

Treating IBS with TCM in United States

肠易激综合征 (IBS) 的中医治疗

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What is IBS?

01

肠易激综合征 (Irritable Bowel Syndrome, IBS) 是常见的肠功能紊乱性疾病, 临床表现为腹痛或腹部不适伴排便习惯改变、大便性状异常但缺乏可解释症状的形态学改变和生化异常的症候群。

Irritable Bowel Syndrome (IBS) is a commonly seen intestinal function disorder;

02

临床表现为腹痛, 腹部不适伴排便习惯改变、大便性状异常但缺乏可解释症状的形态学改变和生化异常的症候群。部分患者尚有恶心、嗝气等消化不良症状及焦虑、失眠、心悸、尿频等胃肠外表现。

Clinical manifestations include abdominal pain or abdominal discomfort accompanied by bowel movement pattern changes and abnormal stools, but with no morphology nor biochemical abnormality. Some patients also present with indigestive symptoms, such as nausea, belching, and also with none-digestive symptoms, such as anxiety, insomnia, palpitations, and frequent urination. In accordance with its varying different clinical manifestations

What is IBS?

03 腹泻型、便秘型、腹泻便秘交替型

1. Diarrhea type
2. Constipation type
3. Diarrhea alternating with constipation

What is IBS?

过去曾以“过敏性结肠炎”“黏液性结肠炎”“痉挛性结肠炎”等命名，现已统一采用“**肠易激综合征**”的诊断。

各地研究的报道显示IBS是一种世界范围内的多发病，北美IBS的患病率大约为10-15%，大规模的人群调查显示北美IBS以**女性为多**，其与男性之比为**2:1**。

These conditions used to be called respectively “**Allergic colitis**”, “**Mucous colitis**”, and “**Spasmodic Colitis**.” Now they are all referred to as “Irritable Bowel Syndrome”. Studies show that this is a universally common disease. 5%-24% of the population suffer from IBS in the West, among them, 25% seek medical help. It is not only expensive; it also significantly reduces patients’ quality of lives at different levels. In a survey taken in Beijing 1996, based on Manning standard and Roman standard, 7.26% and 0.82% of people, respectively, suffered from IBS, and 20% of them frequently sought medical treatment. In North America, **about 10-15%** of the population suffers from IBS; large scale surveys show **more female patients** than male, at **2:1 ratio**.

OVERVIEW 背景

In the past, IBS has been viewed as a simple disease that involves malfunctions of enterokinesia. Such an explanation does cover the pathology but cannot be used in etiological diagnosis.

According to recent discoveries, bowels have their own nervous system or enteric nervous system and it is the body's biggest immune and endocrine organ. Thus, the nervous, immune, and endocrine systems of intestine are viewed as a complete network.



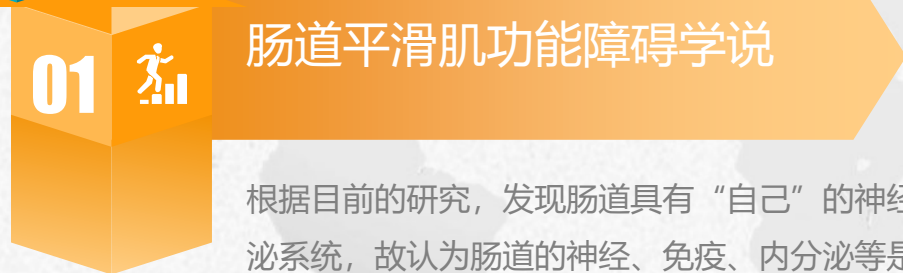
脑 - 肠轴学说

Brain-Gut Axis Theory



内脏痛觉过敏学说

nerve-immune axis



肠道平滑肌功能障碍学说

根据目前的研究，发现肠道具有“自己”的神经系统（ENS），又有机体最大的免疫系统和内分泌系统，故认为肠道的神经、免疫、内分泌等是一个网络调控的整体。据发病机制的研究方面，推测肠道机体的改变，可能被脑 - 肠轴的神经 - 内分泌受体识别，在中枢神经引起异常反应，进一步发生持续的肠功能障碍。肠粘膜肥大细胞可能是神经 - 免疫轴和脑 - 肠轴联系的桥梁。

Etiology 病因



Diet 饮食因素



Psychology 精神心理因素



Genetic 遗传因素



Infection 感染因素



Acute intestinal infection 急性肠道感染

Diagnosis of IBS 西医诊断

01

I. Experiencing abdominal pain or discomfort for 12 weeks (does not have to be continuous) out of the past 12 months; this is accompanied by the following two of the following three symptoms. 过去12个月至少累计有12周（不必是连续的）腹痛或腹部不适，并伴有如下3项症状的2项：

- 1. Abdominal pain or discomfort after defecation
腹痛或腹部不适在排便后缓解
- 2. Abdominal pain or discomfort along with changes in the frequency of defecation
腹痛或腹部不适发生伴有排便次数的改变
- 3. Abdominal pain or discomfort along with changes in stool shape
腹痛或腹部不适发生伴有粪便性状的变化

Diagnosis of IBS 西医诊断

II. The following symptoms are not required by diagnose, but are common IBS symptoms, and can be used to further support IBS diagnose. 以下症状不是诊断所必备，但属IBS常见症状，这些症状越多则越支持IBS的诊断：

- 1. Abnormal frequency of defecation (>3 times daily or <3times weekly) 排便频率异常（每天排便>3次或每周排便<3次）
- 2. Abnormal stool shape (hard stools or diarrhea/watery stools) 粪便性状异常（块状/硬便或稀/水样便）
- 3. Abnormal defecation (laboring, urgent, incomplete) 粪便排出过程异常（费力、急迫感、排便不净感）
- 4. Mucoid Stool 粘液便
- 5. Flatulence or abdominal bloating 胃肠胀气或腹部膨胀感

Diagnosis of IBS 西医诊断

Diagnosing IBS should emphasize relieving symptoms. It is important to perform follow up treatment and to prevent misdiagnosing organic disease especially in elderly patients.

Patients should be warned if there are aggravations of abdominal pain overnight along with **lack of appetites, significant weight lose, or hemafecia**. Such patterns as chronic diarrhea, anemia, or signs of bowel obstruction should receive endoscopic examination to eliminate organic disease.

Treatment 西医疗

The purpose of IBS treatment is to **improve the all of the IBS symptoms**. IBS治疗的目的是改善整体IBS的症状.肠易激综合征属于《中医病证治法术语》的“肠郁”，亦分属于中医药学的“腹痛”、“便秘”、“泄泻”等范畴。

Irritable Bowel Syndrome falls under the category: **Chan Yu** (Bowel Blockage) in Chinese medical Terminology. Treatment of this condition is described in the book Zong Yi Bing Zhen, Zhi Fa Sou Yu.

Treatment 西医治疗

General treatments 一般治疗

Mainly consist of communicating with the patients to understand his/her fear and other psychological causative factors. 患者沟通，了解诱发因素，进行有针对性解释，解除疑虑，提高信心，祛除诱发因素，指导建议，缓解症状

Giving pertinent explanations to relieve patient' s qualm and improve his or her confidence in the therapy, trying to dispel any inducer, and providing guidance and suggestions to his or her life style which may help relieve symptoms. Getting the patients trust is the basis of IBS treatment.

01

Treatment 西医疗

Patient specific treatment

According to patient's different condition, inducing specific drug treatment:

02

1. **Abdominal pain** can be relieved by antispasmodics such as calcium channel blockers, dicetel,
2. **Muscle relaxant**, mebeverine, organic analgesics 5-HT₃ receptor agonists, and anticholinergic drug propantheline bromide.
3. **For specific abdominal short term relief**, use absorbancy such as medical purpose carbon to absorb antidiarrheal.
4. In case of **serve bowel complaint** can use Loperamide for short term. Constipation patients can use bulk-forming laxative such as cellulose and lubricants such as liquid paraffin, Zelmac and Cisapride. Gastrointestinal motility medicine is known to be useful against constipation-predominant IBS. The antidepressant Fluoxetine can be used with patient with serve psychiatric symptom.

Classic Texts 古籍文献

古籍文献

01

<Suwen
Zangqifashilunping> 《
素问·脏气法时论篇》

Deficiency in the spleen will cause digestive functional disorders and cause abdominal distention and diarrhea.

02

<Suwen
taiyinyangminglun> 《
素问·太阴阳明
论》

Uncontrolled diet and irregularity in daily life can result in damaged ying. A damaged ying can damage the five organs which can cause distention and diarrhea that will turn to dysentery.

03

<Nanjing wushiqi nan> 《
难经·五十七难》

There are five different conditions of diarrhea: stomach diarrhea, spleen diarrhea, large intestine diarrhea, small intestine diarrhea and dysentery.

04

<Hejianliushu Xiexie> 《
河间六书·泄泻》

Large intestinal diarrhea will show with distention in the stomach after eating and stool turning white in color. It will have abdominal gas and pain that can be treated with Gang Jiang and Fu Zhi Tang

05

<Zhengzhiyaojue Xiexie> 《
证治要诀·泄泻》

Diarrhea due to stagnation of the vital energy can cause rigidity and cause the qi to run through the chest and the diaphragm. Fullness and pain in abdomen that is relieved after diarrhea, that will often become uncomfortable... Such symptoms are caused by middle jiao qi stagnation and food stagnation, use Da Qi Xiang Wang.

Classic Texts 古籍文献

古籍文献

06

<Zhenzhiyaojuedabianbi>
《证治要诀·大便秘》

Heat constipation will have a reddish complexion and a general fever. There will be distention in abdomen which will cause frequent diarrhea or the erosion of the mucous membrane in oral cavity. This is caused by heat blockage in large intestine. Treat using Si Sun Qing Lian Ying or take Sun Chan Wang or Mu Xiang Bin Ran Wang.

07

<Yixuerumen
Xiexiezhengzhi> 《
医学入门·大便燥
结》

Seven modes of emotions causes diarrhea, frequent fatigue abdominal mass, an inability to defecate, uneasiness after defecation...should smooth qi circulation to stop the diarrhea.

08

<Yixuerumen
Dabianzaojie> 《医
学入门·泄泻证治》

Seven modes of emotions constipation cause tenesmus in the abdomen. Use San He Tang or Liu Mo Tang.

09

<Hejianliushu
Xiexie> 《河间六
书·泄泻》

Large intestinal diarrhea will show with distention in the stomach after eating and stool turning white in color. It will have abdominal gas and pain that can be treated with Gang Jiang and Fu Zhi Tang

10

Jingyuequanshu
Lijilunfutong> 《景岳全书·
痢疾·论腹痛》

Diarrhea combine with abdominal pain is divided in to two categories: excessive heat and deficiency cold. It is caused by undigested food or heat pathogen... in order to relieve the pain, no matter if it is due to heat or undigested food, the treatment should smooth qi circulation as principle method.

ETIOLOGICAL FACTOR AND PATHOGENESIS IN TCM

中医病因病机

IBS is closely related to **the liver and spleen**. Disharmony between the liver and spleen, qi stagnation, and impairment of transportation in the bowels are the main pathogenesis.



Liver ensures the free flow of qi, excessive depression, anger, worry and high level of tension can lead to Liver qi stagnation, and qi and blood stagnation. Channel obstruction can cause abdominal pain: Liver qi invading spleen and Stomach Spleen and Stomach disharmony can cause diarrhea; Dampness in the bowels manifests in stools mixed with white mucous. Damp Heat manifests in stools mixed with yellow-white mucous. Qi stagnation causes disorder in ascending and descending in the bowel which leads to constipation.

ETIOLOGICAL FACTOR AND PATHOGENESIS IN TCM

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Spleen governs transformation and transportation, and pensiveness damages the Spleen and causes impairment of its function of transformation and transportation which leads to diarrhea “dampness” and “stagnation”, and failure to separate the “clear” from the “dirty,” thus results diarrhea. **Spleen deficiency** may also damage the kidneys and Spleen and Kidney deficiency impair descending in the bowel and leads to constipation; too much fatty and spicy food causes excess gastrointestinal heat which damages fluids and causes dryness and leads to constipation.

ETIOLOGICAL FACTOR AND PATHOGENESIS IN CHINESE MEDICINE

中医病因病机

IBS is closely related to **the liver and spleen**. Disharmony between the liver and spleen, qi stagnation, and impairment of transportation in the bowels are the main pathogenesis.



The combination of **a disharmony between liver and spleen**, disorder of the ascending and descending, and the impairment of transportation in the bowels, lead to alternating diarrhea and constipation. Spleen and Liver are sick in early stage of the disease. Spleen deficiency affects kidney and if not treated in time, it leads to Spleen and Kidney Yang deficiency. The lack of warm nourishment in the Zang Fu makes the disease dragging and hard to treat.

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

Liver
Stagnation
and Spleen
deficiency

【 Symptoms 】

Abdominal pain with gurgling bowels, emotional stress such as anger, depression followed by diarrhea, pain relieved after diarrhea, or alternating diarrhea and constipation, hypochondriac distention, gas, sigh, thin white coating on the tongue, wiry pulse.

【 Treatment 】 To smooth the Liver, and tonifying the spleen

【 Formula 】 TongXieYaoFang and SiJunZiTang 泻要方合四君子汤。

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

【 Modification 】

Liver
Stagnation
and Spleen
deficiency

1. **For lack of appetite:** add Gǔ Yá (Fructus Setariae Germinatus) 15g, Shān Zhā (Fructus Crataegi) 15g;
2. **For insomnia:** add fried Zǎo Rén (Semen Zizyphi Spinosae) 15g, Hé Huān Pí (Cortex Albiziae) 15g to calm the spirit; qi deficiency and tiredness: add Dǎng Shēn (Radix Codonopsis) 15g, Huáng Qí (Radix Astragali) 15g to benefit the qi and tonify the Spleen;
3. **Damp heat in the large intestines:** burning sensation in the anus, stools mixed with yellow mucous, if tongue has yellow greasy tongue coating, Bái Tóu Wēng (Radix Pulsatillae) 10, Huáng Lián (Rhizoma Coptidis) 5g, Qín Pí (Cortex Fraxini) 10g to clear Heat and resolve Dampness;
4. **Alternating diarrhea and constipation:** remove Gě Gēn (Radix Puerariae Lobatae) and Chén Pí (Pericarpium Citri Reticulatae), add Zhǐ Qiào (Fructus Aurantii), Hòu Pò (Cortex Magnoliae Officinalis) to move the qi and stagnation

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

Liver qi Stagnation

【 Symptoms 】

constipation, the bowel doesn't move, incomplete bowel movement, abdominal bloating, distending pain in the abdomen, Tongue: thin white coating, Pulse: wiry.

【 Treatment 】 Smooth Liver qi

【 Formula 】 Liu Mo Tang, Six Milled-Herbs decoction

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

【 Modification 】

Liver qi
Stagnation

1. **For irritability or bitter taste in the mouth**, add Chái Hú (Radix Bupleuri) 12g, Dān Pí (Cortex Moutan) 12g, Zhī Zǐ (Fructus Gardeniae) 12g to clear Live Heat; For fixed abdominal pain with Blood stasis, add Yán Hú Suǒ (Rhizoma Corydalis Yanhusuo) 12g, Chì Sháo (Radix Paeoniae Rubra) 12g to break stasis and stop pain;

2. **Liver qi invading Stomach leads to belching and nauseating**, add Fǎ Xià (Pinellia ternata) 15g, Zhú Rú (Caulis Bambusae in Taenia) 15g maybe included to Harmonize the stomach and send rebellious qi downward;

3. **Damaged Yin leads to constipation**, add Shēng Dì Huáng (Radix Rehmanniae Recens) 25g, Xuán Shēn (Radix Scrophulariae) 30g, Huǒ Má Rén (Fructus Cannabis) 30g to moisten the bowels and ease the stools.

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

Spleen and stomach Deficiency

【 Symptoms 】

Increased bowel movement frequency with slight diet change, diarrhea, bloating, abdominal discomfort, withered complexion, tiredness, pale tongue with white coating, thin weak pulse.

【 Treatment 】 Tonify the Spleen and nourish the Stomach, Expel Dampness and Eliminate Stagnation

【 Formula 】 Shen Ling Bái Zhú San Jia Jian, Modified Ginsen, Poria, and Atractylodes Macrocephala Powder

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

Spleen and stomach Deficiency

【 Modification 】

1. **With more abdominal pain:** add Wū Yào (Radix Linderae) 12g, Bái Sháo (Radix Paeoniae Alba) 30g, Yán hú suǒ (Rhizoma Corydalis) 12g, to sooth qi and stop pain;
2. **With more Spleen deficiency and dampness, thick greasy tongue coating:** add Cāng Zhú (Rhizoma Atractyloids) 10g, Huò Xiāng (herba Agastaches seu pogostemi) 12g, Pèi Lán (Herba Eupatorii) 12g, to expel dampness;
3. **With diarrhea and cold in abdomen:** add Pào Jiāng (Rhizoma Zingiberis Praeparatum) 9g, Shú Fù Kuai (Radix Aconiti Lateralis Praeparata) 9g, to warm Spleen yang.

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

Qi Stagnation and Bowels Dryness

【 Symptoms 】

Abdominal bloating and pain, constipation, or __-stools, hard to excrete, restlessness, thirsty, red tongue with yellow or less coating, slippery and rapid pulse.

【 Treatment 】 Clear Heat and Unblock Stagnation, Moisten the Bowel and Move the stools

【 Formula 】 Ma Zi Ren Wan Jia Jian, Modified Hemp Seed Pill

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

**Qi Stagnation
and Bowels
Dryness**

【 Modification 】

1. **Qi deficiency:** lack of strength to move bowel, add Dǎng Shēn (Radix Codonopsis) 20g, Bái Zhú (Rhizoma Atractylodis Macrocephalae) 30g, to tonify Spleen and qi and move the stool;
2. **Blood deficiency:** pale complexion, add Dāng Guī (Radix Angelicae Sinensis) 12g, Shú Dì (Radix Rehmanniae Praeparata) 15g, to nourish the blood.

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

Spleen and Kidney Yang Deficiency

【 Symptoms 】

The symptoms include early morning diarrhea with undigested food, cold in abdomen, cold limbs, low back soreness, weak knees. Pale swollen tongue with white slippery coating, thin and deep pulse.

【 Treatment 】 Warm the Kidney and Tonify the Spleen, Stop Diarrhea

【 Formula 】 Si Shen Wan He Li Zhong Wan Jia Jian, Modified Four Miracle Pill with Regulate the Middle Pill

TREATMENT IN TCM 中医治疗

01 Syndrome Differentiation and Treatment

【 Modification 】

Spleen
and Kidney
Yang
Deficiency

1. **Abdominal cold pain:** Add Xiǎo Huí Xiāng (Fructus Foeniculi) 9g to expel cold and stop pain.
2. **Non-stop diarrhea:** Add Shi Liou Pi (Pericarpium Granati) 10g, Hē Zǐ (Fructus Chebulae) 12g to stop diarrhea
3. **Sinking Zhong qi:** Add Huáng Qí (Radix Astragali) 15g, Shēng Má (Rhizoma Cimicifugae) 6g to benefit qi and raise Yang mucous in stools with urgency and incomplection: Add Bīng Láng (Semen Arecae) 9g, Hòu Pò (Cortex Magnoliae Officinalis) 9g to regulate qi and guide stagnation

TREATMENT IN TCM 中医治疗



周仲瑛

周仲瑛国医大师主张从肝脾论治

- 1) **脾阴虚损，补脾益阴**，忌用温燥 禀赋薄弱或因病伤脾，脾阴不足，机体适应能力下降，则脾胃不耐重负，稍食油腻生冷，辄易溏泻、腹胀。治宜补脾阴，健脾运，禁用香燥温药。
- 2) **虚实夹杂，理中清肠，寒热并用** 本类泄泻纯虚纯实者少，虚实夹杂者多。周老认为，脾虚与湿盛是本病的两个主要方面。
- 3) **肝脾不和，抑肝扶脾**，兼调情志 脾胃素弱，复加情志拂郁，精神紧张，则肝失疏泄，横逆乘脾，脾气益虚，运化失职而致泄泻，治宜抑木扶土法，方用痛泻要方、四逆散化裁。

(李振彬. 周仲瑛教授治疗肠易激综合征的经验. 新中医, 1997, 29(8): 6~7)

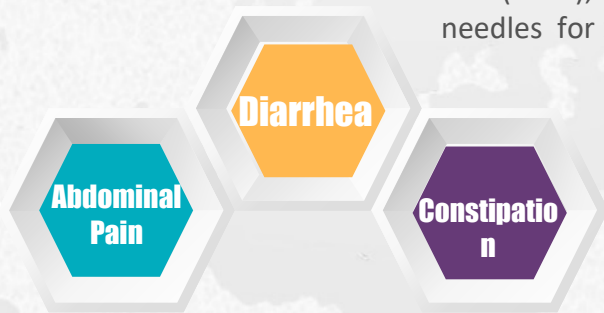
TREATMENT IN TCM 中医治疗

02 Acupuncture Treatment

1) Abdominal pain 腹痛:

A. Liver Stagnation 肝郁气滞者: Tian Shu (ST25), Zu San Li(ST36), Tai Chong (LV3) reducing, after de qi retain needles for 15 minutes.

B. Spleen and Kidney Yang Deficiency 脾肾阳虚者: Zu San Li(ST36), Guan Yuan (CV4), Zhang Meng (LV13) tonify, after de qi retain needles for 15 minutes, can also use moxa with ginger.



3) Constipation 便秘

A. Dryness and Heat in the Bowel 大肠燥热者: Da Chang Shu(BL25) Zu San Li(ST36), Zhong Wan(CV12) Xing Jiang(LV2) reduce, after de qi retain needles for 15 minutes.

B. Liver qi Stagnation 肝郁气滞者: Da Chang Shu (BL25), Zu San Li(ST36), Zhong Wan(CV12) Xing Jiang(LV2)tonify, after de qi retain needles for 15 minutes.

2) Diarrhea 腹泻

A. Spleen Kidney Weakness and Spleen Kidney Yang Deficiency 脾胃虚弱者及脾肾阳虚者: Guan Yuan (CV4), Qi Hai(CV6), Zu San Li(ST36), Ming Men(GV4), tonify, after de qi retain needles for 15 minutes, can also use Moxa with ginger.

B. Liver stagnation with Spleen Deficiency 肝郁脾虚者: Zu San Li (ST36), Tian Shu(ST25), San Yin Jiao (SP6), Zhang Men(LV13), Xing Jiang(LV2) even method, after de qi retain needles for 15 minutes.

TREATMENT IN TCM 中医治疗

03 Cupping



Constipation

Da Chang Shu (Bl25), Xiao Chang shu (Bl27), Zu San Li (St36), and Yang positive areas. Method: Yang positive areas in left abdomen, buttock, posterior of thighs. Cup for 10-15 minutes.



Diarrhea

Use 6 cm cup on Shen Jue (CV4), Tian Shu (St25), once every day or every other day. Three times a course.

TREATMENT IN TCM 中医治疗

04 External Therapy

- (1) Shé Chuáng Zǐ (Fructus Cnidii), Wú Zhū Yú (Fructus Evodiae), grind into powder and apply on Naval. Replace every 24 hours. For Chronic diarrhea.
- (2) Roasted salt 60g, begged, apply around naval. For abdominal pain and and diarrhea due to deficiency.
- (3) Pepper powder fills up naval, covered, replace every other day. For diarrhea due to deficiency cold
- (4) Dà Huáng mō (Radix Rhyzoma Rhei, powdered) 10g, Máng Xiāo (Mirabilitum) 40g, mixed with yellow wine and apply to naval, cover and secure, top with hot water bottle for 10 minutes. This helps to move the bowels. For Excess Heat constipation.

TREATMENT IN TCM 中医治疗

05 Prevent and Care



IBS

The occurrence of IBS is closely related to a person's constitution, lifestyle, diet, mental and social structure as well as acute infectious intestinal disease. Proper care and prevention such as the items listed left are very important.

Chinese medicine and Biomedicine intergrated approach

中西医结合思路

- **Diagnosis relies on modern medical examinations**
- **Relieving symptoms in biomedicine**
- **Recurrence rate is high**
- **The practice of TCM is to investigate the symptoms and to find the source of the disease imbalance.**
- **It is a condition of an imbalanced in the circulation of qi.**
- **The main principle of TCM is to seek and to treat the source of the disease.**

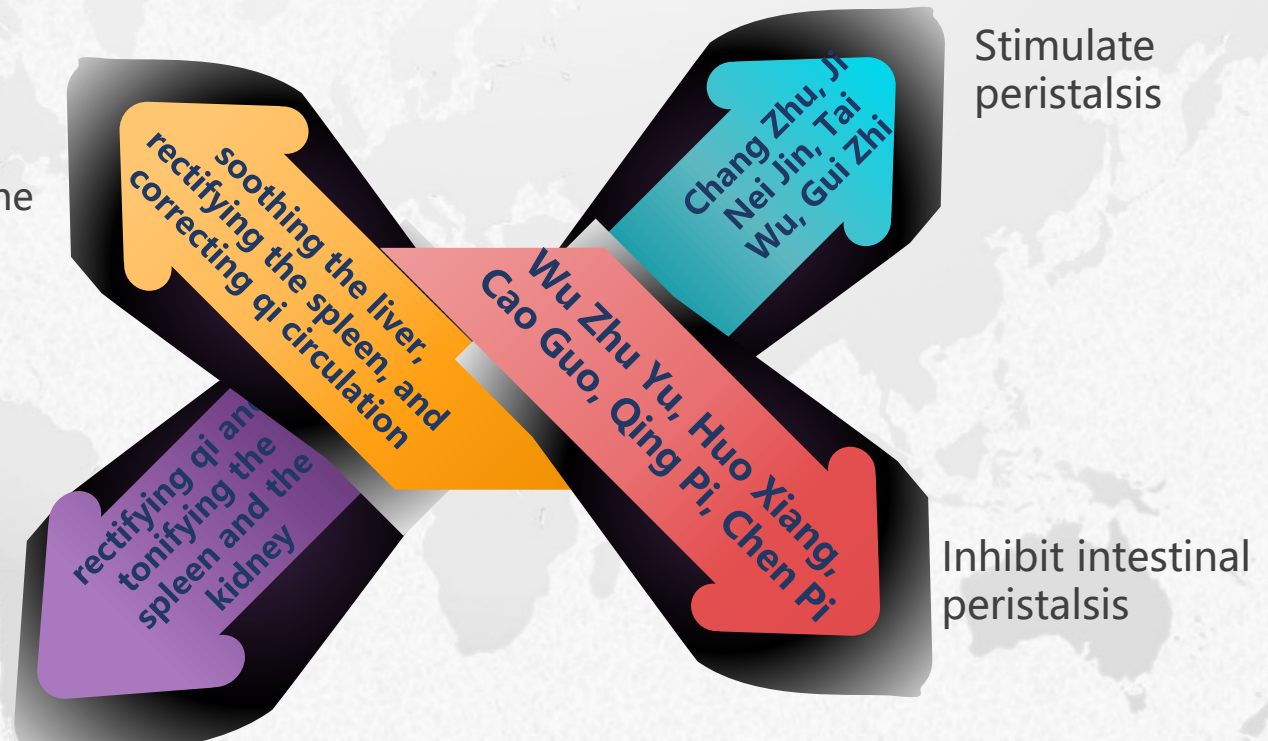
Chinese medicine and Biomedicine intergrated approach

中西医结合思路

- It is important to **combine** the modern pharmacological theory and principles of differential diagnosis of gastrointestinal functions with the differentiation of signs and symptoms of TCM.

Regulate the central nervous system, the digestive and the secretory functions of the intestines as well as imprbe the intestinal motility.

Correct the patient' s constitution and restore balance.

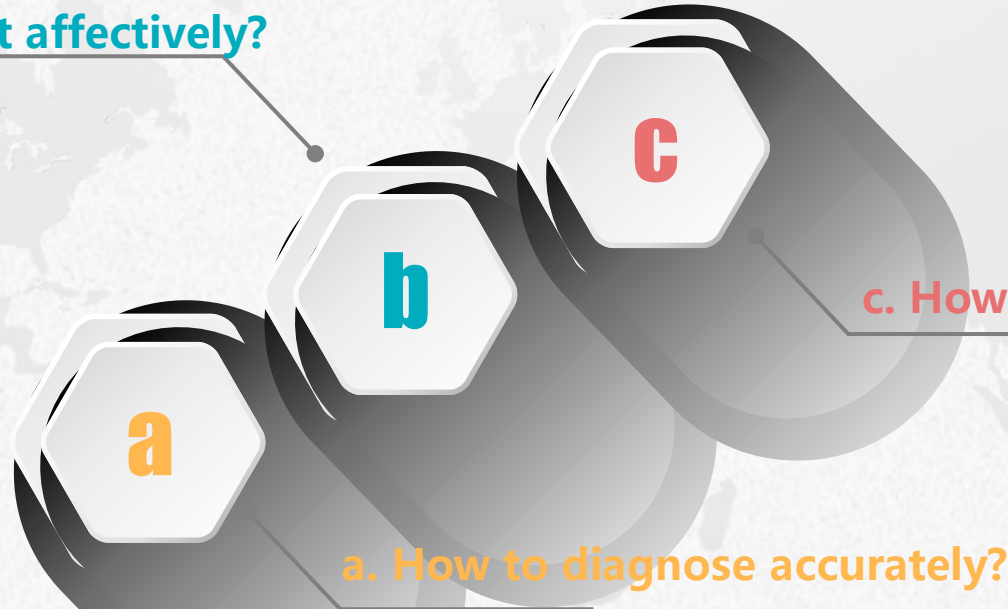


Chinese medicine and Biomedicine intergrated approach

中西医结合思路

-A. Difficulties and Solutions

b. How to treat it affectively?



c. How to adjust emotions?

a. How to diagnose accurately?

Chinese medicine and Biomedicine intergrated approach

中西医结合思路

1

The fundamental pathogenesis of IBS is that liver becomes obstructed. Clinically, it is not uncommon to see a patient with both liver qi stagnation and liver yang rising.

2

IBS abdominal pain is usually caused by spasms in the colon. The pain is mostly due to liver and spleen disharmony and qi circulation imbalances. The treatment strategy is to disperse the liver, strengthen the spleen, rectify the qi and thus stop pain.

3

Diarrhea in IBS is not simple. It may be a case of cold damp, damp heat, food stagnation, spleen deficiency, or spleen and kidney yang deficiency. We should not be confined by the saying from the <Nan Jing> "dampness leads to five diarrheas."

4

Constipation type IBS is more common and more persistent. Treating the constipation by using herbs that purge downward offer only temporary relief. The strong stimulation to the colon further disturbs the intestines peristalsis and leads to more stubborn constipation.

5

In clinical application, the treatment effect is better with the aid of herbs that improve gastrointestinal peristalsis.

- B. Experience and Familiarity

Chinese medicine and Biomedicine intergrated approach

中西医结合思路

- C. Conclusion

1. Functional disorder of the intestines characterized by abdominal pain or discomfort accompanied by irregular bowel movement. The etiology of this disorder is still unclear. No anatomical cause has been found.

2. Diagnosis of IBS is based on the characteristics of bowel movement and pain. Physical examinatin and standard diagnostic tests are used to eliminate other possible diseases.

3. Chinese medicine believes that the site of this disease is in the large intestines and is related to the liver, the spleen and the kidney.

4. Because of the multifaceted relations between the disease and the patho-physiology, there is not a single patho-physiological mechanism that can interpret this complex syndrome.

5. The characteristics and advantages of Chinese medicine for treating IBS is that it not only treats the symptoms, but it treats the whole person by differential diagnosis and treatment. (dispersing the liver, regulating qi, strengthening the spleen, rectifying the bowels.)

Experiences From Known Doctors

名医经验

Jia Wei Si Ni San treats Gan Yu Qi Zhi,
Modified Frigid Extremities Powder
Treats liver qi stagnation (Yu Shau Yuan)
加味四逆-肝郁气滞 余绍源

Chái Hú 10g, Bái Sháo 15g, Zhǐ qiào 15g, Mù Xiāng 12g (add later), Yù Jīn 15g, Fó Shǒu 15g, Yán Hú Suǒ 15g, Sū Gēng 12g, Gān Cǎo 6g

Wen Shen Jian Pi Zhi Xie Fang, Warm
Kidney Tonify Spleen Stop Diarrhea
Formula, Treats Spleen Kidney Deficiency
Diarrhea (Lu Yon Chang) 温肾健脾止泻方
- 脾肾阳虚泄泻 (陆永昌)

Tai Dǎng Shēn 18g, Chao Bái Zhú 15g,
Fú Líng 15g, Biǎn Dòu 18g, Shān Zhā 18g,
Gǔ Zhī 12g, Shén Qū 12g, Zé Xiè 12g, Wú Zhū Yú 9g, Wǔ Wèi Zǐ 9g, Cao Bái Sháo 15g, Hē Zǐ 9g, Ròu Dòu Kòu 6-9g, Mù Xiāng 6g, Shā Rén 9g, Zhì Gān Cǎo 6g

1

3

EXPERIENCES
FROM
RENOWNED
DOCTOR

2

Yang Xue Ren Chang Tang, nourish the Blood
Moisten the Bowel Decoction, Treats
Constipation Due To Blood Deficiency and
Bowel Dryness (Wang Zheng Gong) 养血润肠
煎 - 血虚肠燥便秘 (王正公)

Shǒu Wū 15g, Dāng Guī 9g,
Chì Sháo 9g, Huǒ Má Rén 15g

4

Tiao Chang Li qi Fa, Harmonize the bowels
Regulate qi, treating Constipated IBS (Luo
Yun Jian) 调肠理气法 - 便秘型 (罗云坚)

Mù Xiāng 9g, Zhǐ qiào 12g, Wú Yào 9g,
Chén Xiāng 3g, Bīng Láng 9g, Bái Zhú 12g,
Chái Hú 9g, shēng má 10g, Chén Pí 10g

Case Study 医案精选

Case

1

Case from Yan Zheng Hua ----- Spleen Stomach Deficiency 颜正华医案——脾胃虚弱

Zhou, Female, 51 years old

Initial visit on 1-16-1992: Good health in the past, Spleen and Stomach problem in recent years. For the past 6 month, she suffers from abdominal bloating and discomfort, distending pain around the naval, dry mouth, less appetite, noisy bowels, worse in the afternoon and evening, loose stools, 1-2 daily, weakness. All the above symptoms are presented on her first visit, also she has dull complexion, soft in abdomen, no pain. No Hx. of drug allergy. Red tongue with less coating slightly yellow, thin slippery pulse.。

【Diagnosis】 Spleen deficiency qi stagnation, Stomach Yin Insufficiency

【Treatment】 Tonify Spleen Nourish Yin, Move qi Open Stomach

【Formula】 Shen Ling Bai Zhu San Jia Jian, Ginseng, poria, and Atractylodes macrocephala powder Modified

(Chuang zhang fu, Ling Ching Yi An Jing Xuan, Xiewan Publisher, Beijing, 1999.49)

Case Study 医案精选

Case

2

Case From Chen Ke Ji ----- Shallow Water Halted Boat 陈可冀医案-----水乏舟停

Wang, Male, 25 years old, labor worker

[Initial Visit] Patient suffered from dysentery diarrhea two years ago for two months. He recovered through treatment with a pharmaceutical. Ever since, he has had constipation. He has a bowel movement every three or four days, dry pellet, it takes 30-40 minutes to finish, with bleeding afterwards. There are also other symptoms such as dry nose and throat, dry mouth, cracked and bleeding lips, poor appetite, abdominal bloating, weakness, emaciation. He used to be strong and healthy. Red, dry, and cracked tongue with less coating, deep, thin, and rapid pulse.

【Diagnosis】 Yin fluid damage, Shallow Water Halted Boat

【Treatment】 滋Nourish Yin Moisten Dryness, Increase Water Move Boat

【Formula】 Qing Zao Jiou Fei Tang Jia jian, Clear Dryness Save Lung Decoction Modified

(Chen Ke Ji, Zhong Yi Yao Xie Ling Chuang Yi An Fang Li, New World Publisher, Beijing, 1994. 109)

Case Study 医案精选

Case

3

Case of Gao Huei Yuan ---- Spleen and Kidney Yang deficiency 高辉远医案—脾肾阳虚

Xu, Male, 40 years old

[Initial Visit] For three years the patient has had intermittent diarrhea, worsening the past month. Patient states that between summer and fall 3 years ago, he suffered from abdominal pain and diarrhea due to irregular diet. He was diagnosed with “acute colitis” and was treated with Huang Lin Shu and Huo Xiang Zheng Qi Wan. Most of his symptoms are better except frequent abdominal bloating and tendency to have diarrhea (4-5 times per day) from cold or greasy food, but there is no mucous, blood or urgency. In recent month, he suffers from abdominal pain in the early morning, urgency to excrete, and feels relieved after diarrhea, he is also tired, feeling has a cold in the abdomen and around naval, warmth makes it better, poor appetite, low back soreness, knee weakness, bland and lack of sense of taste. Feces laboratory test negative, no blood in stool. Pale and tender tongue with thin white slippery coating, deep thin pulse.。

【Diagnosis】 Spleen Kidney Deficiency.

【Treatment】 Warm tonify Spleen and Kidney, Astringe Bowels and Stop Pain

【Formula】 Si Shen Wan Jia Jian, Four Miracle Pill Modification

(Pong Jian Zhong, Zhong Yi Gu Jing Yi An Jing Shuai xuan Ping, No 1, Xiewan Publisher, Beijing, 1998.807)

Case Study 医案精选

Case

4

Case From Yue Shao qin ---- Liver Wood Invading Spleen 赵绍琴医案 - 肝木乘脾

Niu, Female, 50 years old

[Initial Visit] 6-2-1992, patient has had diarrhea every morning for two years. Patient was treated with Si Shen Wan, Four Miracle Pills; Shen Ling Bai Zhu San(Ginseng, Poria, Atractylodes Macrocephala); Huang Ling Shu and decoction without success. She has diarrhea every morning, bloating in Zhong Wan, distending pain in hypochondriac regions, is irritable, with lots of dreams, has thick white tongue coating, and a wiry slippery fast pulse.

【Diagnosis】 Liver Gallbladder Stagnation Heat, Wood Stagnation Attacking Earth

【Treatment】 Smooth and Regulate Wood and Earth to Disperse Liver heat

【Formula】 Sheng Jiang San He Tong Xie Yao Fang Jia Jian (Modified Ascending Descending Powder and Important Formula For painful Diarrhea)

(Zhao Shao Qin, Zhao Shao Qin Jing Ning qi Yao, Zhong Guo Yi Yao Ke Ji Publisher, Beijing, 2000.10)

Case Study 医案精选

Case

5

Case from Ji Liang Chen -- Spleen and Kidney deficiency, Stomach cold and Qi stagnation 吉良晨医案 - 脾肾两虚，胃寒气滞

Jia, Female, 37 years old

[Initial visit] The patient had loose stools for 9 months, with urgency in the early morning. She had 7-8 bowel movements daily. The loose stools or excreted water was mixed with mucous. She also had abdominal pain and bloating, urgency, stomach pain with nausea, which was worse after eating, and a preference for warm foods. Her tongue was pale, with a thin yellow tongue coating. The pulse was deep thin and wiry. In addition, she reported frequent low back soreness, which was better with heat. She was diagnosed with allergic colitis during a hospital stay.

【Diagnosis】 Spleen kidney deficiency; stomach cold with qi stagnation.

【Treatment】 Tonify spleen and kidney, warm the stomach and regulate qi.

【Formula】 Liu Wei Di Huang Wan Jia Jian (Modified Six-Ingredient Pill with Rehmannia).

(Ji Liang Chen, Ling Chuang Zhi Yin Luo, Zhong Guo Shu Ding Publisher, 2000.42 ~ 43)



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谢

Thank You Very Much!