

Class 6: Drum distention, Edema,

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Drum distention

gu zhang

- Resemblance of a swollen and distended abdomen to a skin stretched over a drum, enlargement and distention of the abdomen, greenish-yellow discoloration of the skin and protrusion of superficial abdominal blood vessels
- Include later stages of hepatic cirrhosis, tuberculosis, peritonitis, kala-azar, schistosomiasis, malnutrition and malignant abdominal tumors

Etiology and pathogenesis

- Etiology:
 - Emotional stress
 - Improper diet, over-consumption of liquor,
 - Infection by schistosomes
 - Prolonged case of jaundice or abdominal tumors
- Dysfunction of the liver, spleen and kidney
- Stagnation and accumulation of qi, blood and water

Patterns

- Qi stagnation and damp obstruction
- Cold dampness in spleen
- Accumulation of damp heat
- Stagnation of spleen qi and liver blood
- Spleen and kidney yang deficiency
- Liver and kidney yin deficiency

Qi stagnation and damp obstruction

- **Key symptoms:**

- Distention and enlargement of abdomen, which is not hard when pressed, sensation of distention and fullness or pain of hypochondrium, reduced food intake, belching, scanty urine. Thin sticky tongue coating, wiry pulse.

- **Treatment method:** soothe the liver, rectify qi, move dampness, reduce distention
- **Formula:** Chai hu shu gan san, Wei ling tang
- **Acupuncture:** Ren6 qi hai, LV3 tai chong, Ren9 shui fen, ST25 tian shu SP9 yin ling quan, Ren12 zhong wan

Formula and modifications

- Chai hu shu gan san:
 - Chai hu, bai shao yao, xiang fu zi, chuan xiong, chen pi, zhi ke, zhi gan cao
- Wei ling tang:
 - Cang zhu, hou po, chen pi, bai zhu, fu ling, zhu ling, ze xie, gui zhi, zhi gan cao
- Modifications:
 - For abdominal distention, add mu xiang, bing lang
 - For regurgitation of clear fluids, add ban xia, gan jiang

Cold dampness in spleen

- **Key symptoms:**
 - Distention and enlargement of abdomen, epigastric fullness, edema of lower limbs, fatigue, heavy limbs, scanty urine loose stools. White sticky coating, slow pulse.
- **Treatment method:** strengthen the spleen, dissipate cold, move qi, drain dampness
- **Formula:** shi pi yin
- **Acupuncture:** UB20 pi shu, SP4 gong sun, LV13 zhang men, Ren9 shui fen, SP9 yin ling quan, Ren12 zhong wan

Formula and modifications

- Shi pi yin
 - Hou po, bai zhu, mu gua, mu xiang, cao guo, bing lang, zhi fu zi, pao jiang, fu ling, zhi gan cao, sheng jiang, da zao
- Modifications:
 - For extreme water and dampness, add rou gui, zhu ling, ze xie
 - For lung and spleen qi deficiency, add huang qi, ren shen
 - For costal and abdominal distention, add yu jin, qing pi, sha ren

Accumulation of damp heat

- **Key symptoms:**
 - Distention, pain and enlargement of abdomen. Irritability, fever, bitter taste in mouth, thirst without desire for drink, dark urine, constipation or loose sticky stools, jaundice. Red tongue, yellow sticky tongue coating. Rapid wiry pulse.
- **Treatment method:** clear heat, transform dampness, free the stool, dispel water
- **Formula:** Zhong man fen xiao tang, Yin chen hao tang
- **Acupuncture:** Ren9 shui fen, GB34 yang ling quan, LV2 xing jian, ST44 nei ting, ST25 tian shu, ST37 shang ju xu

Formula and modifications

- Zhong man fen xiao tang
 - Hou po, zhi shi, huang lian, huang qin, zhi mu, zhi ban xia, chen pi, fu ling, zhu ling, ze xi, sha ren, gan jiang, bai zhu, zhi gan cao, ren shen
- Yin chen hao tang
 - Yin chen hao, shan zhi zi, da huang
- Modifications:
 - For severe heat with jaundice, delete ren shen, gan jiang, increase dose of yin chen hao, shan zhi zi, da huang
 - For difficult urination, add hua shi, hu lu

Stagnation of spleen qi and liver blood

- **Key symptoms:**
 - Distention and enlargement of abdomen, protrusion of distended blood vessels from the abdominal surface, stabbing pain in the abdomen and hypochondrium, dull blackish complexion, spider webbing on the face, neck and chest, red spots on palms, purplish discoloration of lips, thirst without desire for drink, black stools. Purple tongue with stasis macules. Rough thready pulse.
- **Treatment method:** soothe the liver, regulate qi, remove blood stasis
- **Formula:** Tiao ying yin
- **Acupuncture:** LV14 qi men, LV13 zhang men, Ren5 shi men, SP6 san yin jiao, Ren9 shui fen, ST36 zu san li

Formula and modifications

- Tiao ying yin
 - E zhu, chuan xiong, dang gui, yan hu suo, chi shao yao, qu mai, da huang, bing lang, chen pi, da fu zi, ting li zi, chi fu ling, sang bai pi, xi xin, bai zhi, rou gui, zhi gan cao, zhi gan cao, sheng jiang, da zao
- Modifications:
 - For blood in the stool, add san qi, ce bai ye

Spleen and kidney yang deficiency

- **Key symptoms:**
 - Distention and enlargement of abdomen, better in the morning and worse at night. Green yellow complexion, epigastric fullness, poor food intake, tiredness, physical cold, cold extremities, edema of lower limbs, difficult urination, pale purple tongue, deep thin wiry pulse.
- **Treatment method:** warm and supplement spleen and kidney yang, move qi downward, disinhibit water
- **Formula:** Fu zi li zhong tang, Wu ling san, Ji sheng shen qi wan
- **Acupuncture:** UB20 pi shu, UB23 shen shu, Ren9 shui fen, KI7 fu liu, Ren4 guan yuan, ST36 zu san li

Formula and modifications

- Fu zi li zhong tang
 - Zhi fu zi, ren shen, bai zhu, gan jiang, zhi gan cao
- Wu ling san
 - Fu ling, zhu ling, ze xie, bai zhu, gui zhi
- Ji sheng shen qi wan
 - Shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi, zhi fu zi, rou gui, chuan niu xi, che qian zi

Liver and kidney yin deficiency

- **Key symptoms:**
 - Distention and enlargement of abdomen, protrusion of distended blood vessels from the abdominal surface, dull blackish complexion, purplish discoloration of lips, dry mouth, irritability, bleeding of nose and gums, dark scanty urine. Dark red tongue with little dry coating, rapid, thready, wiry pulse.
- **Treatment method:** nourish liver and kidney yin, rectify qi, quicken the blood, dispel stasis
- **Formula:** Liu wei di huang wan, Ge xia zhu yu tang
- **Acupuncture:** UB18 gan shu, UB23 shen shu, Ren5 shi men, Ren9 shui fen, SP6 san yin jiao, KI7 fu liu

Formula and modifications

- Liu wei di huang wan
 - Shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi
- Ge xia zhu yu tang
 - Wu ling zhi, dang gui, tao ren, hong hua, chuan xiong, mu dan pi, wu yao, xiang fu zi, chi shao yao, zhi ke, yan hu suo, gan cao
- Modifications:
 - For severe yin deficiency, add xuan shen, shi hu
 - For abdominal distention, add lai fu zi, da fu pi
 - For vacuity heat, add yin chai hu, di gu pi, bie jia, zhu ye
 - For bleeding nose and gums, add bai mao gen, xian he cao
 - For scanty urine, add zhu ling, hua shi

Edema

shui zhong

- The accumulation of fluids in the body
- Yang edema: acute, beginning with the head and face, most severe above the waist
- Yin edema: developing slowly, beginning with the feet, most severe below the waist
- Includes: congestive heart failure, acute and chronic nephritis, endocrine disease and nutritional imbalance

Etiology and pathogenesis

- Relative to lung, spleen and kidney
- External wind heat or invasion of water-dampness or damp-heat---repletion pattern---yang edema
- Improper diet, overindulgence in sexual activity---root vacuity with branch repletion---yin edema
- Transformation between yin and yang edema

Patterns

- Attack by Wind Heat
- Accumulation of water dampness
- Accumulation of damp heat
- Vacuity of Spleen Yang
- Vacuity of Kidney Yang

Attack by Wind Heat

- **Key symptoms:**
 - Abrupt onset of edema beginning with eyelids and face, gradually spreading to the limbs and entire body. Sensitivity to drafts, fever, heavy aching limbs, difficult urination and sore red swollen throat. Red tongue. Rapid slippery floating pulse.
- **Treatment method:** expel wind, clear heat, diffuse the lung, remove water
- **Formula:** Yue Pi Jia Zhu Tang
- **Acupuncture:** UB13 fei shu, UB12 feng men, LU7 lie que, LI4 he gu, LI6 pian li, SJ5 wai guan

Formula and modifications

- Yue Pi Jia Zhu Tang
 - Ma huang, shi gao, sheng jiang, gan cao, da zao, bai zhu
- Modifications:
 - To reinforce diuretic effects, add che qian zi, ze xie, shi wei, bai mao gen
 - For sore red swollen throat, delete sheng jiang, da zao, add ban lan gen, pu gong ying, jie geng, lian qiao
 - For cough and difficult breathing, add qian hu, xing ren, sang bai pi, ting li zi
 - For hematuria, add xiao ji, bai mao gen
 - For wind cold, delete shi gao, add zi su ye, fang feng, gui zhi

Accumulation of water dampness

- **Key symptoms:**
 - Generalized pitting edema, scanty urine, heavy body, fatigue, oppression in the chest, loss of appetite, nausea, slow onset. Deep slow pulse, white sticky tongue coating.
- **Treatment method:** tonify the spleen, transform dampness, invigorate yang, drain water
- **Formula:** Wu pi san and Wei ling tang
- **Acupuncture:** UB20 pi shu, SP9 yin ling quan, Ren12 zhong wan, Ren9 shui fen, ST36 zu san li, UB22 san jiao shu

Formula and modifications

- Wu pi san
 - Sang bai pi, fu ling pi, sheng jiang pi, chen pi, da fu pi
- Wei ling tang
 - Cang zhu, bai zhu, zhu ling hou po, chen pi, ze xie, gui zhi, zhi gan cao
- Modifications:
 - For severe edema accompanied by difficult breathing, add ma huang, xing ren, ting li zi

Accumulation of damp heat

- **Key symptoms:**
 - General edema, moist shiny skin, chest oppression, epigastric fullness, irritability, thirst, dark scanty urine, constipation. Yellow sticky tongue coating. Soft rapid or deep rapid pulse.
- **Treatment method:** dispel damp, clear heat, disinhibit water and disperse swelling
- **Formula:** Shu zao yin zi
- **Acupuncture:** SP9 yin ling quan, Ren9 shui fen, UB39 wei yang, LI4 he gu, LI11 qu chi, UB22 san jiao shu

Formula and modifications

- Shu zao yin zi
 - Ze xie, chi xiao dou, shang lu, qiang huo, da fu pi, jiao mu, mu tong, qin jiao, bing lang, fu ling pi, sheng jiang
- Modifications:
 - For abdominal fullness and constipation, add ji jiao li huang wan: fang ji, jiao mu, ting li zi, da huang
 - For damp-heat injured blood vessels, add da ji, xiao ji, bai mao gen

Vacuity of Spleen Yang

- **Key symptoms:**
 - Generalized pitting edema that is more severe in the legs, epigastric or abdominal distention, loss of appetite, loose stools, sallow complexion, fatigue, cold limbs, scanty urine. Pale tongue white sticky coating. Deep slow or deep weak pulse.
- **Treatment method:** warm and invigorate spleen yang, transform dampness, disinhibit water
- **Formula:** Shi pi yin
- **Acupuncture:** UB20 pi shu, SP9 yin ling quan, Ren6 qi hai, Ren9 shui fen, ST36 zu san li, SP6 san yin jiao

Formula and modifications

- Shi pi yin
 - Hou po, bai zhu, mu gua, mu xiang, cao guo, bing lang, zhi fu zi, pao jiang, fu ling, zhi gan cao, sheng jiang, da zao
- Modifications:
 - For severe qi vacuity, add huang qi, ren shen
 - For severe water dampness, add gui zhi, zhu ling, ze xie

Vacuity of Kidney Yang

- **Key symptoms:**
 - Generalized pitting edema that is more severe below waist, palpitations, shortness of breath, low back pain, scanty urine, cold limbs, fatigue, pale complexion. Pale swollen tongue white coating. Deep thready slow weak pulse.
- **Treatment method:** warm and invigorate kidney yang, disinhibit water and disperse swelling
- **Formula:** Zhen wu tang
- **Acupuncture:** UB23 shen shu, UB20 pi shu, Ren4 guan yuan, Ren9 shui fen, Ren6 qi hai, KI7 fu liu

Formula and modifications

- Zhen wu tang
 - zhi fu zi, fu ling, bai shao yao, bai zhu, sheng jiang
- Modifications:
 - To warm and supplement kidney yang, add hu lu ba, ba ji tian, rou gui
 - For water evil affecting lung, add ting li zi
 - For water intimidating heart, increase dosage of fu zi, add gui zhi, dang shen, yi mu cao, hong hua, zhi gan cao
 - For external cold, delete bai shao yao, add ma huang, xi xin, gan cao