

Gastrointestinal Diseases
Integrating Western Herbs
into Chinese Formulas

Thomas Avery Garran, PhD

Class Outline

- A brief introduction to using Western Herbs in Chinese medicine
- An over-view of how the organs of Chinese medicine are related to the GI tract
- Constipation
- Hemorrhoids
- Gastroesophageal reflux disease (GERD)
- Irritable bowel syndrome (IBS)
- Microscopic Colitis



Integrating Western Herbs into Chinese Medicine



Why?

This class is not just about adding but also understanding

Evolution of the medicine: Chinese medicine has always integrated plants from outside of China



When?

Lack of availability; abundance of local resources; patient comfort level; ecological and sustainability



How?

Understanding of Chinese theory and medicinal plant applications

Understanding of new herb via traditional actions and therapeutics

Understanding botanical relationships

Understanding chemical relationships





Why?

- Patients outside of China have their own herbal traditions
- Practitioners may have training or interest in integrating local herbs; to be innovative
- Lack of availability
- Evolution of the medicine: Chinese medicine has always integrated plants from outside of China
 - There is a long list of herbs from outside of China that are now considered “zhongyao” (中藥) in China, e.g., American ginseng (*Panax quiquifolia* 西洋參), corn silk (*Zea mays* 玉米鬚), patchouli (*Pogostemon cablin* 廣藿香), and milk thistle (*Silybum marianum* 水飛薊)



When?

- Some Chinese herbs may not be available
- There may be a strong tradition of using particular herbs in the region where your practice is located.
- Some patients may have questions about safety of Chinese herbs or have other reasons why they are more comfortable using local herbs
- Shipping herbs around the globe calls into question issues of sustainability and potential negative ecological impacts

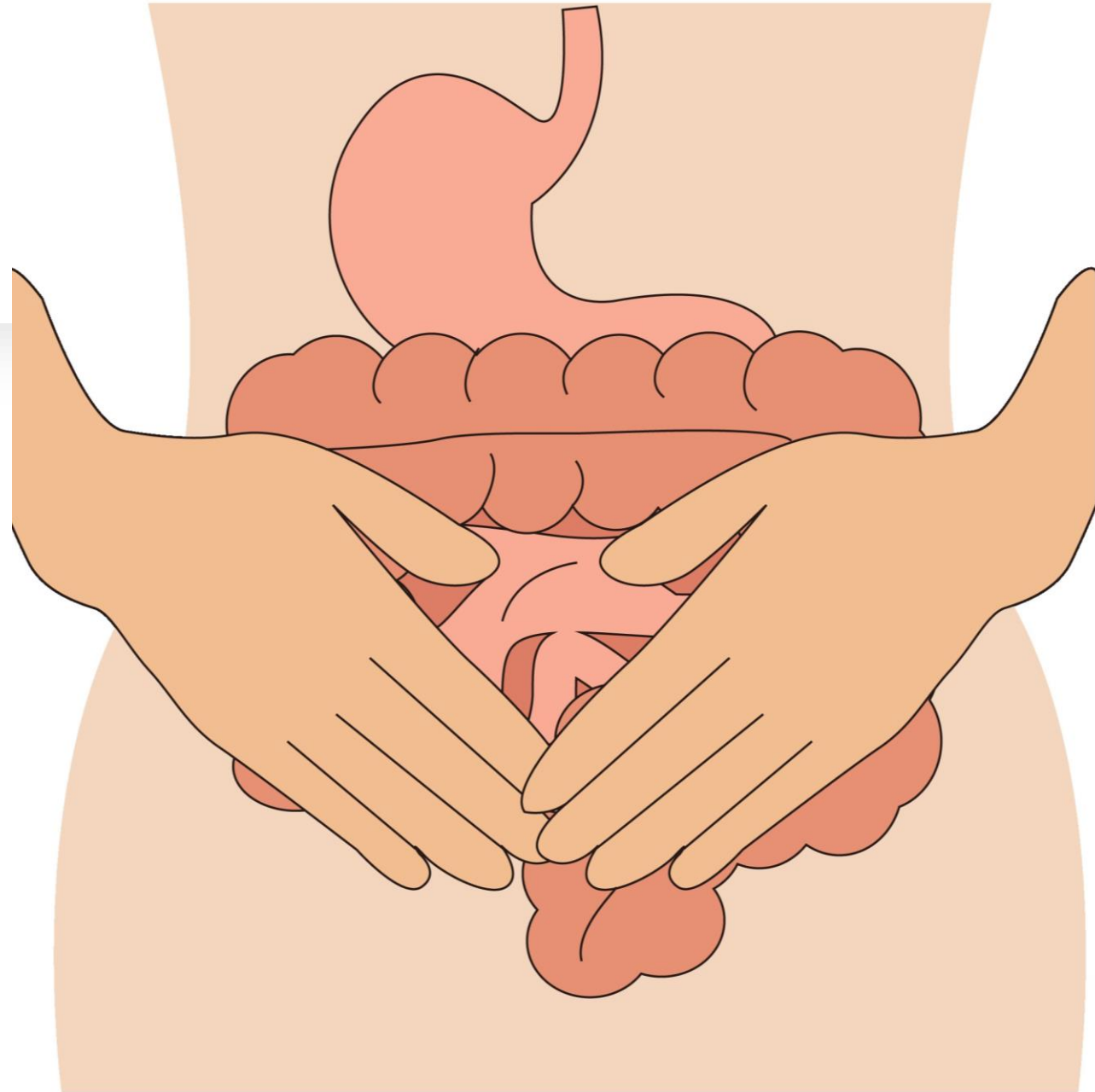


How: Understanding of Chinese theory and medicinal plant applications

- Qi and flavor of herbs
 - 4 qi and 5 flavors
- Movement of herbs
 - Upbearing, downbearing, floating, & sinking
- Supplementing vacuity and draining repletion

Gastrointestinal Diseases & Chinese Medicine

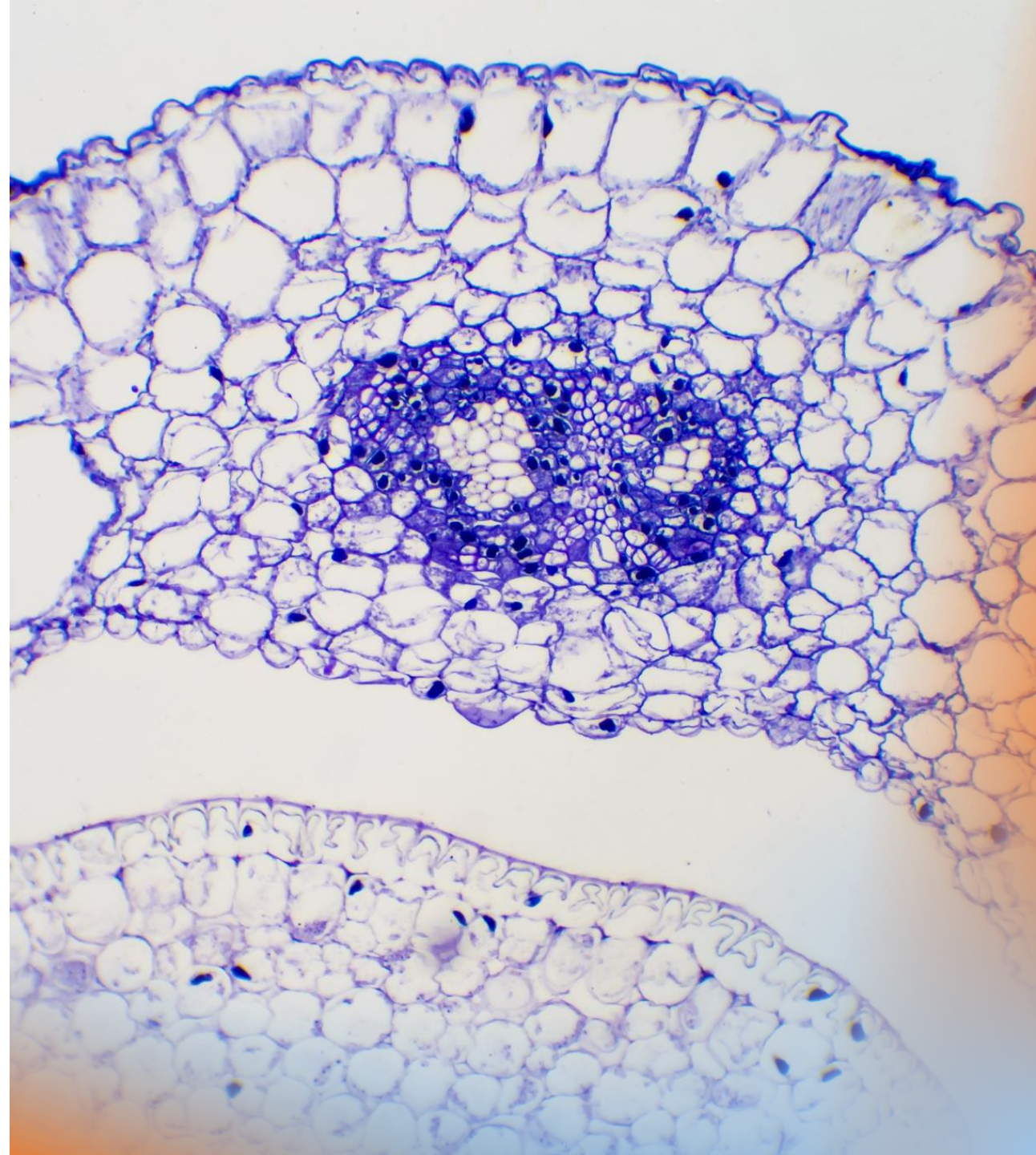
- Spleen/stomach
- Large intestine/lung
- Small intestine/heart
- Urinary bladder/kidney
- Liver/gallbladder
- Triple burner/pericardium

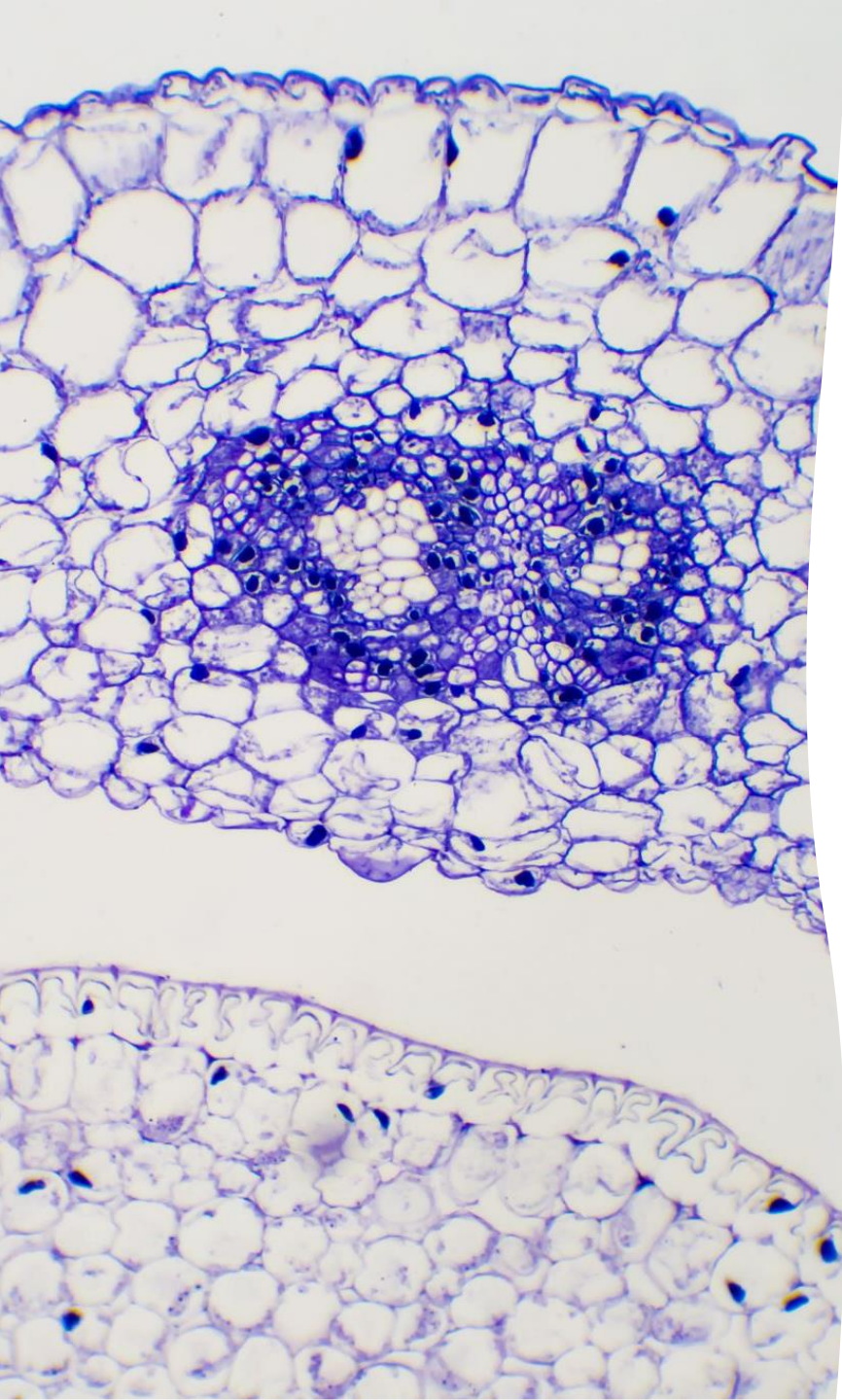


fluids jin/ye 津液

All the fluids of the human body, comprising liquid, thinner fluids, and humor, thicker turbid ones.

The term “fluids” embraces all the normal fluid substances of the human body.





Fluid processing begins in the stomach where the essential qi (the useful part) of the fluids is absorbed.

- Spleen
- Lung
- Kidney
- Intestines

Constipation

Symptoms

- Signs and symptoms of chronic constipation include:
- Passing fewer than three stools a week
- Having lumpy or hard stools
- Straining to have bowel movements
- Feeling as though there's a blockage in your rectum that prevents bowel movements
- Feeling as though you can't completely empty the stool from your rectum
- Needing help to empty your rectum, such as using your hands to press on your abdomen and using a finger to remove stool from your rectum
- Constipation may be considered chronic if you've experienced two or more of these symptoms for the last three months.

Li Gao
(*Treaties on the Spleen & Stomach*)
(1249)



If there is constipation or inhibited defecation, use *danggui*, *taoren*, *maziren*, *yuliren*, and *zaojiaoren*.

- Harmonize the blood and moisten the intestine.
- Drying herbs are prohibited.



Fu Qingzhu

Men's Health (1690)

Constipation

Physicians often erroneously believe that this pathocondition is due to large intestine dryness, who would have thought that it could be due to lung qi dryness? When there is lung dryness then clear qi does not depurate [downward][1] and descend to the large intestine, and the water in the kidney channel is only sufficient for itself and cannot provide overflow to fill branch streams.

shu dihuang, xuanshen (each 3 liang), shengma (3 qian), huomaren (1 qian), cow's milk (1 bowl), water 2 bowls, decoct until 60% remains. Take with cow's milk.[3]

One or two doses will surely lead to a bowel movement! This formula does not moisten the large intestine, instead it supplements the kidney and clears the lung. Because the large intestine is downstream, it is difficult to treat it alone. A physician must moisten the kidney and clear the lung. When we open the upper orifices, the lower orifices naturally flow and open up. This method is “treating the upper burner [to address] lower burner disease.”





Repletion Pattern Inhibited Stool

dahuang (5 qian), danggui wei (1 liang), shengma (5 fen), honey (1/2 cup). Decoct in water and administer.

In this formula dahuang discharges and disinhibits, danggui is used to moisten, hence they are the sovereigns of the formula. Although this formula discharges, it does not do so with extreme ferocity, so that it does not result in loss or harm to yin. Moreover, it has shengma to lift [the qi], giving it have some preserving functions within an overall draining formula. So why should a physician be overly concerned?

Vacuity Pattern Inhibited Stool

When people have constipation after an illness, use this formula:

shu dihuang, xuanshen, danggui (each 1 liang), chuanxiong (5 qian), taoren (10 pcs.), honghua, dahuang (each 3 qian), huomaren (1 qian), honey (1/2 cup).

Decoct in water and administer.

Shen Jin'ao (1773)

Shen states that if there is constipation, the origin is the spleen. However, he also says that if there is "constipation and bound stool (a more serious condition), this is a kidney disease." He explains, "the kidney governs the five humors, if the liquids and humors are exuberant, then the stool will be harmonious."

"If this is caused by detriment due to over-work or excessive consumption of spicy thick flavored foods, this means that a fire pathogen is lodged and stagnant within the blood, consuming and dissipating true yin, the liquid and humor are depleted and reduced, therefore there is constipation."

Pattern discrimination:

1. Stomach repletion
2. Stomach vacuity
3. Large intestine repletion
4. Blood vacuity
5. Heat constipation

Stomach repletion

Sx: hunger with blood in the urine

Diffuse the Seven Pill

dahuang 37.5 g, muxiang, binglang, hezipi, taoren 12 pcs.

Grind herbs and make honey pills.

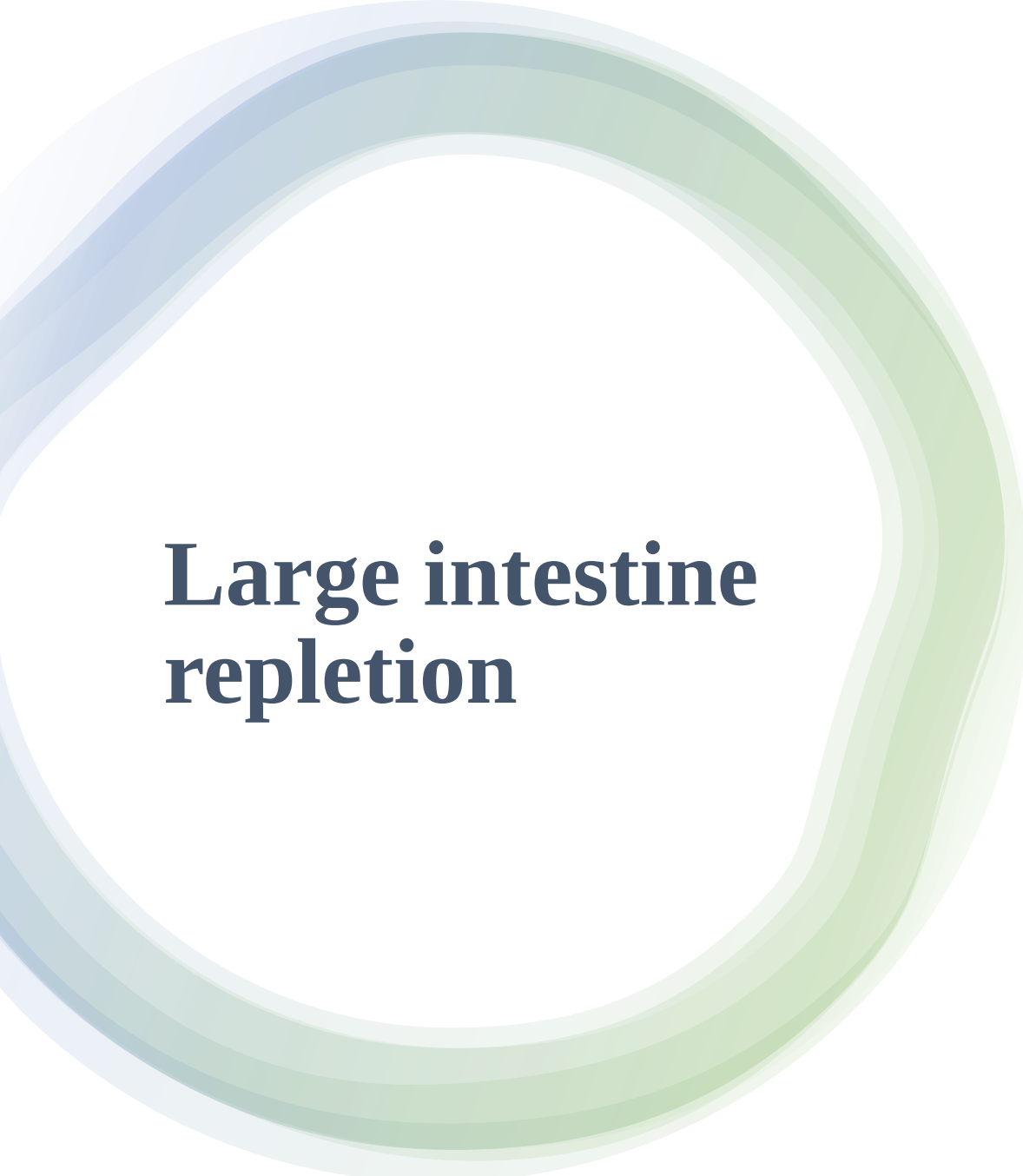
take 50 pills with water

Stomach vacuity

Sx: can't eat, urine is clear and copious

Magnolia Decoction

houpo, chenpi, baizhu, ganciao, zhishi, banxia qu, jiang, da zao



Large intestine repletion

Sx: abdominal fullness with dry, hard stools

Hemp Seed Pill

huomaren, xingren, houpou, zhishi, chi shaoyao,
dahuang

Make into honey pills

While lying down, take 20 pills.

Blood vacuity

Sx: withered blood with thirst

Boost Blood and Moisten the Intestines Pill

danggui, shu dihuang, jingjie, zhike, huomaren, xingren, roucongrong, zisuzi.

Combine shu dihuang, huomaren, and xingren and pound in a mortar one thousand times then make into a honey pill.

Take 50-60 pills on an empty stomach with a decoction of the other herbs.

Heat constipation

Sx: red face, all six pulses are rapid and full, distention and oppression [in the abdomen and chest], sores in the mouth and on the tongue, a desire to be in a cool location

Four Vertical Movement Refreshing Drink

dahuang, gancào, danggui, chishao each 3.7 g, add bohe, 10 leaves

or

Auklandia and Areca Pill

muxiang, binglang, zhishi, xingren, qingpi, zaojiao, yuliren, banxia qu

Overview of Principles

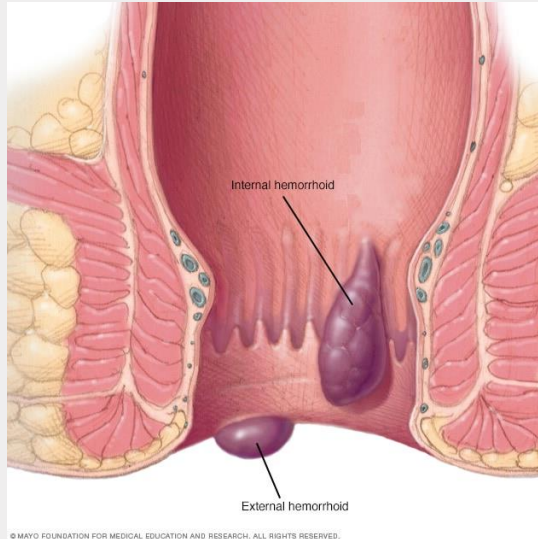
- Harmonize blood
 - Danggui, taoren, shaoyao
- Moisten the intestine
 - Danggui, taoren, maziren, yuliren, zaojiao, xingren, roucongrong
- Downbear qi
 - Dahuang, zhike, yuliren, banxia
- Harmonize liquid and humor
 - Baizhu, houpou, zhishi,
- Clear heat
 - Huanglian, huangqin



West Herbs and formulation

- Harmonize blood
 - Calendula
- Moisten the intestine
 - Chia seed, flax seed,
- Downbear qi
 - Cascara bark, rhubarb, buckthorn bark
- Harmonize liquid and humor
 - Parsley root
- Clear heat
 - Oregon grape root, berberis,

Hemorrhoids



Symptoms

Symptoms of hemorrhoids usually depend on the type of hemorrhoid.

Internal hemorrhoids

- Painless bleeding during bowel movements. You might notice small amounts of bright red blood on your toilet tissue or in the toilet.
- A hemorrhoid to push through the anal opening, called a prolapsed or protruding hemorrhoid. This may result in pain and irritation.

External hemorrhoids

- Itching or irritation in the anal region.
- Pain or discomfort.
- Swelling around the anus.
- Bleeding.

Thrombosed hemorrhoids

- Severe pain.
- Swelling.
- Inflammation.
- A hard, discolored lump near the anus.

Li Gao (*Treaties on the Spleen and Stomach*)

Hemorrhoids are caused by excessive or improper food consumption damaging the spleen.

Primary formula: Wu Ling San (guizhi (37.5 g), fuling, zhuling, baizhu (each 56 g), zexie (94 g).

Combine and grind to a fine powder and take in 7.5 g doses with hot soup.)

Secondary formula: Three Yellows Pill (huanglian, Huangqin, dahuang)

intestinal wind

腸風

1. Bleeding hemorrhoids.
2. Bloody stool resulting from taxation detriment to the bowels and viscera, disharmony of qi and blood, and wind-cold and heat toxin contending in the large intestine.
3. Precipitation of blood before the passage of stool; proximal bleeding. It is attributed either to external wind entering and settling or to internal wind exploiting the lower body.

Wang Ang

Medical Formulas Collected and Analyzed

(1682)

Fortify the Spleen and Supplement the Kidney

Treats spleen-kidney insufficiency, both suffer from vacuity detriment, the person is thin/emaciated and without strength. Blood vacuity associated with chronic hemorrhoids must also be treated. (The qi is not containing the blood, then there is frenetic movement, damp-heat descends, and hemorrhoids appear.

cangzhu (soaked in oil), shu dihuang (each 500 g), wuweizi (250 g), gan jiang (during spring or winter, use 37.5 g, during autumn use 26.25 g, during summer use 18.75 g), combine with the flesh of da zao to form pills.

Take with rice water or wine.



Shen Jin'ao (1773)

There are five kinds of hemorrhoids that bleed

1. bleeding comes before pooping, this is called external hemorrhoids
2. bleeding comes after pooping, this is called internal hemorrhoids
 - ①the anus is sticking out, this is called prolapse of anus hemorrhoids
 - ②the tissue all around the anus appears milky, this is called raising hemorrhoids
 - ③when there is a hole at the head of the hemorrhoid, this is called a fistula ulceration hemorrhoids
 - ④when there are parasites, this is called parasite hemorrhoids

In all cases, Sophora Seedpod Pill (槐角丸) is suitable

Sophora Seedpod Pill (槐角丸)

huaijiao (stir-fry) 37.5 g

diyu, danggui (wine mix-fried), zhike
(bran mix-fried), fangfeng, huangqin
(ea 19 g).

Use wine to make a paste and roll into
pills.

Take 50 pills with rice water.



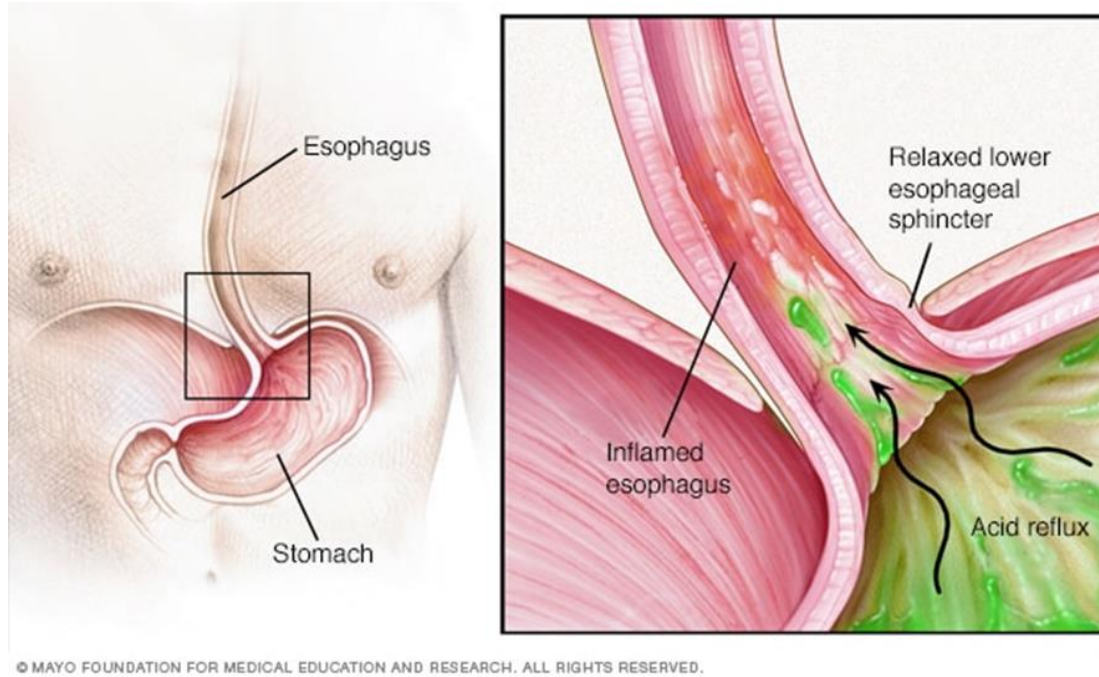
Overview of Principles

- Harmonize blood
 - Danggui, taoren, shaoyao
- Stop bleeding
 - Huaijiao, diyu
- Clear heat
 - Huanglian, huangqin
- Resolve wind
 - Guizhi, fangfeng
- Upbear yang-qi
 - Shengma

West Herbs and formulation

- Harmonize blood
 - Horse chestnut, yarrow, calendula
- Stop bleeding
 - Bay berry bark, oak bark
- Clear heat
 - Goldenseal, Oregon grape root, berberis
- Resolve wind
 - Yarrow
- Upbear yang-qi
 - Black cohosh

GERD



Symptoms

Common signs and symptoms of GERD include:

- A burning sensation in your chest (heartburn), usually after eating, which might be worse at night or while lying down
- Backwash (regurgitation) of food or sour liquid
- Upper abdominal or chest pain
- Trouble swallowing (dysphagia)
- Sensation of a lump in your throat

If you have nighttime acid reflux, you might also experience:

- An ongoing cough
- Inflammation of the vocal cords (laryngitis)
- New or worsening asthma

Li Gao
*Treaties on the
Spleen and Stomach*

Li Gao frequently remarks,
*“huangqin supplements the lung
qi, drains and moves downward
yin-fire and treats upward
counterflow of withered lung qi.”*

Fu Qingzhu

*“Acid regurgitation is fire.
[People] don't know that
although acid regurgitation
is a hot condition, it is due
to binding constraint of
liver qi.”*

Fu Qingzhu's Men's Health (1690)



Shen Jin'ao (1773)

If cold qi settles in the stomach, there must first be fire constraint within the stomach, the cold that has settled in the stomach, it also obstructs it; the clear does not return and so can't upbear, the turbid is not received and so can't downbear. This can be complicated by phlegm, by food intake, or by [stagnant] qi, therefore it follows qi into the chest as rising counterflow.

Cyperus Powder: xiangfu, shan zhizi, huanglian, juhong, banxia

This can be complicated by spleen-lung constraint or stomach-intestine vacuity.

If there is spleen-lung constraint add xingren, jiepeng, yujin, houpou, banxia qu.

If there is stomach-intestinal vacuity use sheng baizhu, fuling, yizhi, houpou, banxia qu.



Overview of Principles

Harmonize the
liver and stomach

juhong, banxia,
houpo

Resolve liver qi

xiangfu
(qingpi & foshou)

Clear heat

huangqin,
huanglian, shan
zhizi

West Herbs and formulation

- Harmonize the liver and stomach
 - Dill seed, fennel seed
- Resolve liver qi
 - artichoke
- Clear heat
 - Goldenseal, Oregon grape root, berberis

Irritable Bowel Syndrome

- Symptoms of IBS vary but are usually present for a long time. The most common include:
 - Abdominal pain, cramping or bloating that is related to passing a bowel movement
 - Changes in appearance of bowel movement
 - Changes in how often you are having a bowel movement

Other symptoms that are often related include sensation of incomplete evacuation and increased gas or mucus in the stool.



Li Gao (Treaties on the Spleen and Stomach)

Important points:

When there is pain, use baishao

When there is pain, but also cold, use yizhiren,
baidoukou, muxiang



Intestinal Bleeding Theory

The Treatise on Tai-yin and Yang-ming states, “Consumption of food and drink are not controlled and there is no regularity in a person's life, they will contract yin [pathogens]. When a person contracts yin [pathogens], then these will enter the five viscera, once they have entered the five viscera, the viscera become full, blocked, and stopped up. There will be swill diarrhea, if it become chronic there will be intestinal afflux. When there is intestinal afflux, water and grain combine with blood to become one, and they gush out [of the intestines].”

Rehmannia Cool the Blood Decoction

huangbai, zhimu (each 3.73 g)

qingpi, huaizi (stir-fry), shou dihuang, danggui (each 1.67 g)

Grind all together after individual preparation, take in a single dosage. Add to one cup of water and boil until 70% remains, discard the dregs and take warm.

Danggui Harmonize the Blood Powder

Treats intestinal bleeding, dampness-toxin bleeding.

chuanxiong (1.5 g), qingpi, huaihua, jingjie sui, shu dihuang,
baizhu (each 2.25 g), danggui shen, shengma (each 3.75 g)

Combine and grind to a fine powder.

Each dose 7.5-11.25 g, take with clear rice soup before meals.

Fu Qingzhu

Blood in the Urine and Stool

Bloody stool is evacuated from the rear yin (i.e., anus), blood urine is evacuated from the front yin (i.e., the penis or vagina). This is the most difficult to regulate and treat.

sheng dihuang (37.5 g) and diyu (11.25 g).

Decoct in water and administer, this will treat blood in both the urine and stool.

Bloody Dysentery

Ordinarily, when blood dysentery is accompanied by abdominal pain, it is a fire pattern.

Use this formula:

danggui wei, baishao (each 37.5 g), huanglian (11.25 g), zhiqiao, muxiang, laifuzi (each 7.5 g). Decoct in water and administer.

Overview of Principles

- Stop bleeding
 - Huaihua, diyu, jingjie sui
- Harmonize blood
 - Danggui, taoren, shaoyao
- Clear blood heat toxin
 - Baishao-huanglian, sheng dihuang,
- Stop pain
 - baishao
- Harmonize qi
 - Muxiang, laifuzi, zhiqiao, qingpi
- Harmonize liquid and humor
 - Baizhu, houpou, zhishi
- Clear heat
 - Huanglian, huangqin

West Herbs and formulation

- Stop bleeding
 - Shepard's purse, yarrow
- Harmonize blood
 - Calendula, yarrow
- Clear blood heat toxin
 - Figwort
- Stop pain
 - Wild yam, lobelia
- Harmonize qi
 - Angelica, elecampane, dill seed
- Harmonize liquid and humor
 - Parsley, elecampane
- Clear heat
 - Oregon grape root, berberis





Dr. Thomas Avery Garran, PhD



Email: thomas@herb-whisperer.com



Website: www.herb-whisperer.com (coming soon)



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Thank you !