

# Class 3: Esophageal constriction, Abdominal Pain

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# Esophageal constriction

## ye ge

- Ye refers to difficulty in swallowing food, ge refers to an involuntary resistance to swallowing food or drink, or vomiting immediately after the intake of food or drink
- Includes:
  - Spasms of cardiac sphincter, hiatal hernia, esophagitis, esophageal diverticulosis, esophageal cancer and other functional disorders of the esophagus

# Etiology and pathogenesis

- Liver and spleen
  - Emotion---phlegm stagnation---stagnation of qi and blood
- Stomach and kidney
  - Overeating sweet or spicy food, indulgence in smoking or alcohol---damp heat---injure yin---depletion of fluids and blood

# Patterns

- Congestion of qi and phlegm
- Depletion of fluids with accumulation of heat
- Blood stasis
- Qi and Yang deficiency

# Congestion of qi and phlegm

- **Key symptoms:**
  - Sensation of obstruction in the throat when swallowing, fullness and oppression in the chest and diaphragm, minor relief of symptoms when in a favorable emotional state. Sticky tongue coating, wiry slippery pulse.
- **Treatment method:** rectify qi, transform phlegm, resolve depression
- **Formula:** qi ge san
- **Acupuncture:** Ren22 tian tu, Ren17 tan zhong, Ren13 shang wan, PC6 nei guan, ST36 zu san li, UB21 wei shu

# Formula and modifications

- Qi ge san
  - Bei sha shen, dan shen, fu ling, yu jin, chuan bei mu, sha ren ke, he ye di, mi pi kang
- Modifications:
  - To reinforce the effect, add gua lou, chen pi, dan xing, xuan fu hua, dai zhe shi
  - For injury to fluids, add zeng ye tang: xuan shen, mai men dong, sheng di huang

# Depletion of fluids with accumulation of heat

- **Key symptoms:**
  - Difficult swallowing with pain and sensation of obstruction, especially solid. Emaciation, dry mouth, constipation, five palms heat. Dry red tongue with cracks, thready rapid pulse.
- **Treatment method:** nourish yin, generate liquid, clear heat
- **Formula:** sha shen mai meng dong tang
- **Acupuncture:** Ren22 tian tu, Ren17 tan zhong, Ren13 shang wan, PC6 nei guan, ST36 zu san li, SP6 san yin jiao

# Formula and modifications

- Sha shen mai men dong tang
  - Bei sha shen, mai men dong, tian hua fen, yu zhu, bai bian dou, sang ye, gan cao
- Modifications:
  - To reinforce nourishing yin and clearing heat, add: xuan shen, dan shen, sheng di huang, shi hu, jin yin hua, shan dou gen, yin chai hu
  - For hard stools, add da huang



# Blood stasis

- **Key symptoms:**
  - Spasmodic pain of fixed location in the chest, inability to swallow solid foods and difficulty in swallowing liquids. Vomiting of dark red liquids in some cases. Emaciation, dry skin. Dry dark, purplish tongue, rough thready pulse.
- **Treatment method:** nourish yin, moisten dryness, move static blood, break masses
- **Formula:** qi ge san with tao hong yin
- **Acupuncture:** Ren22 tian tu, Ren17 tan zhong, Ren13 shang wan, PC6 nei guan, ST36 zu san li, UB17 ge shu

# Formula and modifications

- Qi ge san
  - Bei sha shen, dan shen, fu ling, yu jin, chuan bei mu, sha ren ke, he ye di, mi pi kang
- Tao hong yin
  - Tao ren, hong hua, chuan xiong, dang gui wei, wei ling xian
- Modifications:
  - For severe case, add san qi, chi shao yao, hai zao, kun bu, gua lou

# Qi and Yang deficiency

- **Key symptoms:**
  - Prolonged inability to swallow food or liquids, emaciation, pale complexion, listlessness, physical cold, shortness of breath, regurgitation of clear fluids, edema. Pale tongue thin white coating, weak thready pulse.
- **Treatment method:** supplement spleen qi, warm kidney yang
- **Formula:** Bu qi yun pi tang, You gui wan
- **Acupuncture:** Ren22 tian tu, Ren17 tan zhong, Ren13 shang wan, PC6 nei guan, ST36 zu san li, UB17 ge shu, UB23 shen shu, UB20 pi shu, UB21 wei shu

# Formula and modifications

- Bu qi yun pi tang
  - Ren shen, bai zhu, fu ling, huang qi, jiang ban xia, chen pi, sha ren, gan cao, sheng jiang, da zao
- You gui wan
  - Shu di huang, shan yao, shan zhu yu, gou qi zi, lu jiao jiao, tu si zi, du zhong, dang gui, rou gu, zhi fu zi

# Stomach Reflux

## fan wei

- **Pattern:** Spleen and stomach vacuity cold with stomach qi counterflow
- **Key symptoms:**
  - Epigastric distention after eating, vomiting in the evening of food eaten in the morning and vomiting in the morning food in the evening, vomit containing undigestion food, fatigue, lusterless complexion. Pale tongue thin white coating, weak thready pulse. .
- **Treatment method:** warm and strengthen the spleen and stomach, downbear qi
- **Formula:** Ding chen tou ge san
- **Acupuncture:** UB20 pi shu, UB21 wei shu, Ren12 zhong wan, PC6 nei guan, ST36 zu san li, LV13 zhang men, Ren6 qi hai

# Formula and modifications

- Ding chen tou ge san
  - Ren shen, bai zhu, mu xiang, jiang ban xia, sha ren, chen pi, huo xiang, hou po, xiang fu zi, qing pi, ding xiang, rou dou kou, cao guo, shen qu, mai ya, zhi gan cao
- Modifications
  - For severe vomiting, add xuan fu hua, dai zhe shi
  - For spleen and kidney yang deficiency, add fu zi li zhong tang

# Abdominal Pain

## fu tong

- Abdominal refers to pain in the region around the umbilicus to the pubic bone.
- Includes:
  - Acute and chronic gastroenteritis, enterospasm, psychosomatic gastrointestinal conditions and dyspepsia

# Etiology and pathogenesis

- External evils:
  - Cold, dampness, heat
- Internal disruption:
  - Improper diet, poor eating habits, emotional stress or constitutional yang vacuity
- Stagnation and obstruction of the flow of qi, leading to blockage of the connecting vessels, or to reduced nourishment of the channels, resulting in abdominal pain



# Patterns

- Obstruction by cold evil
- Obstruction by damp-heat
- Vacuity of spleen yang
- Obstruction by food stagnation
- Qi stagnation and blood stasis
  - predominant qi stagnation
  - predominant blood stasis

# Obstruction by cold evil

- **Key symptoms:**
  - Abrupt and sudden abdominal pain which is aggravated by cold and alleviated by warmth, no thirst, copious clear urine, loose stools. white slimy tongue coating and tight deep pulse.
- **Treatment method:** warm the middle burner, dissipate cold, regulate qi, relieve pain
- **Formula:** Liang fu wan, Zheng qi tian xiang
- **Acupuncture:** Ren12 zhong wan, ST36 zu san li, PC6 nei guan, SP4 gong sun, SP15 da heng, LI4 he gu

# Formula and modifications

- Liang fu wan:
  - Gao liang jiang, xiang fu zi
- Zheng qi tian xiang san
  - Wu yao, gan jiang, xiang fu zi, zi su zi, chen pi
- Modifications:
  - For excruciating pain in the umbilical region relieved by heat or pressure, use tong mai si ni tang: zhi fu zi, gan jiang, gan cao

# Obstruction by damp-heat

- **Key symptoms:**
  - Abdominal pain aggravated by pressure, abdominal distention. Constipation or difficult elimination of loose stools. Thirst, scanty dark urine. Thick yellow coating, slippery pulse.
- **Treatment method:** free the stool, dispel damp-heat
- **Formula:** Da cheng qi tang
- **Acupuncture:** Ren10 xia wan, ST21 liang men, LI11 qu chi, ST25 tian shu, SP9 yin ling quan

# Formula and modifications

- Da cheng qi tang:
  - Da huang, mang xiao, zhi shi, hou po
- Modifications:
  - In cases of difficult elimination of loose stools, delete mang xiao, add huang qin, shan zhi zi
  - For abdominal pain extending through the costal regions, add chai hu, yu jin

# Vacuity of spleen yang

- **Key symptoms:**
  - Dull periodic abdominal pain relieved by heat or pressure that increases when hungry or fatigued, loose stools, tiredness, physical cold. pale tongue white coating, deep thready pulse.
- **Treatment method:** warm and supplement spleen yang, relieve pain
- **Formula:** Xiao jian zhong tang
- **Acupuncture:** ST36 zu san li, SP6 san yin jiao, UB20 pi shu, UB23 shen shu, Ren4 guan yuan, LV13 qi men

# Formula and modifications

- Xiao jian zhong tang:
  - bai shao yao, gui zhi, zhi gan cao, sheng jiang, yi tang, da zao
- Modifications:
  - For short of breath and poor spirits, add huang qi
  - For severe abdominal pain accompanied by vomiting, cold limbs and a tight thready pulse, use da jian zhong tang: hua jiao, gan jiang, ren shen, yi tang
  - For abdominal pain caused by spleen and kidney yang deficiency, use fu zi li zhong tang

# Obstruction by food stagnation

- **Key symptoms:**
  - Abdominal distention and pain increased by pressure, and decreased by bowel movement. refusal of food, belching of foul gas, acid regurgitation, constipation or diarrhea. Slimy coating and slippery pulse.
- **Treatment method:** disperse food, abduct stagnation, relieve pain
- **Formula:** Bao he wan, Zhi shi dao zhi wan
- **Acupuncture:** Ren12 zhong wan, ST25 tian shu, ST21 liang men, ST36 zu san li, M-LE-1 li nei ting



# Formula and modifications

- Bao he wan (mild cases)
  - Shan zha, shen qu, jiang ban xia, fu ling, chen pi, lian qiao, lai fu zi
- Zhi shi dao zhi wan (severe cases)
  - Zhi shi, shen qu, bai zhu, huang lian, huang qin, fu ling, ze xie, da huang

# Qi stagnation and blood stasis (predominant qi stagnation)

- **Key symptoms:**
  - Distention and pain in the epigastrium and abdomen increasing with anger, and without fixed location, relief following belching or expulsion of gas. Thin coating and wiry pulse.
- **Treatment method:** soothe liver, regulate qi
- **Formula:** Chai hu shu gan san
- **Acupuncture:** Ren17 tan zhong, LV3 tai chong, PC6 nei guan, GB34 yang ling quan

# 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
- Modifications:
  - For costal pain, add LV14 qi men

# Qi stagnation and blood stasis (predominant blood stasis)

- **Key symptoms:**
  - Severe pain with definite and stationary location. Purple tongue, wiry pulse.
- **Treatment method:** quicken the blood and dissolve stasis, warm the channel
- **Formula:** Shao fu zhu yu tang
- **Acupuncture:** Ren17 tan zhong, LV3 tai chong, UB17 ge shu, SP6 san yin jiao

# Formula and modifications

- Shao fu zhu yu tang
  - Dang gui, chi shao, chuan xiong, pu huang, wu ling zhi, mo yao, yan hu suo, gan jiang, rou gui, xiao hui xiang
- Modifications:
  - For post-operative pain, add ze lan, hong hua
  - For traumatic injury, add wang bu liu xing, san qi