

# The Spleen, Stomach and Large Intestines 24

## A. Actions, characteristics and indications of common herbs

### 1. HERBS THAT TONIFY SPLEEN AND STOMACH QI

— These herbs are sweet and warm in nature and are indicated for Spleen and Stomach Qi Deficiency with symptoms of poor appetite, loose stools and lassitude. Commonly used herbs include:

Radix Ginseng	<i>Ren Shen</i>
Radix Codonopsis Pilosulae	<i>Dang Shen</i>
Radix Astragali seu Hedysari	<i>Huang Qi</i>
Rhizoma Atractylodis Macrocephalae	<i>Bai Zhu</i>
Rhizoma Dioscoreae	<i>Shan Yao</i>
Radix Glycyrrhizae	<i>Zhi Gan Cao</i>

### 2. HERBS THAT WARM SPLEEN YANG

— These herbs are pungent and warm or hot. They are indicated for Spleen Yang Deficiency with symptoms of poor appetite, loose stools, cold limbs and a cold sensation and pain in the epigastrium and abdomen. Commonly used herbs include:

Rhizoma Zingiberis	<i>Gan Jiang</i>
Radix Aconiti Praeparata	<i>Fu Zi</i>
Cortex Cinnamomi	<i>Rou Gui</i>
Ramulus Cinnamomi	<i>Gui Zhi</i>
Fructus Alpiniae Oxyphyllae	<i>Yi Zhi Ren</i>

### 3. HERBS THAT RAISE CENTRAL QI

— These herbs are ascending in nature and are indicated for patterns of Spleen Qi Sinking with symptoms of chronic diarrhoea, or prolapse of the anus or internal organs. Commonly used herbs include:

Radix Astragali seu Hedysari	<i>Huang Qi</i>
Rhizoma Cimicifugae	<i>Sheng Ma</i>
Radix Bupleuri	<i>Chai Hu</i>
Radix Puerariae	<i>Ge Gen</i>

### 4. HERBS THAT RESOLVE DAMPNESS

— These herbs are pungent, bitter, warm, dry and aromatic in nature. They are indicated for retention of Dampness in the Middle Burner with symptoms of epigastric and abdominal distension and fullness and a sticky tongue coating. Commonly used herbs include:

Rhizoma Atractylodis	<i>Cang Zhu</i>
Cortex Magnoliae Officinalis	<i>Hou Po</i>
Herba Agastachis	<i>Huo Xiang</i>
Herba Eupatorii	<i>Pei Lan</i>
Fructus Amomi	<i>Sha Ren</i>
Fructus Amomi Cardamomi	<i>Bai Dou Kou</i>
Herba Elsholtziae	<i>Xiang Ru</i>
Rhizoma Acori Graminei	<i>Shi Chang Pu</i>

### 5. HERBS THAT REGULATE SPLEEN AND STOMACH QI

— These herbs are pungent, warm and aromatic in nature. They are indicated for stagnation of Spleen and Stomach Qi with symptoms of distension and pain in the epigastrium and abdomen. Commonly used herbs include:

Radix Aucklandiae	<i>Mu Xiang</i>
Pericarpium Citri Reticulatae	<i>Chen Pi</i>
Fructus Aurantii Immaturus	<i>Zhi Shi</i>
Fructus Aurantii	<i>Zhi Ke</i>
Cortex Magnoliae Officinalis	<i>Hou Po</i>
Caulis Perillae	<i>Su Geng</i>
Fructus Amomi	<i>Sha Ren</i>
Pericarpium Arecae	<i>Da Fu Pi</i>

manifesting primarily as progressive weakness and paralysis of the body and limbs, particularly the lower limbs. Other signs include slight swelling and numbness of the limbs, a sticky yellow tongue coating and a soft, rapid pulse.

— The treatment principle is to clear Heat and eliminate Dampness.

— The recommended formula is a variation of **Four-Marvel Powder**:

Cortex Phellodendri	10 g
Rhizoma Atractylodis	10 g
Radix Achyranthis Bidentatae	15 g
Radix Stephaniae Tetrandrae	10 g
Rhizoma Dioscoreae Septemlobae	10 g
Cortex Acanthopanax Radicis	10 g
Fructus Chaenomelis	10 g

— Modifications:

- For chronic cases presenting with Liver and Kidney Yin Deficiency, remove Rhizoma Atractylodis from the prescription and add Radix Rehmanniae (15 g), Plastrum Testudinis (15 g) (*decocted first*) and Herba Dendrobii (15 g).
- For Blood Stasis with numbness or pain in the body and limbs and a purple tongue, add Radix Paeoniae Rubra (10 g), Squama Manitis (10 g) and Eupolyphaga seu Steleophaga (10 g).
- If Heat signs are absent, but there is a localized sensation of cold, remove Cortex Phellodendri from the prescription and add Ramulus Cinnamomi (2–5 g) and Herba Epimedii (10 g).

### c. Liver and Kidney Deficiency

— Clinical manifestations include weakness or paralysis of the body and limbs, sore and weak lumbar region and knees, dizziness and vertigo, tinnitus, nocturnal enuresis and urinary incontinence.

— The treatment principle is to tonify the Liver and Kidneys and strengthen the tendons and bones.

— The recommended formula is a variation of **Hu Qian Wan (Hidden Tiger Pill)**:

Radix Rehmanniae	15 g
Radix Rehmanniae Praeparata	15 g
Herba Dendrobii	15 g
Rhizoma Polygonati	15 g
Fructus Lycii	15 g
Plastrum Testudinis	15 g
Cortex Acanthopanax Radicis	15 g

Ramulus Loranthi	15 g
Cortex Eucommiae	10 g

— Modifications:

- For pronounced Yin Deficiency marked by a red tongue with scanty coating, remove Cortex Eucommiae from the prescription and add Rhizoma Anemarrhenae (10 g) and Cortex Phellodendri (10 g).
- For pronounced Yang Deficiency with coldness of the paralysed limbs, add Cornu Cervi (5–10 g), Herba Epimedii (10–15 g) and Radix Morindae Officinalis (10 g).
- For Spleen and Stomach Deficiency with muscular atrophy, reduced appetite and loose stool, add Radix Astragali seu Hedysari (15 g), Radix Codonopsis Pilosulae (10 g), Rhizoma Atractylodis Macrocephalae (10 g) and Rhizoma Dioscoreae (15 g).

### CASE STUDY 40.21

#### WEI SYNDROME

##### Male, age 52

This patient had suffered paroxysmal paralysis of his lower limbs for over 2 years and a diagnosis of hypokalaemia was established (0.9 m g/100 ml). The paralysis was worse on rainy days. In May he had an aggravation and could not get up; he was treated with an intravenous drip of potassium chloride and improved slightly. On his way to the hospital he fell to the ground six times due to weakness of the legs. His legs were cold, he had an aversion to cold generally and he had frequent nocturia.

**Pathogenesis:** Spleen Deficiency leading to frequent urination and weakness of the lower limbs.

**Western diagnosis:** Hypokalaemia

**Treatment principle:** Primarily to invigorate the Middle Burner and benefit Qi; secondarily to promote Yin with sour and sweet herbs.

Initially, the method of warming and tonifying Kidney Yang was adopted, but with poor results. On his second visit, the patient presented with thirst, a sticky sensation in his mouth, reduced appetite, frequent urination, weakness of the lower limbs, a thin tongue coating and a soft pulse.

At this point, the treatment principle was revised and the following formula was prescribed:

Codonopsis Pilosulae	12 g
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# Appendix 2:

## Latin names of herbs with Pin Yin equivalents

Acanthopanax Radicis, Cortex	Wu Jia Pi	Belamcandae, Rhizoma	She Gan
Achyranthis Bidentatae, Radix	Niu Xi	Benincasae, Semen	Dong Gua Zi
Aconiti, Radix	Wu Tou	Biotae, Cacumen	Ce Bai Ye
Aconiti Kusnezoffii, Radix	Cao Wu	Biotae, Semen	Bai Zi Ren
Aconiti Praeparata, Radix	Fu Zi	Bletillae, Rhizoma	Bai Ji
Adenophorae, Radix	Nan Sha Shen	Boehmeriae, Radix	Zhu Me Gen
Agastachis, Herba	Huo Xiang	Bombycis Mori, Excrementum	Can Sha
Agkistrodon Acutus	Bai Hua She	Bovis, Calculus	Niu Huang
Agrimoniae, Herba	Xian He Cao	Bupleuri, Radix	Chai Hu
Ailanthi, Cortex	Chun Gen Pi	Callicarpae, Folium	Zi Zhu
Albizziae, Cortex	He Huan Pi	Callorhini, Peni et Testes	Hai Gou Shen
Alismatis, Rhizoma	Ze Xie	Cannabis, Fructus	Huo Ma Ren
Allii Macrostemi, Bulbus	Xie Bai	Carthami, Flos	Hong Hua
Alpiniae Officinalis, Rhizoma	Gao Liang Jiang	Caryophylli, Flos	Ding Xiang
Alpiniae Oxyphyllae, Fructus	Yi Zhi Ren	Cassiae, Folium	Fan Xie Ye
Amomi Cardomomi, Semen	Bai Dou Kou	Cassiae, Semen	Jue Ming Zi
Amomi, Fructus	Sha Ren	Cephalanoploris, Herba	Xiao Ji
Ampelopsis, Radix	Bai Wei	Cervi, Cornu	Lu Jiao
Anemarrhenae, Rhizoma	Zhi Mu	Cervi, Colla Cornus	Lu Jiao Jiao
Andrographitis, Herba	Chuan Xin Lian	Cervi Degelatinatum, Cornu	Lu Jiao Shuang
Angelicae Dahuricae, Radix	Bai Zhi	Cervi Pantotrichum, Cornu	Lu Rong
Angelicae Pubescentis, Radix	Du Huo	Chaenomelis, Fructus	Mu Gua
Angelicae Sinensis, Radix	Dang Gui	Chebulae, Fructus	He Zi
Antelopsis, Cornu	Ling Yang Jiao	Chinensis, Galla	Wu Bei Zi
Apocyni Veneti, Folium	Luo Bu Ma	Chrysanthemi, Flos	Ju Hua
Aquilariae Resinatum, Lignum	Chen Xiang	Cibotii, Rhizoma	Gou Ji
Arcii, Fructus	Niu Bang Zi	Cicadae, Periostracum	Chan Tui
Arecae, Semen	Bing Long	Cimicifugae, Rhizoma	Sheng Ma
Arisaematis, Rhizoma	Tian Nan Xing	Cinnabaris	Zhu Sha
Aristolochiae, Fructus	Ma Dou Ling	Cinnamomi, Cortex	Rou Gui
Armeniaca, Semen	Xing Ren	Cinnamomi, Ramulus	Gui Zhi
Arsenolium	Pi Shi	Cirsii Japonici, Herba seu Radix	Da Ji
Artemisiae Argyi, Folium	Ai Ye	Cistanchis, Herba	Rou Cong Rong
Artemisiae Capillaris, Herba	Yin Chen Hao	Citri, Fructus	Xiang Yuan
Artemisiae Chinghao, Herba	Qing Hao	Citri Reticulatae, Pericarpium	Chen Pi
Asari, Herba	Xi Xin	Citri Reticulatae Viride, Pericarpium	Qing Pi
Asparagi, Radix	Tian Dong	Citri Sarcodactylis, Fructus	Fo Shou
Asteris, Radix	Zi Wan	Clematidis, Radix	Wei Ling Xian
Astragali Complanati, Semen	Tong Ji Li	Clematidis Armandii, Caulis	Chuan Mu Tong
Astragali seu Hedysari, Radix	Huang Qi	Clerodendri, Folium	Chou Wu Tong
Atractylodis, Rhizoma	Cang Zhu	Codonopsis Pilosulae, Radix	Dang Shen
Atractylodis Macrocephalae, Rhizoma	Bai Zhu	Coicis, Semen	Yi Yi Ren
Aucklandiae, Radix	Mu Xiang	Concha Arcae	Wa Leng Zi
Aurantii, Fructus	Zhi Qiao	Coptidis, Rhizoma	Huang Lian
Aurantii Immaturus, Fructus	Zhi Shi	Cordyceps	Dong Chong Xie Cao
Bambusae, Caulis	Zhu Ru	Corydalis, Rhizoma	Yan Hu Suo
Bambusae, Succus	Zhu Li	Corii Asini, Colla	E Jiao
Batryticatus, Bombyx	Jiang Can	Corneum Gigeriae Galli, Endothelium	Ji Nei Jin