 (resolves Heat and constipation)
 - Bl-57, GB-30 and St-36 are also used for Damp-Heat diarrhea
 - TCM adds LI-4 for digestion; SJ-6 for constipation

B) **General Excess Constipation** (*due to Lr/Sp imbalance causing emotional issues*)

Strategy: Relax Liver and move stools

- 1) Clear the intercostals from top to bottom by running the tip of your thumb or a knuckle along the intercostal spaces
- 2) Chen entire belly with palm

- 3) Nie Bl-57 (master point of digestion)
- 4) Cha (scrape/scrub) GB-30 (controls the abdomen)
- 5) “Strum” (like a guitar) St-36 (resolves Heat and constipation)
- 6) “Strum” GB-34 to relax chest and diaphragm
- 7) Cha Lr-1
- 8) If there’s a Spleen Deficiency, Dim Sp-3 (the Yuan-source point)

C) Qi/Yang Deficiency

- 1) Pak belly to awaken Qi
- 2) Tui the intercostals from top to bottom by running the tip of your thumb or a knuckle along the intercostal spaces, each stroke converging on Ren-17
- 3) Dim in an inward, clockwise motion Ren-17, followed by Ren-12, then Ren-6 and Ren-4

D) Deficiency of Blood and Yin

- 1) Pak belly to awaken Qi
- 2) Chen belly and chest up to Ren-17
- 3) Dim in an inward, clockwise direction Sp-10, St-30, Sp-4 then Sp-6
- 4) Turn patient over, and Dim Bl-17 (the Influential point of Blood)
- 5) Nie Bl-57 (master point of digestion)
- 6) Cha GB-30 (controls the abdomen)
- 7) “Strum” (like a guitar) St-36 (resolves Heat and constipation)
- 8) Turn patient over again, then Na abdomen, following the direction of the Large Intestine (from the lower right hand corner up to the lower right rib cage, across to the left side and down to the lower left corner of the abdomen)
- 9) You can also “push” in a gentle, rhythmic motion the area described above

E) Deficiency of both Spleen and Kidney Yang and Yin

- 1) Follow protocols (C) then (D)

V) Diarrhea Protocols

A) Treatment Strategy

- Treatment is for acute cases only
- Treatment promotes the elimination of and drains Damp – sweat and urine
 - Treatment is DANGEROUS in chronic or severe cases of diarrhea, since it may cause a major electrolyte loss
 - Check the pulse to make sure it is not Erratic, Rapid or Weak
 - If it is, call 911
- Treatment also works to clear Heat
 - Or warm Cold

B) Clear Heat

- 1) Nie and lift shu-points from Bl-20 downward
- 2) Tui to regulate
- 3) Roll patient over, then with one hand over the other rub the belly in circles – quickly and lightly – in a counter-clockwise motion
 - This clears Heat from the belly
- 4) Na/Nie (quickly and lightly to rid Damp with dispersal):
 - Sp-6
 - Sp-4
 - Sp-9
 - St-40
- 5) Dim (slow and deep, to tonify the distal points for digestion):
 - Bl-57
 - GB-30
 - St-36

C) Warm Cold

- 1) Cha shu-points from Bl-20 downward
- 2) Tui vigorously to regulate
 - This can temporarily increase diarrhea
- 3) Roll patient over, then with one hand over the other rub the belly in circles – strongly and steadily – in a clockwise direction
 - This warms the center of the body

4) Na/Nie (quickly and lightly to rid Damp with dispersal):

- Sp-6
- Sp-4
- Sp-9
- St-40

5) Dim (slow and deep, to tonify the distal points for digestion):

- Bl-57
- GB-30
- St-36