

# Class 2: Stomach Pain, Hiccough, Vomiting

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# Stomach Pain

## wei tong

- Stomach pain manifests frequent painful sensations in the epigastrium as its major symptom
- Includes:
  - Acute and chronic gastritis, gastric and duodenal ulcers, gastric cancer and gastric neurosis

# Etiology and pathogenesis

- Repletion and vacuity
  - Repletion: cold evil, food stagnation, qi stagnation, accumulation of heat and blood stasis
  - Vacuity: vacuity of stomach yin, vacuity-cold of the spleen and stomach
- Related to liver and spleen
- Initially involves qi, and then blood

# Patterns

- Stomach cold
- Food stagnation
- Disruption of the stomach by liver qi
- Accumulation heat in the liver and stomach
- Obstruction of the stomach by static blood
- Depletion of stomach yin
- Vacuity cold of the spleen and stomach

# Stomach cold

- **Key symptoms:**
  - Abrupt onset of epigastric pain which is aggravated by cold and alleviated by warmth, no thirst, white coating and tight, wiry pulse.
- **Treatment method:** dissipate cold, relieve pain
- **Formula:** liang fu wan
- **Acupuncture:** Ren12 zhong wan, ST36 zu san li, PC6 nei guan, SP4 gong sun

# Formula and modifications

- Liang fu wan:
  - Gao liang jiang, xiang fu zi
- Modifications:
  - Cold evil is predominant, add wu zhu yu, chen pi
  - For stomach pain caused by wind-cold, use xiang su san, xiang fu zi, zi su ye, chen pi, zhi gan cao
  - For cold resulting in food stagnation: add zhi shi, shen qu, ji nei jin, ban xia, sheng jiang

# Obstruction by food stagnation

- **Key symptoms:**
  - Stomach pain aggravated by pressure, and relieved by vomiting or expelling flatus. eructation of foul gas, acid regurgitation, epigastric distention. Thick slimy coating, slippery pulse.
- **Treatment method:** disperse food, abduct stagnation, relieve pain
- **Formula:** bao he wan
- **Acupuncture:** Ren11 jian li, ST36 zu san li, PC6 nei guan, M-LE-1 li nei ting

# Formula and modifications

- Bao he wan:
  - Shan zha, shen qu, jiang ban xia, fu ling, chen pi, lian qiao, lai fu zi
- Modifications:
  - For distention of epigastrium and abdomen, add zhi shi, sha ren, bing lang
  - For constipation, use xiao cheng qi tang: da huang, zhi shi, hou po



# Disruption of the stomach by liver qi

- **Key symptoms:**
  - Epigastric distention and pain spreading through the costal regions, belching, acid regurgitation, which are associated with stress. White coating, wiry pulse.
- **Treatment method:** soothe the liver, rectify qi, harmonize the stomach, relieve pain
- **Formula:** chai hu shu gan san
- **Acupuncture:** Ren12 zhong wan, LV14 qi men, ST36 zu san li, PC6 nei guan, LV3 tai chong, GB34 yang ling quan

# Formula and modifications

- Chan hu shu gan san:
  - Chai hu, bai shao yao, xiang fu zi, chuan xiong, chen pi, zhi ke, gan cao
- Modifications:
  - For severe pain, add chuan lian zi, yan hu suo
  - For frequent belching, add chen xiang, xuan fu hua

# Accumulation heat in the liver and stomach

- **Key symptoms:**
  - Acute, burning pain in the epigastrium, irritability, acid regurgitation, dry bitter taste in the mouth. Red tongue yellow coating. Wiry rapid pulse.
- **Treatment method:** soothe the liver, clear heat, harmonize the stomach, relieve pain
- **Formula:** hua gan jian, zuo jin wan
- **Acupuncture:** Ren12 zhong wan, ST36 zu san li, PC6 nei guan, LV2 xing jian, ST34 liang qiu, ST44 nei ting

# Formula and modifications

- Hua gan jian:
  - Mu dan pi, shan zhi zi, bai shao yao, qing pi, chen pi, ze xie, chuan bei mu
- Zuo jin wan
  - Huang lian, wu zhu yu
- Modifications:
  - To resolve depression and relieve pain without yin depleting, add fo shou, mei gui hua, yu jin

# Obstruction of the stomach by static blood

- **Key symptoms:**
  - Stabbing stomach pain of fixed location which increases with pressure, vomiting blood or black stools. Dark purple tongue, rough, thready pulse.
- **Treatment method:** quicken the blood, abduct stagnation, rectify qi, relieve pain
- **Formula:** shi xiao san, dan shen yin
- **Acupuncture:** Ren12 zhong wan, ST36 zu san li, PC6 nei guan, SP4 gong sun, ST34 liang qiu, ST21 liang men

# Formula and modifications

- Shi xiao san:
  - Wu ling zhi, pu huang
- Dan shen yin:
  - Dan shen, tan xiang, sha ren
- Modifications:
  - For vomiting blood or bloody stools, add san qi, bai ji, di yu
  - For vacuity-cold of the spleen and stomach with failure of the spleen to secure the blood, use huang tu tang
  - In case of vacuous yin with blood heat, add bei sha shen, sheng di huang, mu dan pi, e jiao, mai men dong
  - For chronic bleeding due to qi and blood deficiency, use gui pi tang

# Depletion of stomach yin

- **Key symptoms:**
  - Dull indistinct epigastric pain, dry mouth, hard dry stool. Red dry tongue, rapid thready pulse.
- **Treatment method:** nourish yin, boost the stomach, relieve pain
- **Formula:** yi guan jian, shao yao gan cao tang
- **Acupuncture:** UB20 pi shu, UB21 wei shu, Ren12 zhong wan, ST36 zu san li, SP6 san yin jiao, KI3 tai xi

# Formula and modifications

- Yi guan jian:
  - Bei sha shen, mai men dong, dang gui, sheng di huang, gou qi zi, chuan lian zi,
- Shao yao gan cao tang:
  - Bai shao yao, zhi gan cao
- Modifications:
  - For burning epigastric pain, clamoring stomach and acid regurgitation, use zuo jin wan
  - For reduced food intake, delete mai men dong, add shan yao, bai zhu
  - For vacuous yin and blood, add he shou wu, bai zi ren, huo ma ren



# Vacuity cold of the spleen and stomach

- **Key symptoms:**
  - Dull indistinct epigastric pain, decrease in pressure or warmth, regurgitation of clear fluids, reduced food intake, fatigue, cold extremities, loose stool. Pale tongue white coating, slow and weak pulse.
- **Treatment method:** warm and supplement the spleen and stomach, relieve pain
- **Formula:** huang qi jian zhong tang
- **Acupuncture:** UB20 pi shu, UB21 wei shu, Ren12 zhong wan, ST36 zu san li, Ren6 qi hai, PC6 nei guan, SP4 gong sun

# Formula and modifications

- Huang qi jian zhong tang:
  - Huang qi, bai shao yao, gui zhi, zhi gan cao, sheng jiang, da zao, yi tang
- Modifications:
  - For regurgitation of relatively large amount of clear fluids, add gan jiang, chen pi, ban xia, fu ling
  - For poor food intake, eructation of foul gas and thick slimy tongue coating, add zhi shi, hou po, shen qu, mai ya
  - For vacuity-cold of the spleen and stomach with failure of the spleen to secure the blood, use huang tu tang
  - For cold is severe with acute pain and cold extremities, use da jian zhong tang
  - For loose stools, use fu zi li zhong wan
  - After alleviating of stomach pain, use xiang sha liu jun zi tang

# Hiccough e ni

- Hiccough is characterized by the counterflow of qi, resulting in the production of short spasmodic involuntary hiccup sounds
- It may occur as an isolated dysfunction, it may also occur during the course of the other acute and chronic disorders

# Etiology and pathogenesis

- Stomach qi counterflow
- Overeating: cold and raw foods; hot spicy foods
- Emotional depression or anger
- Chronic diseases

# Patterns

- Stomach cold
- Effulgent stomach fire
- Liver qi stagnation
- Spleen and stomach yang vacuity
- Stomach yin vacuity

# Stomach cold

- **Key symptoms:**
  - Deep slow and forceful hiccough, which is aggravated by cold and alleviated by warmth, no thirst, white coating and slow forceful pulse.
- **Treatment method:** warm the stomach, dispel cold, relieve hiccough
- **Formula:** Ding xiang shi di tang
- **Acupuncture:** Ren12 zhong wan, LI4 he gu, PC6 nei guan, ST36 zu san li, UB17 ge shu

# Formula and modifications

- Ding xiang shi di tang
  - Ding xiang, gao liang jiang, shi di, zhi gan cao
- Modifications:
  - For severe cold, add wu zhu yu, rou gui
  - For phlegm and food stagnation, add hou po, chen pi, ban xia, fu ling

# Effulgent stomach fire

- **Key symptoms:**
  - Loud clear hiccough, halitosis, irritability, thirst with preference for cold drinks, dark scanty urine, constipation. Yellow coating, rapid slippery pulse.
- **Treatment method:** drain heat, downbear stomach qi, relieve hiccough
- **Formula:** Zhu ye shi gao tang
- **Acupuncture:** Ren12 zhong wan, ST44 nei ting, PC6 nei guan, ST36 zu san li, UB17 ge shu



# Formula and modifications

- Zhu ye shi gao tang
  - Zhu ye, mai men dong, shi gao, ren shen, fa ban xia, gan cao, jing mi
- Modifications:
  - To avoid fostering heat, delete ren shen, bei sha shen
  - To clear stomach and move qi downward, add shi di, zhu ru
  - For constipation with fullness of the abdomen, add xiao cheng qi tang

# Liver qi stagnation

- **Key symptoms:**
  - Hiccough associated with stress, distention and pain at the hypochondrium, borborygmus, flatulence. thin coating, wiry pulse.
- **Treatment method:** soothe the liver, calm the stomach, relieve hiccough
- **Formula:** Wu mo yin zi
- **Acupuncture:** Ren12 zhong wan, PC6 nei guan, ST36 zu san li, UB17 ge shu, Ren17 tan zhong, LV3 tai chong, LV14 qi men

# Formula and modifications

- Wu mo yin zi
  - Mu xiang, bing lang, zhi shi, wu yao, chen xiang
- Modifications:
  - To reinforce to soothe the liver and relieve stagnation, add chuan lian zi, yan hu suo
  - To move qi downward and relieve hiccough, add ding xiang, dai zhe shi
  - For liver fire, add huang lian, zhi shi, da huang
  - For phlegm, use xuan fu dai zhe tang

# Spleen and stomach yang vacuity

- **Key symptoms:**
  - Low weak hiccough that interferes with respiration, pale complexion, cold limbs, fatigue, low food intake, pale tongue white coating, deep thready weak pulse.
- **Treatment method:** warm and supplement the spleen and stomach, harmonize the middle burner, downbear qi, relieve hiccough
- **Formula:** li zhong tang
- **Acupuncture:** Ren12 zhong wan, PC6 nei guan, ST36 zu san li, UB17 ge shu, Ren6 qi hai

# Formula and modifications

- Li zhong tang
  - Ren shen, bai zhu, gan jiang, gan cao
- Modifications:
  - To reinforce to warm the middle burner and relieve hiccough, add dao dou, wu zhu yu, di xiang
  - For kidney yang deficiency, add rou gui, fu zi
  - For food stagnation, add chen pi, mai ya
  - For spleen qi deficiency, use bu zhong yi qi tang

# Stomach yin vacuity

- **Key symptoms:**
  - Fast and abrupt hiccough, irritability, dry mough, dry red tongue with cracks, rapid thready pulse.
- **Treatment method:** nourish stomach yin, generate liquid, relieve hiccough
- **Formula:** yi wei tang
- **Acupuncture:** Ren12 zhong wan, PC6 nei guan, ST36 zu san li, UB17 ge shu, KI3 tai xi, SP6 san yin jiao

# Formula and modifications

- Yi wei tang
  - Bei sha shen, sheng di huang, mai men dong, yu zhu, bing tang
- Modifications:
  - To reinforce to relieve hiccough, add pi pa ye, shi hu, shi di
  - To boost qi and harmonize the middle jiao, add ju pi zhu ru tang

# Vomiting

## ou tu

- Ou referring to the condition in which there is vomit with sound, tu referring to the condition in which there is vomit without sound.
- Includes:
  - Acute and chronic gastritis, gastrectasis (dilation of the stomach), cardiospasm and esophageal spasm.



# Etiology and pathogenesis

- Six external evils
- Internal disruption
  - Seven affects
  - Improper diet
  - Eating habits

# Patterns

- Exterior evil invading stomach
- Food stagnation
- Liver qi invading stomach
- Obstruction of phlegm dampness
- Depletion of stomach yin
- Vacuity cold of spleen and stomach

# Exterior evil invading stomach

- **Key symptoms:**
  - Sudden onset of vomiting accompanied by aversion to cold, fever, Body aches, oppression in the chest, epigastric fullness. White slimy coating, floating wiry pulse.
- **Treatment method:** dispel evils, transform turbidity with aromatic herbs, relieve vomiting
- **Formula:** huo xiang zheng qi san
- **Acupuncture:** Ren12 zhong wan, LI4 he gu, PC6 nei guan, ST36 zu san li, UB11 da zhu, GB20 feng chi

# Formula and modifications

- Huo xiang zheng qi san
  - Huo xiang, zi su ye, bai zhi, da fu pi, fu ling, bai zhu, chen pi, jiang ban xia, hou po, jie geng, zhi gan cao, sheng jiang, da zao
- Modifications:
  - For food stagnation, delete bai zhu, zhi gan cao, da zao, add shen qu, ji nei jin
  - For strong wind-cold evil, add fang feng, jing jie
  - In case of attack by summerheat-dampness, delete bai zhi, bai zhu, zhi gan cao, da zao, add huang lian, pei lan, he ye

# Food stagnation

- **Key symptoms:**
  - Vomiting of undigested food, eructation of foul gas, acid regurgitation, epigastric distention. Loss of appetite, foul stools. Thick slimy coating, slippery pulse.
- **Treatment method:** disperse food, abduct stagnation, relieve vomiting
- **Formula:** bao he wan
- **Acupuncture:** Ren12 zhong wan, PC6 nei guan, ST36 zu san li, Ren11 jian li, Ren 21 xuan ji, SP14 fu jie

# Formula and modifications

- Bao he wan:
  - Shan zha, shen qu, jiang ban xia, fu ling, chen pi, lian qiao, lai fu zi
- Modifications:
  - For constipation with fullness of the abdomen, add xiao cheng qi tang

# Liver qi invading the stomach

- **Key symptoms:**
  - Vomiting, belching, acid regurgitation, which are associated with stress. Oppression in the chest, hypochondria pain. White thin coating, wiry pulse.
- **Treatment method:** soothe the liver, calm the stomach, downbear qi, relieve vomiting
- **Formula:** ban xia hou po tang with zuo jin wan
- **Acupuncture:** Ren12 zhong wan, PC6 nei guan, ST36 zu san li, LV3 tai chong, GB34 yang ling quan

# Formula and modifications

- Ban xia hou po tang
  - Jiang ban xia, hou po, fu ling, sheng jiang, zi su ye
- Zuo jin wan
  - Huang lian, wu zhu yu
- Modifications:
  - For heat in the stomach and intestine, add da huang, zhi shi
  - For severe heat in the liver and stomach, add zhi zi, zhu ru



# Obstruction of phlegm dampness

- **Key symptoms:**
  - Vomiting of clear liquid and mucus, epigastric fullness, loss of appetite, dizziness, palpitation. White slimy coating. Slippery pulse.
- **Treatment method:** warm and dispel phlegm, calm the stomach, relieve vomiting
- **Formula:** xiao ban xia tang with ling gui zhu gan tang
- **Acupuncture:** Ren12 zhong wan, PC6 nei guan, ST36 zu san li, SP9 yin ling quan, SP4 gong sun, ST40 feng long

# Formula and modifications

- Xiao ban xia tang
  - Ban xia, sheng jiang
- Ling gui zhu gan tang
  - Fu ling, gui zhi, bai zhu, zhi gan cao
- Modifications:
  - For phlegm heat, use wen dan tang, zhi ban xia, zhu ru, chen pi, zhi shi, zhi gan cao, fu ling, sheng jiang, da zao

# Depletion of stomach yin

- **Key symptoms:**
  - Repeated vomiting with spells of retching, thirst, dry mouth, hunger without desire for food, red with little coating, rapid thready pulse.
- **Treatment method:** nourish stomach yin, downbear qi, relieve vomiting
- **Formula:** mai men dong tang
- **Acupuncture:** Ren12 zhong wan, PC6 nei guan, ST36 zu san li, SP4 gong sun, KI3 tai xi, SP6 san yin jiao

# Formula and modifications

- Mai men dong tang
  - Mai men dong, ren shen, jiang ban xia, gan cao, jing mi, da zao
- Modifications:
  - Ren shen is often replaced by bei sha shen
  - For severe fluid depletion, reduce jiang ban xia, add shi hu, tian hua fen, zhi mu, zhu ru
  - For constipation, add huo ma ren, feng mi

# Spleen and stomach vacuity cold

- **Key symptoms:**
  - Vomiting due to increase in food intake, pale complexion, fatigue, cold extremities, loose stool. Pale tongue white coating, weak pulse.
- **Treatment method:** warm the middle burner, strengthen the spleen, calm the stomach, downbear qi
- **Formula:** li zhong tang
- **Acupuncture:** Ren12 zhong wan, PC6 nei guan, ST36 zu san li, UB20 pi shu, UB21 wei shu, SP4 gong sun

# Formula and modifications

- Li zhong tang
  - Ren shen, bai zhu, gan jiang, gan cao
- Modifications:
  - To reinforce the effect against vomiting, add jiang ban xia, chen pi, sha ren
  - For prolonged vomiting of clear fluid, add wu zhu yu