The Treatment of Digestive Problems with the *Three Treasures* Remedies

Giovanni Maciocia

WELCOME! PLEASE WAIT, THE WEBINAR WILL START AT 18.00 LISBON TIME
A Herbal Gate, Lda. é representante oficial das fórmulas de Fitoterapia Chinesa do Prof. Giovanni Maciocia em Portugal e Espanha há 8 anos.

Em Outubro passado a empresa iniciou uma nova etapa da sua existência assente numa mudança de cultura: orientação para o cliente, confiança, inovação, agilidade, parceria e sustentabilidade.

A rápida e personalizada resposta aos pedidos dos nossos clientes e a aposta na formação contínua dos nossos terapeutas é a nossa grande prioridade.

É para nós uma grande honra promover este primeiro Webinar com o ilustre Prof. Maciocia, esperando que este seja o primeiro de muitos outros a realizar sobre outras patologias e respectivo tratamento com as fórmulas dos Três Tesouros, Tesouros da Mulher e Pequenos Tesouros. A partilha de conhecimento é sempre uma mais valia e a vasta experiência do Professor é para nós de um valor incalculável.

Esperamos que usufruam deste evento!
A feeling of DISTENSION (zhang 脹) indicates stagnation of Qi. This type of sensation will be seldom referred to as "distension" by Western patients; more often than not patients will call it a feeling of “bloating”, "bursting", "being blown-up", etc.

A feeling of distension is both subjective and objective. The patient feel bloated subjectively, and distension is also objective in that it can be seen and palpated. On palpation it feel like an over-inflated balloon, it resists on palpation and “rebounds”.

**Functional abdominal bloating**

Few studies adequately separate bloating from IBS and other functional disorders, most of the IBS patients report this symptom but **it occurs in about 10-30% of individuals in community-based surveys, usually with a female predominance.**
A feeling of distension indicates Qi stagnation: it is the cardinal symptom of Qi stagnation which usually affects the Liver.

Remember, however, that it affects also other organs: in the context of digestive disorders, it affects the Stomach, Intestines and Spleen.

Note that Qi stagnation does not always derive from anger (whether repressed or not) but it may derive from worry, shame and guilt.
- Liver-Qi stagnation: abdominal and/or epigastric bloating, related to emotional state. Pulse all Wiry or Wiry on left.

- Stomach-Qi stagnation: epigastric bloating, not much related to emotional state. Alleviated by burping. Pulse Wiry on right Guan.

- Spleen-Qi stagnation: lower abdominal bloating, loose stools. Alleviated by passing gas and by rest. Pulse slightly Wiry on left and Weak on right.

- Intestines Qi stagnation: abdominal distension and pain, borborygmi, constipation. Alleviated by passing gas. Pulse Wiry on both Chi position.
Distension of epigastrium: Ren-10, Ren-12, ST-21, ST-34, ST-40, GB-34.

A feeling of OPPRESSION (men 闷) denotes Phlegm or also more severe stagnation of Qi. The translation of this term cannot adequately convey the image evoked by its Chinese character: this depicts a heart constrained by a door and, besides the physical sensation, it also implies a certain mental anguish associated with this feeling. A Chinese patient who says he/she has men is probably depressed. Yu men 郁 闷 = depressed.

A feeling of oppression is purely subjective and it is experienced mostly in the chest but it can be also in the epigastrium. Some patients would describe it as a “weight” on the chest.

In Western patients too, a feeling of oppression of the chest reflects emotional stress especially to do with sadness, grief, worry, shame and guilt.

Feeling of oppression of the chest: Ren-17, P-6, LU-7, ST-40.
A feeling of FULLNESS (满) indicates retention of food or Dampness. A feeling of fullness is different than a feeling of distension. One literally feels full and slightly nauseous. It may affect the epigastriun or abdomen.

The feeling of fullness is subjective and objective. Subjectively, the patient feels full. It is felt objectively on palpation but not seen on observation. On palpation, the abdomen feels hard and not elastic as in the feeling of distension.

A feeling of an actual mass (on palpation) indicates stasis of Blood.

Epigastric fullness: ST-19, ST-21, Ren-10, SP-4/P-6 (Chong Mai), ST-34.

A feeling of STUFFINESS (pi 痞) indicates Stomach-Qi deficiency or Stomach-Heat. Contrary to the previous two sensations which can be felt objectively on palpation (e.g. a distended or full abdomen feels so on touch), the sensation of stuffiness is only subjective and the abdomen feels soft on touch.

The feeling of stuffiness is usually in the epigastrium.
<table>
<thead>
<tr>
<th>Subjective/objective</th>
<th>DISTENSION</th>
<th>OPPRESSION</th>
<th>FULLNESS</th>
<th>STUFFINESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subjective</td>
<td>Both</td>
<td>Subjective</td>
<td>Both</td>
<td>Subjective</td>
</tr>
<tr>
<td>Symptoms</td>
<td>Bloating</td>
<td>Weight</td>
<td>Full, nausea</td>
<td>Mildly full</td>
</tr>
<tr>
<td>Chinese</td>
<td>Zhang 张</td>
<td>Men 闷</td>
<td>Man 满</td>
<td>Pi 痞</td>
</tr>
<tr>
<td>Objective on what</td>
<td>Visually and palpation</td>
<td>On palpation</td>
<td>Soft on palpation</td>
<td></td>
</tr>
<tr>
<td>Pattern</td>
<td>Qi stagnation</td>
<td>Phlegm</td>
<td>Dampness</td>
<td>Deficiency and ST-Heat</td>
</tr>
</tbody>
</table>
THE CHONG MAI IN DIGESTIVE DISORDERS

The Chong Mai has two major clinical applications:

a) Blood stasis in gynaecology
b) Digestive disorders of a Full nature.

When the Chong Mai is affected by digestive disorders, the pulse is Full (Wiry, Firm) on both guan positions.

The Lao pulse is like the Wiry pulse but only at the Middle and Deep levels. The Wiry pulse is superficial and Wiry also at the superficial level. I call it ‘Firm”, other authors call it “Confined”. “Lao” literally means “prison” and it represents a bull under a roof. 牢
EPIGASTRIC PAIN

The possible patterns are the following:

**EXCESS**
- Cold invading the Stomach
- Retention of food
- Liver-Qi invading the Stomach
- Stomach-Heat
- Stomach-Fire
- Stomach Phlegm-Fire
- Stomach Damp-Heat
- Stomach and Liver Heat
- Stasis of Blood in the Stomach
- Phlegm-Fluids in the Stomach

**DEFICIENT**
- Stomach and Spleen Deficient and Cold
- Stomach-Yin Deficiency
Frank anger

Repressed anger

Nausea, belching, acid regurgitation

Loose stools
1) LIVER-QI INVADING THE STOMACH

Clinical manifestations
Epigastric distension and pain radiating towards the right or left hypochondrium, belching, sighing, irritability, uncomfortable feeling of hunger. The pain comes in bouts clearly related to emotional tension. Tongue: normal body colour or slightly Red sides. Pulse: Wiry. It may be Wiry only on the left side.

Treatment principle
Soothe the Liver and regulate Qi.

Acupuncture
LIV-14 Qimen, P-6 Neiguan, ST-21 Liangmen, Ren-12 Zhongwan, ST-36 Zusanli, G.B.-34 Yanglingquan. Reducing or even method.

Prescription
CHAI HU SHU GAN TANG
Bupleurum Soothing the Liver Decoction

Three Treasures: BREAK INTO A SMILE
Very slightly red on the sides (LIV)
2) **STOMACH PHLEGM-HEAT**

Clinical manifestations
A feeling of oppression of the epigastrium, dry mouth but no desire to drink, mucus in the stools, nausea, vomiting, mental restlessness, insomnia, in severe cases manic behaviour or manic-depression.
Tongue: Red with a very sticky or slippery yellow coating. The tongue may have a wide Stomach-type crack in the centre with a rough, brush-like, dry yellow coating inside it.
Pulse: Slippery, Rapid, Overflowing.

Treatment principle
Harmonize the Stomach, clear Heat, resolve Phlegm, calm the Mind.
Acupuncture
ST-21 Liangmen, Ren-12 Zhongwan, Ren-13 Shangwan, P-5 Jianshi, ST-40 Fenglong, P-7 Daling, Du-24 Shenting, G.B.-13 Benshen, ST-44 Neiting. All with reducing method, except for Ren-12 which should be reinforced.

Herbal treatment
Prescription
WEN DAN TANG
Warming the Gall Bladder Decoction

Three Treasures: CLEAR THE SOUL
3) DAMP-HEAT IN THE STOMACH

Clinical manifestations
Feeling of fullness of the epigastrium, dull epigastric pain, dry mouth, no desire to drink, a bitter taste, a sticky sensation in the mouth, nausea, vomiting. There may also be a frontal headache.
Tongue: Red with a sticky-yellow coating.
Pulse: Slippery, Rapid, slightly Weak-Floating in the right Middle position.

Treatment principle
Clear Heat, resolve Dampness, harmonize the Stomach.

Acupuncture
Ren-10 Xiawan, Ren-9 Shuifen, ST-21 Liangmen, SP-9 Yinlingquan, SP-6 Sanyinjiao, BL-20 Pishu, BL-21 Weishu, Ren-12 Zhongwan, ST-8 Touwei, L.I.-4 Hegu. All with reducing or even method except Ren-12 and BL-20 which should be reinforced.

Herbal treatment

Prescription
XIANG SHA PING WEI SAN
\textit{Aucklandia-Amomum Regulating the Stomach Powder}

LIAN PO YIN
\textit{Coptis-Magnolia Decoction}

Three Treasures: \textit{EASE THE MUSCLES}
1) STOMACH AND SPLEEN DEFICIENT AND COLD

Clinical manifestations
Dull epigastric pain which improves with pressure, after eating, and with the application of heat, vomiting of thin fluids, tiredness, poor appetite, chilliness, loose stools, pale complexion. Tongue: Pale, white coating. Pulse: Deep, Weak.

Treatment principle
Warm the Middle, strengthen the Spleen and Stomach.

Acupuncture
Ren-12 Zhongwan, P-6 Neiguan, ST-36 Zusanli, Ren-6 Qihai, BL-20 Pishu, BL-21 Weishu. All with reinforcing method, moxa is applicable.

Prescription
HUANG QI JIAN ZHONG TANG
*Astragalus Strengthening the Centre Decoction*

Three Treasures *PROSPEROUS EARTH*
2) **STOMACH-YIN DEFICIENCY**

**Clinical manifestations**
Dull epigastric pain, dry mouth, desire to sip liquids, dry throat, slight nausea. Tongue: normal colour, dry, no coating, scattered cracks or a central wide Stomach-type crack. Pulse: Floating-Empty in the right Middle position.

**Treatment principle**
Nourish Yin, benefit the Stomach, stop pain.

**Acupuncture**
Ren-12 Zhongwan, ST-36 Zusanli, SP-6 Sanyinjiao.
Reinforcing method.

a) **Prescription**
YI GUAN JIAN and BAI SHAO GAN CAO TANG
*One Linking Decoction and Paeonia-Glycyrrhiza Decoction*

b) **Prescription**
YI WEI TANG
*Benefiting the Stomach Decoction*

c) **Prescription**
YANG WEI TANG
*Nourishing the Stomach Decoction*

**Three Treasures:** CENTRAL MANSION or JADE SPRING
YI GUAN JIAN
One Linking Decoction
Sheng Di Huang Radix Rehmanniae
Gou Qi Zi Fructus Lycii
Bei Sha Shen Radix Adenophorae
Mai Men Dong Radix Ophiopogonis
Dang Gui Radix Angelicae sinensis
Chuan Lian Zi Fructus Meliae toosendan

YANG WEI TANG
Nourishing the Stomach Decoction
Bei Sha Shen Radix Glehniae 9 g
Mai Men Dong Radix Ophiopogonis 6 g
Yu Zhu Rhizoma Polygonati odorati 6 g
Bian Dou Semen Dolichoris lablab 6 g
Sang Ye Folium Mori 4 g
Shi Hu Herba Dendrobii 6 g
Zhi Gan Cao Radix Glycyrrhizae preparata 3 g

BAI SHAO GAN CAO TANG
Paeonia-Glycyrrhiza Decoction
Bai Shao Radix Paeoniae alba
Zhi Gan Cao Radix Glycyrrhizae preparata

YI WEI TANG
Benefiting the Stomach Decoction
Bei Sha Shen Radix Glehniae 9 g
Mai Men Dong Radix Ophiopogonis 9 g
Sheng Di Huang Radix Rehmanniae 12 g
Yu Zhu Rhizoma Polygonati odorati 6 g
Bing Tang Brown sugar 3 g
ABDOMINAL PAIN

1) STAGNATION OF QI

Clinical manifestations
Abdominal pain and distension which are clearly related to the emotional state, feeling bloated, constipation, irritability, moodiness, borborygmi. Tongue: there may be no change in the body colour, but in more severe cases it may be Red on the sides.

i. Acupuncture
Ren-6 Qihai, P-6 Neiguan, P-7 Daling, T.B.-6 Zhigou, G.B.-34 Yanglingquan, LIV-3 Taichong, BL-18 Ganshu, SP-6 Sanyinjiao, ST-39 Xiajuxu. Reducing or even method.

ii. Herbal therapy
Prescription
CHAI HU SHU GAN TANG
Bupleurum Soothing the Liver Decoction

Three Treasures remedies
BREAK INTO A SMILE
2) STAGNATION OF QI WITH DAMPNESS

Clinical manifestations
Abdominal pain and distension which are clearly related to the emotional state, feeling bloated, constipation, irritability, moodiness, borborygmi, a feeling of fullness and heaviness of the abdomen.
Tongue: there may be no change in the body colour, but in more severe cases it may be Red on the sides; sticky coating.
Pulse: Slippery and Wiry.

i. Acupuncture
Points
Ren-6 Qihai, P-6 Neiguan, T.B.-6 Zhigou, G.B.-34 Yanglingquan, LIV-3 Taichong, BL-18 Ganshu, SP-6 Sanyijniao, Ren-9 Shuifen, SP-9 Yinlingquan, ST-28 Shuidao, BL-22 Sanjiaooshu, ST-39 Xiajuxu. Reducing or even method.

ii. Herbal therapy
Prescription
SI MO TANG
Four Milled-Herb Decoction

Three Treasures: SMOOTH PASSAGE
3) QI STAGNATION, DAMPNESS, QI DEFICIENCY

**Clinical manifestations**
Abdominal pain and distension that come and go, worse when tired or when under emotional stress, feeling bloated, constipation or loose stools, irritability, moodiness, borborygmi, a feeling of fullness and heaviness of the abdomen, tiredness, poor appetite.

Tongue: there may be no change in the body colour, but in more severe cases it may be Red on the sides; sticky coating.

Pulse: Soggy and slightly Wiry.
i. Acupuncture
- Qi stagnation: Ren-6 Qihai, P-6 Neiguan, T.B.-6 Zhigou, G.B.-34 Yanglingquan, LIV-3 Taichong, BL-18 Ganshu


- Qi deficiency: Ren-12 Zhongwan, ST-36 Zusanli, BL-20 Pishu.

ii. Herbal therapy
SI MO TANG
*Four Milled-Herb Decoction*

*Three Treasures remedy*  
*SMOOTH PASSAGE*
IRRITABLE BOWEL SYNDROME – SMOOTH PASSAGE

**QI STAGNATION**
- Distension
- Pain
- Bitty stools
- Wiry pulse

**DAMPNESS**
- Mucus in stools
- Heaviness
- Fullness
- Slippery pulse

**QI DEFICIENCY**
- Mild distension
- Mild pain or no pain
- Loose stools
- Better with rest and pressure
4) STASIS OF BLOOD

Clinical manifestations
Severe abdominal pain, masses in the abdomen, dark complexion.
Tongue: Purple.
Pulse: Deep and Choppy or Deep and Firm.

i. Acupuncture
Ren-6 Qihai, P-6 Neiguan, P-7 Daling, T.B.-6 Zhigou, G.B.-34 Yanglingquan, LIV-3 Taichong, BL-18 Ganshu, SP-6 Sanyinjiao, SP-10 Xuehai, BL-17 Geshu, KI-6 Zhaohai and LU-7 Lieque, SP-4 Gongsun and P-6 Neiguan (Chong Mai), ST-39 Xiajuxu. Reducing or even method.

ii. Herbal therapy
Prescription
SHAO FU ZHU YU TANG or GE XIA ZHU YU TANG
Lower Abdomen Eliminating Stasis Decoction or Eliminating Stasis below the Diaphragm Decotion

*Three Treasures remedy*
STIR FIELD OF ELIXIR
5) DAMP HEAT IN THE INTESTINES

**Clinical manifestations**
Abdominal pain which is worse with pressure and hot food, loose stools with foul smell, mucus and/or blood in the stools, a burning sensation of the anus, thirst, slight sweating, dark urine, a feeling of fullness and heaviness of the abdomen.
Tongue: Red body, thick-sticky-yellow coating.
Pulse: Slippery and Rapid.

**Treatment principle**
Clear Heat, resolve Dampness.

i. Acupuncture

**Points**
Reducing or even method; no moxa.
ii. Herbal therapy

**Prescription**

**DA CHENG QI TANG**

*Great Conducting Qi Decoction*

**Prescription**

**SHAO YAO TANG**

*Paeonia Decoction*

**Prescription**

**HUANG QIN TANG**

*Scutellaria Decoction*

**Prescription**

**BAI TOU WENG TANG**

*Pulsatilla Decoction*

**Three Treasures**: *EASE THE MUSCLES*
DA CHENG QI TANG
*Great Conducting Qi Decoction*
Da Huang *Radix et Rhizoma Rhei* 12 g
Mang Xiao *Natrii Sulphas* 9 g
Hou Po *Cortex Magnoliae officinalis* 15 g
Zhi Shi *Fructus Aurantii immaturus* 12 g

SHAO YAO TANG
*Paeonia Decoction*
Bai Shao *Radix Paeoniae alba* 20 g
Dang Gui *Radix Angelicae sinensis* 9 g
Zhi Gan Cao *Radix Glycyrrhizae preparata* 5 g
Huang Lian *Rhizoma Coptidis* 5 g
Huang Qin *Radix Scutellariae* 9 g
Da Huang *Radix et Rhizoma Rhei* 9 g
Mu Xiang *Radix Aucklandiae* 5 g
Bing Lang *Semen Arecae* 5 g
Rou Gui *Cortex Cinnamomi* 2 g

HUANG QIN TANG
*Scutellaria Decoction*
Huang Qin *Radix Scutellariae* 9 g
Bai Shao *Radix Paeoniae alba* 9 g
Zhi Gan Cao *Radix Glycyrrhizae preparata* 3 g
Da Zao *Fructus Jujubae* 4 dates

BAI TOU WENG TANG
*Pulsatilla Decoction*
Bai Tou Weng *Radix Pulsatillae* 15 g
Huang Bo *Cortex Phellodendri* 12 g
Huang Lian *Rhizoma Coptidis* 4 g
Qin Pi *Cortex Fraxini* 12 g
6) SPLEEN-QI DEFICIENT AND SINKING

Clinical manifestations
Dull, central abdominal pain that comes and goes, worse when tired, better with pressure, bearing-down feeling, tiredness, loose stools, poor appetite, weak muscles, depression.
Tongue: Pale.
Pulse: Weak.

i. Acupuncture
Points
Du-20 Baihui, Ren-12 Zhongwan, Ren-6 Qihai, ST-36 Zusanli, SP-3 Taibai, BL-20 Pishu, ST-39 Xiajuxu. All with reinforcing method.

ii. Herbal therapy
Prescription
BU ZHONG YI QI TANG
*Tonifying the Centre and Benefiting Qi Decoction*

*Three Treasures remedy*
TONIFY QI AND EASE THE MUSCLES
7) SPLEEN-QI DEFICIENCY WITH DAMPNESS

Clinical manifestations
Dull, central abdominal pain that comes and goes, worse when tired, better with pressure, tiredness, loose stools, poor appetite, a slight feeling of fullness and heaviness of the abdomen.
Tongue: Pale, sticky coating.
Pulse: Soggy.

i. Acupuncture
Points
Ren-12 Zhongwan, ST-36 Zusanli, SP-3 Taibai, BL-20 Pishu, Ren-6 Qihai, SP-9 Yinlingquan, ST-28 Shuidao, Ren-9 Shuifen, BL-22 Sanjiaoshu, ST-39 Xiajuxu. Reinforcing method on the first five points; even method on the others.

ii. Herbal therapy
Prescription
XIANG SHA LIU JUN ZI TANG
_Aucklandia-Amomum Six Gentlemen Decoction_

_Three Treasures remedy_
SOOTHE THE CENTRE
CENTRAL MANSION
8) SPLEEN- AND KIDNEY-YANG DEFICIENCY

Clinical manifestations
Dull abdominal pain that comes and goes, worse when tired, better with pressure and with the application of warmth, better with warm drinks, feeling cold, tiredness, loose stools, desire to lie down, cold limbs, lower backache, dizziness, tinnitus, frequent-pale urination.
Tongue: Pale and wet.
Pulse: Deep and Weak.
Tonify Spleen- and Kidney-Yang, warm Yang, expel Empty Cold.

i. Acupuncture
Points
All with reinforcing method; moxa is applicable, especially the moxa box on the lower abdomen.

ii. Herbal therapy
Prescription
LI ZHONG WAN
Regulating the Centre Pill

Three Treasures: STRENGTHEN THE ROOT
DEFICIENCY OF YIN OF STOMACH AND INTESTINES

Yang Ming = Stomach and Large Intestine.

A Yin deficiency of the Stomach often affects the Large Intestine too, although we do not have a syndrome called “Yin deficiency of Stomach and Large Intestine”.

![Images of tongue with different conditions]
**Soothe the Centre** (*Xiang Sha Liu Jun Zi Tang*)

**Patterns:** Stomach and Spleen Qi Deficiency, some Stomach-Yin Deficiency, Dampness and stagnation of Qi in Middle Burner

**Digestive symptoms:** Poor appetite, feeling of fullness, distension and pain of the epigastrium, poor digestion, loose stools.

**Tongue:** Pale, teethmarks, sticky coating in the centre which may be rootless, possibly small transversal cracks on the side.

**Explanation:** this formula is primarily for Xu conditions, i.e. Spleen-Qi Xu is primary to the Dampness and the main symptoms will be tiredness and digestive problems. It treats problems of the Middle Burner rather than the Intestines and focuses on digestive problems of the Stomach and Spleen with some Dampness and some stagnation of Qi.
SOOTHE THE CENTRE
IN A NUTSHELL: move Qi and resolve Dampness in the Middle Burner, tonify Spleen-Qi. Digestive problems from Qi stagnation and Dampness in the Middle Burner with Spleen-Qi deficiency.

CLASSICAL ANTECEDENT: Xiang Sha Liu Jun Zi Tang

DIFFERENCES FROM CLASSICAL ANTECEDENT:
• Stronger action in moving Qi and resolving Dampness.

1. Pale, Swollen, Swollen sides (Spleen area)
2. Pale, Swollen, Swollen sides (Spleen area), sticky-white coating
Prosperous Earth (Liu Jun Zi Tang)

Patterns: Spleen-and Lung-Qi Deficiency, Dampness.

Digestive symptoms: poor digestion, slight abdominal distension and fullness, poor appetite, craving for sweets, loose stools.

Tongue: Pale

Explanation: This is a very simple formula which primarily tonifies Spleen-Qi and secondarily resolves Dampness. Spleen-Qi deficiency with Dampness is probably one of the most common clinical findings in digestive problems and it will nearly always be accompanied by tiredness.
PROSPEROUS EARTH
IN A NUTSHELL: tonify Spleen-Qi, resolve Dampness.


DIFFERENCES FROM CLASSICAL ANTECEDENT:
• Stronger Qi-tonic action.

1. Pale, sticky coating
2. Pale, teethmarks, sticky coating
Smooth Passage

Patterns: Spleen-Qi Xu, Liver-Qi stagnation, Dampness.

Digestive symptoms: alternation of constipation and loose stools, abdominal distension and pain, stools like pellets, mucus in stools, poor appetite.

Tongue: Pale, normal or Red, sticky coating.

Explanation: this formula is for Irritable Bowel Syndrome. It tonifies Spleen-Qi, moves Liver-Qi and resolves Dampness.

NOTE: Smooth Passage differs from Soothe the Centre in that it is directed at the Lower Burner and therefore the Intestines.
SMOOTH PASSAGE

IN A NUTSHELL: move Qi and resolve Dampness in the Lower Burner, tonify Spleen-Qi. Digestive problems of the Lower Burner, irritable bowel syndrome.

1. Red sides, yellow coating, thicker on the root
2. Pale, sticky coating on the root
**Break into a Smile** (*Chai Hu Shu Gan Tang*)

**Patterns:** Liver Qi invading Spleen and Stomach

**Digestive symptoms:** epigastric or abdominal distension and pain which is worse when stressed, flatulence, belching.

**Tongue:** almost normal or slightly red on the sides

**Explanation:** this formula moves Qi and eliminates stagnation. Abdominal distension is an important indication for the use of the formula. Distension is often described as “bloating” by Western patients.

**Note:** this formula is appropriate when there is not only distension and fullness, but also pain. In this way it is different from *Soothe the Centre* which may be used if there is distension or fullness only.
BREAK INTO A SMILE

IN A NUTSHELL: Liver-Qi stagnation in the Middle and/or Lower Burner causing distension and pain. Digestive problems from Liver-Qi stagnation.

CLASSICAL ANTECEDENT: Chai Hu Shu Gan Tang.

DIFFERENCES FROM CLASSICAL ANTECEDENT:
• Invigorating Blood action
• Calming the Mind action
• Tonifying Qi and Yin of Stomach

1. Red sides
2. Red sides, yellow coating
**Drain Fields** *(Huo Po Xia Ling Tang)*

**Patterns:** Dampness, Spleen-Qi Deficiency.

**Digestive symptoms:** Feeling of fullness and heaviness in the epigastrium, nausea, poor appetite, loose stools.

**Tongue:** Sticky-white coating

**Explanation:** this formula is used primarily to drain Dampness and therefore should be chosen if the Excess aspect predominates over the Deficiency. It is appropriate for Dampness without Heat.

**Note:** Although *Prosperous Earth* also treats Spleen-Qi deficiency and Dampness, *Drain Fields* should be used when the Dampness is primary to the Spleen deficiency. If the Spleen deficiency is primary to the Dampness, then *Prosperous Earth* is appropriate.

\[
\text{DAMPNESS} + \quad \text{DAMPNESS} - \\
\text{SP-QI XU} - \quad \text{SP-QI XU} + \\
\text{Drain Fields} \quad \text{Prosperous Earth}
\]
DRAIN FIELDS

IN A NUTSHELL: resolve Dampness.

CLASSICAL ANTECEDEMET: Huo Po Xia Ling Tang

DIFFERENCES FROM CLASSICAL ANTECDEENT:
• Stronger action in resolving Dampness from the space between skin and muscles with fragrant herbs (muscle ache)
• It mildly tonifies Qi (which original formula does not do)

Note: Although Prosperous Earth also treats Spleen-Qi deficiency and Dampness, Drain Fields should be used when the Dampness is primary to the Spleen deficiency and therefore the pulse is Slippery and the tongue is swollen. If the Spleen deficiency is primary to the Dampness, then Prosperous Earth is appropriate.
Ease the Muscles (Lian Po Yin)

Patterns: Damp-Heat in the Middle Burner

Digestive symptoms: a feeling of fullness of the epigastrium, a sticky or bitter taste, poor appetite, loose stools

Tongue: Red or slightly red with a sticky-yellow coating. Even if the tongue is not red, the presence of a sticky-yellow coating is an essential sign for the prescription of this formula.

Explanation: this formula can be used in all cases when the condition is characterised predominantly by retention of Damp-Heat. It is appropriate only when the Excess aspect predominates over the deficiency.

Note: Ease the Muscles differs from Drain Fields in that it resolves Damp-Heat, as opposed to just Dampness.
EASE THE MUSCLES

IN A NUTSHELL: resolve Damp-Heat from the Middle Burner and from the space between the skin and muscles.

CLASSICAL ANTECEDEENT: Lian Po Yin

DIFFERENCES FROM CLASSICAL ANTECEDEENT:
• Stronger action in eliminating Dampness from the space between the skin and muscles (muscle ache)
• Mildly tonify Qi (only one herb).

Red sides, swollen sides (SP), sticky coating

Red, sticky-yellow coating
Central Mansion (Shen Ling Bai Zhu San)

Patterns: Stomach- and Spleen-Qi Xu, Stomach- and Spleen-Yin Xu.

Digestive symptoms: dull epigastric pain, slight epigastric fullness, dry mouth, dry lips, loose stools, diarrhoea, nausea, weak limbs, tiredness, tongue with rootless coating, partially peeled, normal colour, cracks.

Explanation: this formula has a broad range of action in tonifying Qi and Yin of both Stomach and Spleen; it also resolves Dampness and secondarily tonifies Lung-Qi.

NOTE: Central Mansion is in the “middle” of a continuum of a deficiency of Stomach-Qi, then Qi and Yin, then Yin. Therefore Central Mansion is placed between Prosperous Earth (deficiency of Stomach- and Spleen-Qi) and Jade Screen (definite deficiency of Stomach-Yin, tongue no coating at all and possibly red.)
CENTRAL MANSION

IN A NUTSHELL: Qi and Yin deficiency of Stomach and Spleen. Digestive problems and especially chronic loose stools or diarrhoea.

CLASSICAL ANTECEDENT: Shen Ling Bai Zhu San.

DIFFERENCES FROM CLASSICAL ANTECEDENT:
• More pronounced Yin-nourishing action.

1. Pale, partially peeled

2. Pale, partially peeled, deep ST crack, dry

3. Partially peeled, ST crack

4. Pale, Swollen, partially peeled
Harmonize the Centre

Patterns: Stomach- and Spleen-Qi Xu, Stomach- and Spleen-Yin Xu, Dampness and Phlegm in the Middle Burner.

Digestive symptoms: dull epigastric pain, slight epigastric fullness, dry mouth, dry lips, loose stools, diarrhoea, nausea, weak limbs, tiredness, tongue with rootless coating, partially peeled, normal colour, cracks, Type II diabetes.

Explanation: this formula has a broad range of action in tonifying Qi and Yin of both Stomach and Spleen; it also resolves Dampness and Phlegm.

NOTE: Harmonize the Centre is similar to Central Mansion in that it tonifies Qi and Yin of Stomach and Spleen. In addition, it resolves Phlegm and treats Type II diabetes.
HARMONIZE THE CENTRE

IN A NUTSHELL: tonify Spleen- and Stomach-Qi and Stomach Yin, resolve Dampness and Phlegm in the Middle Burner. Type II diabetes.

1. Pale, partially peeled
2. Slightly Red, partially peeled, ST-crack, SP-cracks
3. Pale, Swollen, no coating, ST-crack
4. Pale, partially peeled
**Jade Spring (Sha Shen Mai Dong Tang)**

**Patterns:** Stomach, Spleen and Lung Yin Deficiency, Stomach-Empty Heat

**Digestive symptoms:** excessive hunger, poor digestion, slight burning epigastric pain, dry stools.

**Tongue:** Dry, either no coating or rootless coating in the centre, Stomach crack in the midline or scattered small cracks, may be slightly red in the centre.

**Explanation:** this formula nourishes Stomach-, Spleen- and Lung-Yin and clears Empty Heat.

NOTE: this remedy differs from *Central Mansion* in that it is aimed more at nourishing Yin of Stomach and Spleen whereas *Central Mansion* tonifies Qi as well and it also resolves Dampness.
STOMACH- AND SPLEEN-YIN XU
JADE SPRING

IN A NUTSHELL: deficiency of Yin of Lungs, Stomach and Spleen.

CLASSICAL ANTECEDENT: Sha Shen Mai Dong Tang

DIFFERENCES FROM CLASSICAL ANTECEDENT:
• Nourishes Spleen-Yin.

NOTE: Jade Spring nourishes ST- and SP-Yin; Central Mansion tonifies Qi as well and it also resolves Dampness.
MIDDLE BURNER DIGESTIVE REMEDIES - DAMPNESS

*Drain Fields*

*Ease the Muscles*

*Ease the Muscles*
Stir Field of Elixir

Smooth Passage

Smooth Passage

Stir Field of Elixir
PROGRESSION FROM STOMACH-QI XU TO STOMACH-YIN XU

Pale= Spleen-Qi Xu

Pale, rootless coating, partially peeled= Stomach-Qi and Yin Xu

Normal colour, no coating= Stomach-Yin Xu

Normal colour, no coating= Stomach-Yin Xu

Red, no coating= Stomach-Yin Xu, Empty Heat

Red, no coating= Stomach-Yin Xu with Empty Heat
## COMPARISON OF BREAK INTO A SMILE, SMOOTH PASSAGE AND SOOTHE THE CENTRE

<table>
<thead>
<tr>
<th></th>
<th>BREAK INTO A SMILE</th>
<th>SMOOTH PASSAGE</th>
<th>SOOTHE THE CENTRE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PATTERN</strong></td>
<td>Qi stagnation (Full-Shi)</td>
<td>Liver-Qi Stagnant, Spleen-Qi Xu, Dampness</td>
<td>Stagnant Liver-Qi invading Stomach</td>
</tr>
<tr>
<td><strong>LOCATION</strong></td>
<td>Middle and Lower Burner, Hypochondrium</td>
<td>Lower Burner</td>
<td>Middle Burner</td>
</tr>
<tr>
<td><strong>SYMPTOMS</strong></td>
<td>Pain</td>
<td>Distension, Pain, Fullness</td>
<td>Distension, Pain, Fullness</td>
</tr>
<tr>
<td><strong>PULSE</strong></td>
<td>Wiry all over</td>
<td>Wiry on left or wiry on both “Chi” (3rd) pos.</td>
<td>Wiry on both “Guan” (2nd) pos.</td>
</tr>
<tr>
<td><strong>ANTECED.</strong></td>
<td>Chai Hu Shu Gan Tang</td>
<td></td>
<td>Xiang Sha Liu Jun Zi Tang</td>
</tr>
</tbody>
</table>
CENTRAL MANSION - JADE SPRING

- Central crack
- Peeled patches
- Peeled centre
- Horizontal cracks
- Vertical cracks
- Cracks, no coating

Jade Spring
<table>
<thead>
<tr>
<th></th>
<th>PROSPEROUS EARTH</th>
<th>CENTRAL MANSION</th>
<th>JADE SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PATTERN</strong></td>
<td>Spleen-Qi Xu</td>
<td>Spleen-Qi and Yin Xu, Stomach-Qi and Yin Xu, Dampness</td>
<td>Stomach-Yin Xu, some Empty Heat</td>
</tr>
<tr>
<td><strong>SYMPTOMS</strong></td>
<td>Tiredness, poor appetite, loose stools</td>
<td>Tiredness, poor appetite, loose stools, slight epigastric pain, dry mouth, dry stools</td>
<td>Tiredness, poor appetite, dry stools, dry mouth, slight epigastric pain, feeling of heat</td>
</tr>
<tr>
<td><strong>PULSE</strong></td>
<td>Empty of Weak</td>
<td>Weak or Floating-Empty</td>
<td>Floating-Empty</td>
</tr>
<tr>
<td><strong>TONGUE</strong></td>
<td>Pale</td>
<td>Pale or normal, dry, rootless coating</td>
<td>Normal or slightly red, no coating, St cracks</td>
</tr>
</tbody>
</table>
29-year-old woman

irritable bowel syndrome

pain

pain improved after a bowel movement

bloating

constipation

Tongue: Pale and Swollen

Pulse: Wiry

Diagnosis

- Liver-Qi stagnation (pain better with bowel movement)
- Spleen-Qi deficiency (Pale tongue)
- Dampness (Swollen tongue).

I prescribed Smooth Passage and gave her acupuncture to move Qi and strengthen the Stomach and Spleen.
23-year-old woman

She had felt very tired for the past year
abdominal distension and pain
diarrhoea
abdominal pain better after a bowel movement
undigested food in the stools

Tongue: Pale and slightly Swollen
Pulse: right-guan position Weak

Diagnosis

- Spleen-Qi deficiency (tiredness, Pale tongue, right-Middle position Weak)
- Liver-Qi stagnation (abdominal distension and pain, pain better after a bowel movement).

I prescribed *Soothe the Centre* to strengthen the Spleen and move Liver-Qi.
62-year woman

constipation, having a bowel movement once every 4 or 5 days

stools were dry and difficult to evacuate

a “sort of discomfort” in the epigastrium which became more pronounced as the day went on

Tongue: slightly Red with small, scattered cracks and without coating
Pulse: normal

Case Histories

Diagnosis
Stomach-Yin deficiency (primary cause of the constipation and epigastric pain, confirmed by the tongue being slightly Red and cracked).

I prescribed *Jade Spring* (3 tablets twice a day).
16 year old man

a feeling of being “weighed down”
tiredness
some abdominal bloating
his complexion was quite yellow
craving sweet foods.
a “vague discomfort” in the epigastrium which came on when he was tired
loose stools

He had begun to feel like this while studying for exams, about which he was very anxious.

Tongue: Pale and Swollen with a sticky, rootless coating
Pulse: Slippery on right side.
The main pattern present here is Stomach- and Spleen-Qi deficiency (tiredness, loose stools, Pale tongue).

However, unusually in someone of this age, the rootless coating and epigastric discomfort indicate that there is some Stomach-Yin deficiency as well.

On top of this, there is also some Dampness which is reflected by the tongue being Swollen and the pulse being Slippery.

I therefore prescribed *Central Mansion* which will treat primarily the Stomach- and Spleen-Qi deficiency, but will also address the Yin deficiency and Dampness.
Thank you for attending this webinar with Giovanni. Giovanni also has several online CEU courses available, make sure you take this opportunity to visit his websites after attending the webinar to see all of the resources he has to offer.

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