

Part 2
Chapter 1
**An introduction to channels and
collaterals and points**

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Channels and collaterals

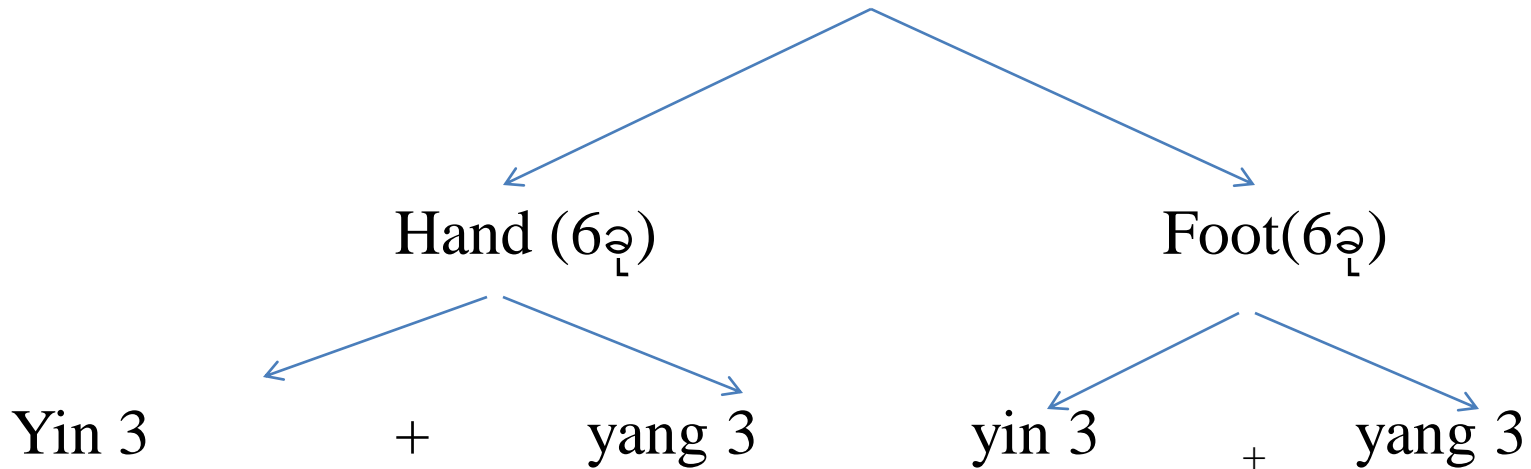
- Passage through which qi and blood circulate
- Interiorly zang-fu
- Exteriorly points

When the human body is affected by a disease, treatment is possible by puncturing the corresponding points on the body surface, which regulates the qi and blood in the channels.

Distribution of the 14 channels on the body surface

12 regular channels

(distributed symmetrically on the right and left sides)



Ren channel **anterior midline** of the body

Du channel **posterior midline** of the body

Three region

1. Extremities
2. Trunk
3. Head, face, neck

Extremities

Upper

- flexor (palmar) side – medial aspect
yin

- extensor (dorsal) side- lateral aspect-
yang

Lower


- tibial side- medial aspect- yin

-fibular side- lateral aspect- yang

Generally,


(1mk)

Yang



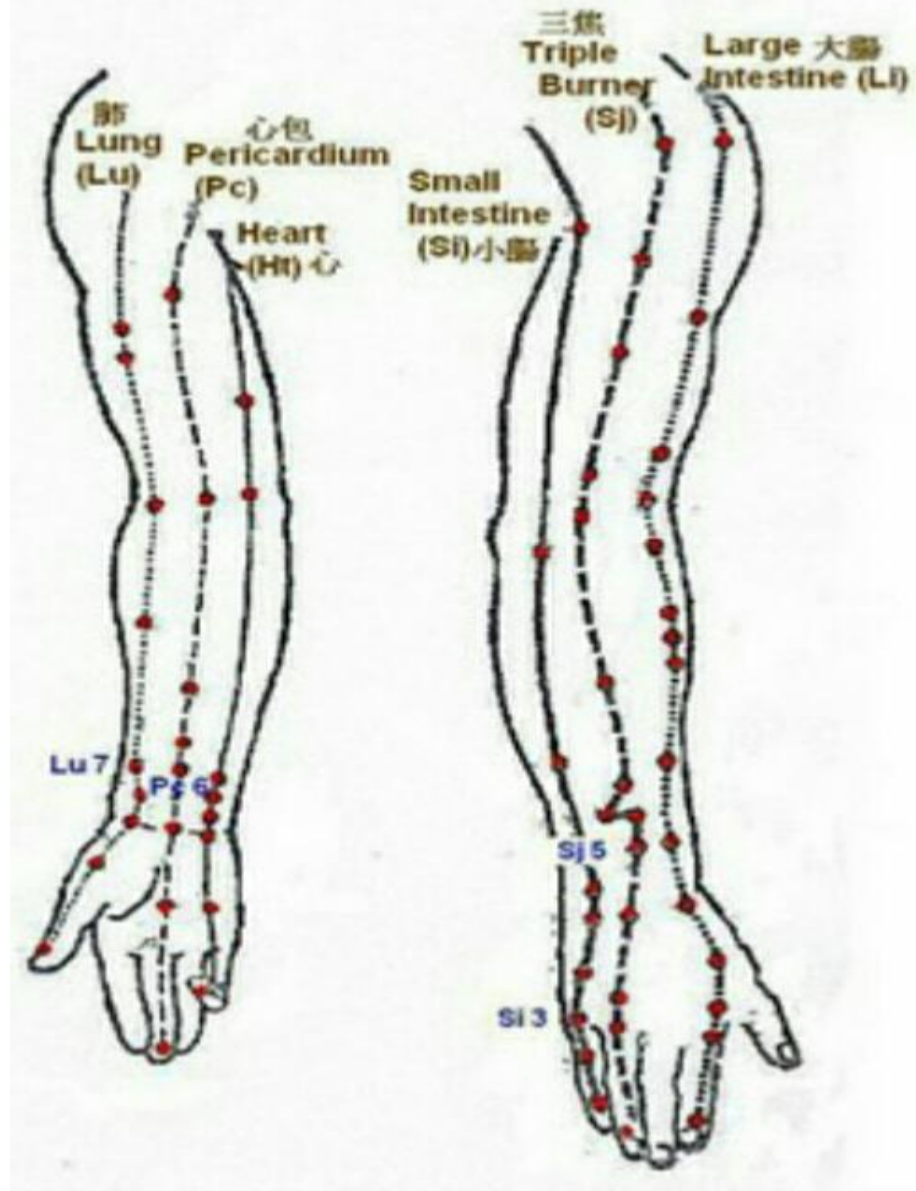
- anteriorly- Yangming channel (LI, St)
- intermediately- Shaoyang channel (SJ, GB)
- posteriorly- Taiyang (SI, UB)

Yin

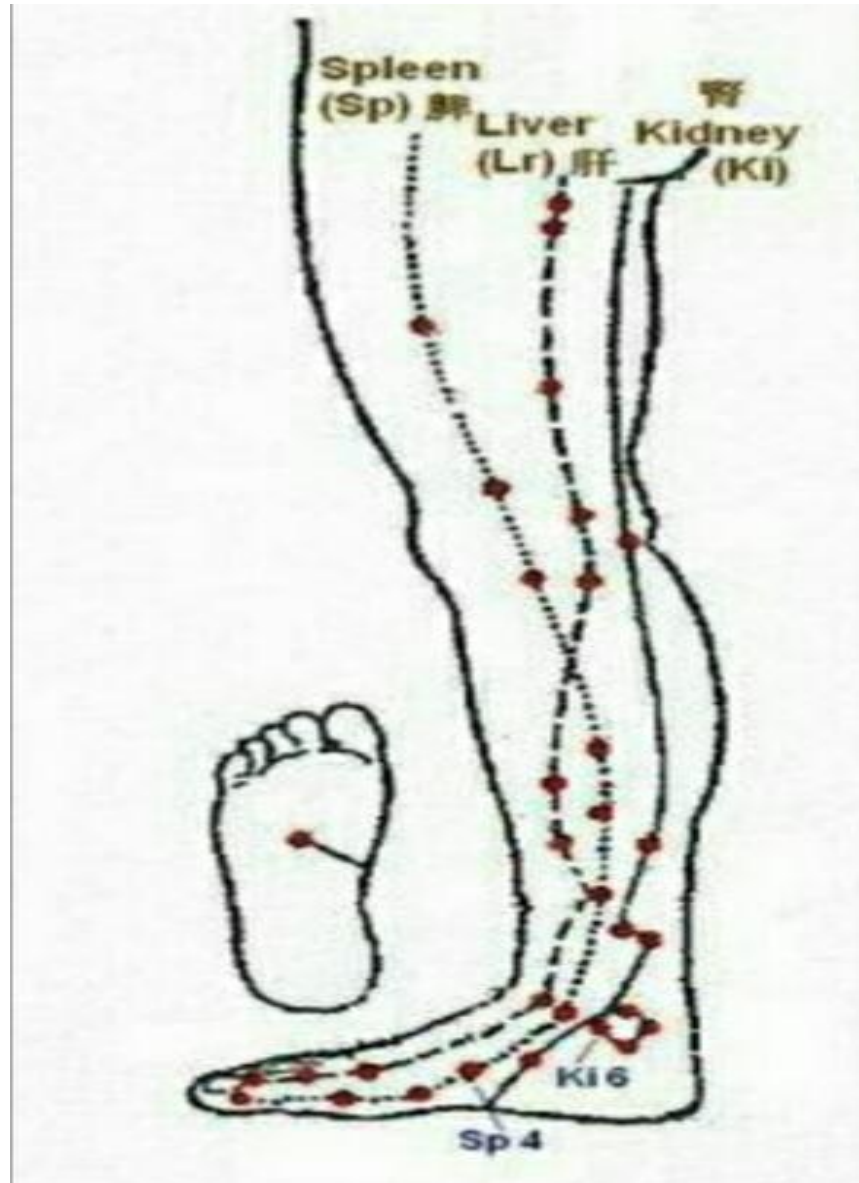


- anteriorly- taiyin (Lu, Sp)
- intermediately- jueyin (PC, Liv)
- posteriorly- shaoyin (Ht, K)

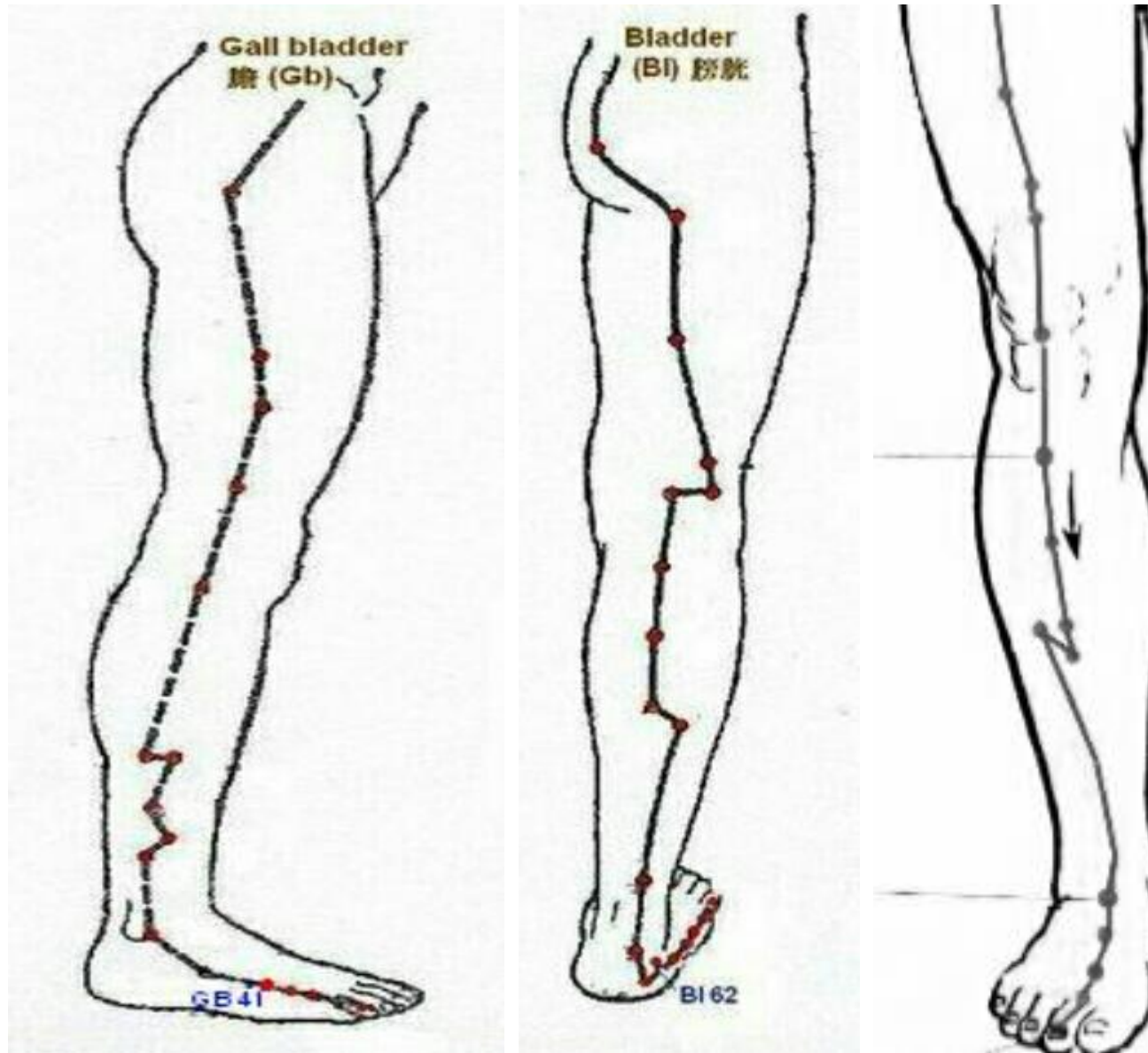
Yin and yang channels at the upper limb



Three yin channels at the lower limb



Three yang channels at the lower limb



Area supplied on the trunk

- Lung - upper portion of the lateral side of chest
- LI - anterior aspect of the shoulder
- St - 2nd lateral line of chest and abdomen
- Sp - 3rd lateral line of chest and abdomen
- Ht - axilla
- SI - scapular region
- UB - 1st and 2nd lateral line of back
- K - 1st lateral line of chest and abdomen

- PC - lateral side of breast
- SJ - superior aspect of shoulder
- GB - lateral side of the hypochondrium and lumbar region
- Liv - external genitalia and hypochondriac region

The head, face and neck

- LI - neck, lower teeth and lateral side of nose
- St - infraorbital region, upper teeth, face and the anterior aspect of the neck
- SI - neck, zygomatic region and the anterior of ear

- SJ - neck, postauricular region, and the lateral end of eyebrow
- GB - outer canthus, temporal region, the 2nd lateral line of head and posterior aspect of neck
- UB - inner canthus, 1st lateral line of head and posterior aspect of neck
- Du - mid sagittal line of head, posterior midline of neck, philtrum and gums of upper teeth
- Ren - anterior midline of neck and mentolabial groove

Classification of points

- Points of 14 channels – 361
(functionally - five- shu, yuan- source, luo- connecting, xi- cleft point, back- shu point, front-mu point, crossing point)
- **extra ordinary points**- definite location but are not listed in 14 channels
- **ashi points**- tender spots or sensitive spots
neither definite locations nor names

- Jing- well - channel of qi starts to bubble (mental illness and stiffing sensation in the chest)
- Ying- spring - qi of channel starts to flourish (febrile disease)
- Shu- stream - qi of channel flourish (bi syndromes caused by pathogenic wind and damp)
- Jing- river -qi of channel increases in abundance (asthma, cough and throat disorders)
- He- sea - qi of channel is most flourishing (intestine, stomach and other fu organs)

Five shu points

- Jing- well
- Ying- spring
- Shu- stream
- Jing- river
- He- sea

Arrange in above order from distal ends of limbs to elbow or knee.

- Image qi along the channel as the movement of water

Yuan (source) points

- where the original qi is retained
- coincide with shu-stream point in the yin channels
- great significance in diagnosis and treatment of disease of channels and zang-fu organs

Luo (connecting) points

- **collateral** in the extremities connecting a definite pair of yin and yang channels which are externally- internally related
- 15 points

Xi (cleft) points

- Where the qi of the channel is deeply converged
- 12 regular channels (12 points)+ yinwei, yangwei, yinqiao, yangqiao (4points)
- Used in treating **acute disorders and pain** in the areas supplied by their respective channels and those respective related organs

Back-shu points

- Points of back where the qi of respective zang-fu organs is infused
- Located on either side of the vertebral column
- When any of zang-fu organs malfunction, an abnormal reaction such as tenderness will occur at the corresponding back shu point
- Play an important role in diagnosis and treatment of disease

Front- mu points

- Are on chest and abdomen where the qi of the zang-fu is infused
- Located close to their respective related zang-fu organs

Crossing points

- Intersection of 2 or more channels

Methods of locating points

1. According to anatomical landmarks
2. Proportional measurement
3. Finger measurement

Head

Anterior hair to posterior hairline -12 cun

Glabella to posterior hairline-15 cun

Glabella to *Dazhui*-18 cun

Two mastoid process – 9 cun

Chest and abdomen

- End of axillary fold on the lateral side of chest to tip of 11th rib-12cun
- Sternocostal angle to center of umblicus- 8cun
- Center of umblicus to upper border of pubis - 5cun
- Two nipples/ two midclavicular line-8cun

Back

- Medial border of scapula and posterior midline- 3cun

Upper extremities

- End of axillary fold and transverse cubital crease-9 cun
- Transverse cubital crease and transverse carple crease – 12 cun

Lower extremities

Upper border of pubis symphysis to medial condyle of femur-18 cun

Prominence of greater trochanter to middle of patella -19 cun

Lower border of medial condyle of tibia to tip of medial malleolus -13 cun

Distance between the center of patella and the tip of lateral malleolus – 16 cun

Distance between the gluteal fold and the knee-14 cun

1. Briefly describe about channel distributions of Lung, Large intestine, stomach and spleen on trunk, head, face and neck. (5 marks)
2. State five shu points and their uses. (5 marks)
3. Measurements of *cun* on the body. (10 marks)

Tutorial (1st)

- I. (a)----- points have definite location but are not listed in 14 channels.
(b) Luo (connecting) points have ----- in the extremities connecting a definite pair of yin and yang channels which are externally-internally related.
(c) In yang channel, Yangming channels (----- and -----) situated anteriorly.
(d) Du channel situated ----- of the body.
(e) In yin channel, intermediately situated ----- channel.
- II. Briefly describe about channel distributions of Lung, Large intestine, stomach and spleen on trunk, head, face and neck. (5 marks)
- III. Describe about measurements of *cun* on the body. (10marks)

CHAPTER VII

Differentiation of syndromes

- data obtained by applying 4 diagnosis methods used for analysis and synthesis
- degree of opposing force between the body resistance and the pathogenic factors
- correct diagnosis is used for correct therapeutic methods and attaining the anticipated clinical results

Pathogenic factors

Interior

- Joy
- Anger
- Pensiveness
- Fear
- Sadness
- Shock

Exterior

- cold
- heat
- summer-heat
- dampness
- dryness
- fire

Others

- physical const
- over-exertion
- excessive sex
- bad diet
- trauma
- parasite
- wrong treatment

Methods for differentiation of syndromes

- (1) Differentiation of syndromes according to eight principles (exterior/interior, heat/cold, excess/deficiency, yin/yang)
- (2) Differentiation of syndromes according to *zang-fu* theory
- (3) Differentiation of syndromes according to channels and collaterals

Differentiation of syndromes according to eight principles (exterior/interior, heat/cold, excess/deficiency, yin/yang)

Exterior/Interior - depth of disease

Heat/Cold - disease nature

Excess/Deficiency - opposing force between anti-pathogenic and pathogenic factors

Yang/Yin - categories of the disease

Yin and yang are chief principles among eight.

Exterior/Interior

Exterior

- Disease invasion of the superficial portion of the body by exogenous pathogenic factors
- Sudden onset with short duration
- Intolerance to cold (wind), fever, headache, nasal obstruction, superficial pulse (1 mk)

Exterior

Cold

- Fever
- **Chills**
- **No sweat**
- Superficial and forceful pulse
- Thin white tongue coating

Heat

- Fever with intolerance to wind
- A little thirst
- **Sweating**
- Superficial and rapid pulse
- Thin yellow tongue coating

Exterior

Deficiency

- Sweating
- Intolerance to wind
- Superficial and **slow** pulse

Excess

- No sweat
- General aching
- Superficial and **forceful** pulse
- White coated tongue

Interior

- exterior can't eliminate in time that change to interior
- Internal organ affected
- Emotional problems
- long duration
- tolerance to cold (wind),no fever, no headache, no nasal obstruction, **deep pulse**

Interior

Cold

- Chills
- Cold limbs
- Pallor
- Deep and slow pulse
- Pale tongue
- Absence of thirst

Heat

- High fever
- Irritability and restlessness
- Flushed face, red eyes
- Rapid pulse of shi type
- Red tongue with yellow coating
- Thirst
- Constipation, deep yellow scanty urine

Interior

Deficiency

- Feeble breathing
- Apathy
- General lassitude
- Palpation
- Dizziness
- Deep pulse of *xu* type
- Flabby and pale tongue with white coating

Excess

- Coarse breathing
- Sonorous voice
- Irritability
- Fullness of chest
- Abdominal distension
- Constipation
- Deep pulse of *shi* type
- Rough tongue with thick coating

Heat/Cold

heat, summer heat, wind, dryness - heat

Cold, dampness, dryness - cold

Heat

Excess

- continuous high fever
- Thirst
- Flushed face, red eyes
- Fullness and distending pain in the abdomen aggravated by pressure
- Unconsciousness
- Delirium
- Constipation
- Concentrated urine
- rapid pulse
- Red or deep red tongue with dry yellow coating

Deficiency

- Afternoon fever
- Dry mouth and throat
- Malar flush
- Insomnia with mental restlessness
- Feverish sensation in palms and soles
- Night sweating
- Constipation
- Concentrated urine
- Thready rapid pulse
- Red tongue with little coating

Excess and deficiency

Excess

- body function is not impaired
- anti pathogenic factors is still of sufficient strength
- pathogenic factors is hyperactive and severs struggle proceeds between pathogenic and pathogenic factors

- Deficiency - function of the human body is weak
- anti pathogenic factors insufficient
 - co-ordination of yin and yang impaired
- Deficiency type - reinforcing method
- Excess type - reducing method
- In complicated state - both reinforcing and reducing methods

Excess

Yin

- Chills
- Cold limbs
- Absent of thirst
- Pallor
- Excessive sputum
- Asthmatic breathing
- Abdominal pain aggravated by pressure
- Loose stool
- Clear urine of increase volume
- Deep slow pulse
- Pale tongue with white or thick sticky coating

Yang

- Continuous high fever
- Thirst
- Flushed face
- Red eyes
- Fullness and distending pain in the abdomen aggravated by pressure
- Unconsciousness
- Delirium
- Constipation
- Concentrated urine
- Rapid pulse
- Red or deep red tongue with dry yellow coating

Deficiency

Yin

- Chills
- Cold limbs
- Sallow complexion
- Absent of thirst
- Listlessness
- Lassitude
- Spontaneous sweating
- Loose stools
- Clear urine in large amount
- Deep slow pulse
- Pale tongue with white coating

Yang

- Afternoon fever
- Malar flush
- Dry mouth and throat
- Insomnia with mental restlessness
- Feverish sensation in palms and soles
- Night sweating
- Constipation
- Concentrated urine
- Thready rapid pulse
- Red tongue with little coating

Differentiation of syndromes according to Zang-fu theory

- To identify visceral diseases by basing on their physiological conditions
 - Depend on the characteristics of the impairment of qi and blood in *Zang-fu* organ
 - Useful in internal diseases and chronic diseases
- (characteristics of deficiency of qi are asthmatic breathing, weakness of voice, pale face, exhaustion, tiredness, loss of appetite) 1mk

Syndromes of heart

- Function** - governs blood and controls mind
- Generally exogenous factors do not attack directly on heart but they can attack pericardium
- Exterior** - fire, heat
- Emotion** - joy, sad, anger
- Types**
- Weakness of the qi of the heart (palpation, tiredness, empty pulse)
 - Insufficiency of the yin of the heart (palpation, mental restlessness, feeling of heat, malar flush, red-peeled tongue with deep midline crack)
 - Stagnation of the blood of the heart (pain in the heart region, cyanosis of lips, bluish and purple tongue)
 - Derangement of mind (mental confusion, rattling sound in throat, white sticky tongue coating)

(1) Weakness of the qi of the heart

Causes – asthenia after a long illness or mental irritation which injures the qi of the heart.

- Palpitation and shortness of breath aggravated by exertion, pale tongue, thready and rapid pulse of xu type or missed beat pulse (qi of the heart is weak)
- If there is evidence of xu of the yang of the heart, there may be chills, cold limbs, pallor and purplish lips (long standing duration of weakness of the qi of the heart may lead to weakness of yang of the heart)

Exhaustion of the yang of the heart may show in profuse sweating, mental confusion and fading thread pulse (defensive qi of the body surface can no longer protect the essential qi and lets it dissipate)

(2) Insufficiency of the yin of the heart

Causes- damage of yin by a febrile disease or mental irritation which consumes the yin of the heart. Insufficiency of the yin of the heart often leads to hyperactivity of fire of the heart.

Palpation, insomnia, dream- disturbed sleep, mental restlessness, with possible malar flush and low grade fever, red tongue, thready and rapid pulse.

Insomnia, poor memory, dream-disturbed sleep
(Insufficiency of the yin of the heart may cause
Insufficiency of the blood of the heart, blood and
yin are not sufficient to nourish the heart, heart
fails in its function of housing the mind)

(3) Stagnation of the blood of the heart

Causes – mental irritation due leading to stagnation of qi and/or stagnation of blood. Or it may be due to insufficiency of qi of the heart after a long illness, in which case the qi of the heart is too weak to pump the blood normally, resulting in stagnation of blood of the heart and obstruction of the vessels.

Palpation and cardiac pain which may even be colicky. Stagnation of blood often impedes the distribution of yang qi in the chest, bringing on discomfort in the chest and cyanosis of lips and nails. Dark purplish tongue or purple spots on the tongue and thready and missed-best pulse are both manifestations of stagnation of blood and confinement of yang qi.

(4) Hyperactivity of the fire of the heart

Causes – mental irritation which causes depression of qi. Before long the depressed qi may turn into endogenous fire to disturb the mind. So there appears insomnia accompanied with a feverish sensation. As the heart connects with the tongue and its function is reflected on the face, flare-up of the fire of the heart may cause ulceration, swelling and pain of the mouth and tongue, red tongue, bitter taste in the mouth and flushed face.

(5) Derangement of mind

Causes- mental irritation which causes depression of qi.

Body fluid stagnates to form damp-phlegm which causes blurring of the heart and mind which caused dullness and mental depression. If the depressed qi turn to fire and phlegm-fire disturbs the heart, mental restlessness results, with incoherent speech and mania.

Blurring of the mind by phlegm-damp or phlegm-fire may be a contribution cause of coma.

High fever, coma and delirium resulting from invasion of pericardium by heat are due to pathogenic heat sinking deep in the interior of the body to disturb the mind.

2. Syndromes of the livers

- Function** - regulate the smooth flow of qi
- Exterior** - wind and dampness
- Diet** - hot and rich food
- Emotion** - anger
- Types** - depression of the qi of the liver
(hypochondriac and chest distention, hypochondriac pain, sighing, hiccup, depression, menstrual problem)
- flare-up of the fire of the liver (irritability, red face, red eyes, red tongue with yellow coating)
 - stagnation of cold in the channel of the liver
- (hypochondriac pain referring to scrotum, wiry tight pulse)
- insufficiency of the blood of the liver (blurred vision, dull pale complexion, irregular menstruation, amenorrhea, pale tongue)
 - stirring of the wind of the liver by heat (sudden unconsciousness, convulsion, deviation of the mouth and eye)

(1) Depression of the qi of the liver

Causes- mental irritation causing depression of the qi of the liver and stagnation of the qi of the liver channel, which leads to hypochondriac and lower abdominal pain and distension, distending sensation of the breasts, discomfort in the chest and sighing, stagnation of qi of the liver may affect the stomach, causing failure of the qi of the stomach to descend, hence the belching.

The sensation of foreign body in the throat is due to stagnation of qi of the liver channel, which with the phlegm, forms a lump in the throat. Depression of the qi of the liver and its dysfunction of storing blood. Moreover, stagnation of qi leads to stagnation of blood – the cause of irregular menstruation.

Q- write down the causes of syndromes of the liver and explain the clinical manifestations, etiology and pathology of depression of qi of the liver. **(10 marks)**

(2) Flare up of the fire of the liver

Causes-long standing depression of qi of the liver which later turns into fire. Or it may be due to indulgence in drinking and smoking causing accumulation of heat which turns into fire. The upward disturbance of fire of the liver is the cause of dizziness, distending sensation in the head, headache, red eyes, bitter taste in mouth and flushed face.

Fire injures the liver causing impairment of its function in promoting the qi to flow unrestrained and freely and causing irascibility. When the fire of the liver injures the blood vessels and causes extravasations of blood, hematemesis and epistaxis occur.

(3) stagnation of cold in the channel of the liver

Causes- the channel of the liver curves around the external genitalia and pass through the lower abdominal region. When cold (characterized by contraction and stagnation) stays in the channel of the liver, stagnation of the qi and blood may occur and cause lower abdominal pain and swelling and distension of the testis with bearing-down pain. Cold and contraction of the scrotum are also due to characteristic of pathogenic cold.

(4) Insufficiency of the blood of the liver

Causes- after haemorrhage or other chronic diseases in which blood is consumed and that which is stored in the liver continuously decreases, failing to nourish the channels. Moreover, xu of the blood may cause rising of the wind so that spasm of the tendons and muscles and numbness of the limbs appear.

Upward disturbance of the wind causes dizziness and blurring of vision. Insufficiency of the blood of the liver and disturbance in the function of storing blood result in emptiness of Chong channel which cause menstrual abnormality.

(5) Stirring of the wind of the liver by heat

Causes- transmission of pathogenic heat from the exterior to the interior, which burns the yin of the liver and deprives tendons and vessels of nourishment. Pathogenic heat in the interior stirs up endogenous wind, eliciting high fever, convulsion, neck rigidity and in severe case, opisthonos. Coma is due to pathogenic heat affecting the pericardium and disturbing the mind.

3. Syndromes of the spleen

Function - transportation and transformation

Diet - excessive cold foods

Emotion - excessive thinking

Exterior - dampness

Types - weakness of the qi of the spleen (no appetite, tiredness, loose stool)

- invasion of the spleen by cold-damp
(stuffiness of chest-epigastrium, feeling of heaviness and white sticky tongue coating)

(1) Weakness of the qi of the spleen

Irregular food intake, excessive mental strain or protracted chronic disease, which results in weakness of the qi of the spleen and impairs its function of transportation and transformation with consequent poor appetite and loose stools. Accumulation of fluid in the interior is the cause of edema. Swallowness and lassitude are due to lack of essence of food, providing no source for blood formation.

When the qi of the spleen is weak, it loses its ability to uplift the tissue, so that there is distension and a bearing-down sensation in the abdomen, and prolapsed of the rectum and uterus. Weakness of the qi of the spleen, which controls blood, is also the cause of various kinds of chronic haemorrhage. Deficiency of yang of the spleen is the cause for chilliness and cold limbs, as yang is warmth producing.

(2) Invasion of the spleen by cold-damp

After chilling by rain, or it may be due to over-eating of raw or cold food. In either case, pathogenic cold damp injures the spleen, impairing its function of transportation and transformation and resulting in poor appetite, borborygmus, abdominal pain and loose stools. As pathogenic epigastric fullness and distension, heaviness of the head and lassitude.

4. Syndromes of the lungs

- Function** - governs qi and control respiration
- External** - directly affected by external pathogenic factors (wind, heat, fire, cold, dampness, dryness)
- Diet** - excessive eating of cold and raw foods
- Emotion** - sadness and worry
- Behavior** - sitting in hunchbacked position
- Types** - Invasion of the lung by pathogenic wind (cough, watery sputum, aversion to cold, floating tight pulse/ thin yellow sputum, floating rapid pulse)
- Retention of damp-phlegm in the lung (sputum which is easy to expectorate)
 - Retention of phlegm-heat in the lung (profuse yellow sputum which is foul smelling)
 - Insufficiency of the yin of the lung (dry or with a little sticky sputum, blood tinged sputum, feeling of heat in the afternoon)

(1) Invasion of the lung by pathogenic wind

Exogenous pathogenic wind disturbs its dispersing and descending function. Normal respiration of the lung is affected, producing cough and nasal obstruction. Cold, as a yin pathogenic factor is liable to damage yang qi. when wind is accompanied with cold , chilliness will be more severe than fever, and there will be watery nasal discharge and white sputum.

Heat as a yang pathogenic factor is liable to consume yin fluid. In the case of wind accompanied by heat, fever becomes the more prominent symptom, with thick nasal discharge and purulent sputum.

(2) Retention of damp-phlegm in the lung

Disturbance in the normal dissemination of body fluid, the accumulation of which cause formation of damp-phlegm. When damp-phlegm stays in the lung and blocks the passage of qi, the function of dispersion and descending will be impaired, followed by the occurrence of cough, shortness of breath, expectoration of mucus dilute, white frothy sputum. Aggravated by cold, white and sticky coating.

(3) Retention of phlegm-heat in the lung

Invasion of exogenous wind-heat or wind cold which later develops into heat. The heat mixes with phlegm in the body which remains in the lung blocking the passage of qi, disturbing the lung's dispersing and descending function, and causing cough and shortness of breath or asthmatic breathing.

Heat exhausts body fluid, causing expectoration of purulent sputum. When phlegm-heat blocks the vessels of the lung, there will be block stagnation or ulceration leading to expectoration of foul purulent sputum specked with blood.

(4) Insufficiency of the yin of the lung

Chronic lung disease which consumes the yin of the lung and results in insufficiency of body fluid. The lung is deprived of nourishment resulting in dysfunction in dispersing and descending and producing dry mouth. Deficiency of yin causes endogenous heat, which squeezes out body fluid and injures the vessels. Afternoon fever, malar flush, feverish sensation in palms and soles, night sweating and expectoration of bloody sputum result.

5. Syndrome of kidney

- Function** - store essence and bone marrow and fill up the brain
- General** - weakness of pre-heaven essence, excessive sex, chronic illness, excessive work, aging
- Emotion** - fear, worry
- Types**
- weakness of the qi of the kidney (dribbling after urination)
 - insufficiency of the yang of the kidney (soreness of the back, cold knee, clear abundant urination, pale tongue)
 - insufficiency of the yin of the kidney (soreness of back, nocturnal emission, night sweating)

(1) Weakness of the qi of the kidney

Causes-asthenis after a long illness, senile feebleness or congenital deficiency. Weakness of qi of the kidney causes inability of the urinary bladder to control urination.the kidney stores essence. But when the qi of kidney is weak, it fails in this function, and nocturnal emission, prostermia and even infertility result.

When the qi of the kidney, which organ controls the reception of qi is weak, it fails to help the perform its function of descending. Subsequent upward attack of the qi of the lung results in shortness of breath and asthmatic breathing

(2) Insufficiency of the yang of the kidney

Causes- after a prolonged illness in which the yang of the kidney is injured. Or may be due to excess sexual activity, which injures the yang of the kidney. In either case, the yang of the kidney fails to warm the body, which explains the chilliness, aching and coldness in the lumbar region and knee joints and impotence.

Kidney presides over water metabolism and insufficiency of the yang of the kidney results in its failing to divide the clear fluid from the turbid, which in turn results in oliguria. Excess fluid retained in the body is edema.

(3) Insufficiency of the yin of the kidney

Causes- after long illness in which the yin of the kidney is impaired. Or it may be due to overindulgence in sex, which consumes the essence of the kidney. For whichever causes the yin of the kidney fails in its function of producing marrow and with it filling out the brain. The result is dizziness, blurring of vision, poor memory and tinnitus. Deficiency of yin cause endogenous heat which consumes body fluid, the result being a feverish sensation in palms and soles, malar flush, night sweating, hot deep yellow urine and constipation.

6. Syndromes of pericardium

Invasion of heat in the pericardium

Clinical manifestations refer to the syndromes of the heart on “derangement of the mind”.

7. Syndromes of the small intestine

Function of small intestine in digestion and absorption included in dysfunction of the spleen in transportation and transformation. Heat in the heart shifting to the small intestine. Clinical manifestations are the same with syndromes of hyperactivity of the fire of the heart.

8. Syndromes of gall bladder

Function - stores bile

Emotion - anger

External - dampness and heat

Diet - rich food

Type - damp-heat in the gall bladder
(hypochondriac pain, bitter taste)

(1) Damp-heat in the gall bladder

Gall bladder store and excrete bile depends upon the normal function of the liver in promoting the free passage of qi. Exogenous pathogenic damp-heat, heat caused by depression of the liver, or endogenous damp-heat caused by long indulgence in alcohol or rich food may accumulate in the liver and gall bladder and impair their function in promoting the unhindered passage of qi so that the bile cannot be excreted and secreted freely.

An overflow of bile causes jaundice, bitter taste in the mouth and vomiting of sour and bitter fluids. Stagnation of the qi of the liver and gall bladder leads to stagnation of blood, causing hypochondriac pain and colicky pain in the right upper abdomen. As this syndrome is closely related to the liver, it is also known as the syndrome of damp-heat in the liver and gall bladder.

9. Syndromes of the stomach

- Function** - controls the ripening and rotting of food
- Diet** - irregular food intake
- Emotion** - worry, excessive thinking
- External** - cold
- Types**
- retention of food in the stomach (epigastric fullness, sour regurgitation, sticky and thick coating)
 - retention of fluid in the stomach due to cold (sudden pain in epigastrium, vomiting, feeling cold,)
 - hyperactivity of the fire of the stomach (burning sensation in epigastrium, thirst with desire to drink cold liquids, red tongue, thick-yellow- dry coating)

(1) Retention of food in the stomach

Over eating, which leads to retention of undigested food in the stomach. The qi of the stomach ascends instead of descending as it should.

Signs and symptoms- distension and pain in the epigastric region, loss of appetite, foul belching and sour regurgitation, vomiting and thick sticky tongue coating

(2) Retention of fluid in the stomach due to cold

Chilling after being caught in rain, or perhaps by eating too much raw or cold food. In either case, the cold is congealed in the stomach causing stagnation of its qi and causing pain. Prolonged illness injures the yang qi of the spleen and stomach so that the body fluid is retained in the stomach instead of being transported and transformed, hence the vomiting of watery fluid and succussion- sound in the epigastric region.

(3) Hyperactivity of the fire of the stomach

Overeating of rich food, which accumulates heat in the stomach. The heat consumes body fluid and causes the qi of the stomach to ascend. So there appear burning pain in the epigastrium, thirst, preference for cold drinks and vomiting, foul breath and gingival ulceration and bleeding are due to the fire element in the stomach.

10. Syndromes of the large intestine

- Function** - receive food and from the small intestine, having reabsorbed some of the fluids, then excretes as stool
- Emotion** - sadness
- Diet** - directly influence by food
cold and raw foods (cold-damp)
hot and spicy foods (damp-heat)
- External** - cold
- Types** - damp-heat in the large intestine (abdominal pain, diarrhea with mucus and blood in the stool)
- stasis of the large intestine (constipation, abdominal distension and pain)
- stagnation of blood and heat in the large intestine (severe or drilling fixed pain in the lower abdomen which the patient is reluctant to have press, fever)

(1) damp-heat in the large intestine

Eating too much raw or cold food, or eating unclean or spoiled food. It may also be due to invasion by pathogenic summer heat and damp. Damp-heat accumulates in the large intestine and blocks the passage of qi, causing disturbance in its function of transmission and transformation, producing diarrhea, abdominal pain and dark, foul-smelling stools.

Damp-heat injure the blood vessels of the large intestine, producing the red mucus in the stool. damp-heat presses downward, causing burning sensation in the anus, and tenesmus.

(2) Stasis of the large intestine

Retention of food, parasites or blood stagnation causing obstruction of qi and functional derangement of the large intestine, causing constipation, abdominal distension and pain. Nausea and vomiting result from the qi of the large intestine impeding the descending of the qi of the stomach.

(3) Stagnation of blood and heat in the large intestine

Inadaptability of the individual to weather changes, over-eating, or vigorous walking which causes stagnation of heat and blood and retardation of qi. Heat injures the vessels of the large intestine, causing local inflammation or abscess formation- the cause of the drilling pain in the lower abdomen. If the stomach is affected by failure of its qi to pass downward, there may be nausea and vomiting.

11. Syndromes of the urinary bladder

Function - stores and excretes urine

External - cold-damp, damp-heat

Causes of kidney deficiency

Types - damp-heat in the urinary bladder
(frequent and urgent urination, burning on urination, difficult urination)

- disturbance in the function of the urinary bladder (dribbling urination, weak stream or even retention of urine, accompanied by weakness of the lumbar region and knee joint, pallor, intolerance to cold)

(1) damp-heat in the urinary bladder

Damp-heat injures the urinary bladder, causing disturbance in its function of storing and discharging urine, and producing the frequency and urgency of urination.

When damp-heat injures the blood vessels of the urinary bladder there may appear stagnation of blood and heat, leading to hematuria or blood clots in the urine.

Prolonged retention of damp-heat in the bladder will result in the formation of stones.

(1 mk)

(2) Disturbance in the function of the urinary bladder

Insufficiency of the yang of the kidney and impairment of its function of dividing the clear fluid from the turbid which further causes disturbance of the urinary bladder in discharging urine and dribbling urination, weak stream, or even retention of urine, accompanied by weakness of the lumbar region and knee joints, intolerance to cold, pallor, pale tongue with white coating, deep thready pulse of xu type.

Syndrome of sanjiao

- Upper jiao - lung, heart
- Middle jiao - stomach, spleen
- Lower jiao - kidneys, urinary bladder, small intestine, large intestine.

အိပ်မက်လုလုမက်ပါစေ

