

Foundation of TCM II

Dr. R. Bishay

MD, PhD, NFS

Dampness - 濕 Shī : What is it?

- In Chinese Medicine, dampness is considered to be the cause of many illnesses such as high cholesterol, cancer, metabolic disorders, chronic fatigue syndrome, fibromyalgia, allergies and environmental illness.
- Where does Dampness come from? The earth element creates damp and the metal element stores it.
- Organs associated with Earth are: Stomach and Spleen
- Organ associated with Metal are: Lung and Large Intestine
- When dampness is created by impaired functions of the Earth Element: Spleen and Stomach, the dampness ends up in the Metal Element: Lung and Large Intestine.

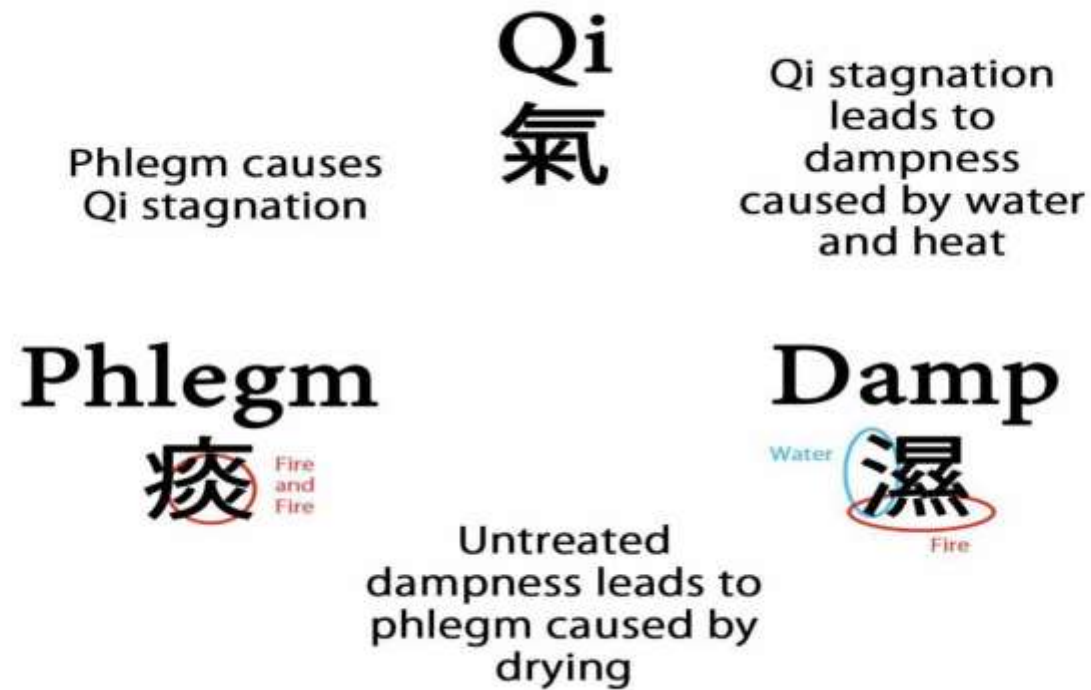
Dampness - 濕 Shī : Consequences

- When dampness moves into the Lung, the usual symptom are:
 - Chronic or acute coughs
 - Profuse white phlegm that is easily expectorated
 - Stuffiness in the chest
 - Obstruction of the chest
 - Dyspnea
 - Symptoms are worse lying down

Dampness - 濕 Shī : Consequences

- When the dampness moves into Large Intestine, we get:
 - Abdominal Pain
 - Excess pattern
 - Diarrhea
 - Dampness impairs fluid absorption in the intestines
 - Mucus in the stool
 - Heavy sensation in the body and limbs

Dampness - 濕 Shī to Phlegm - 痰 Tán



Phlegm - 痰 Tán

- This is the relation between Qi Stagnation and Phlegm.
- Qi Stagnation can cause Phlegm, and Phlegm can block the flow of Qi. This is an escalating relationship.
- There are several other things which can trigger the formation of Phlegm.
 - If the Spleen is weak, Dampness can accumulate.
 - If Evil Heat and/or Dryness are present, these can cause Dampness (even normal Dampness) to congeal into Phlegm.
 - Cold can turn Dampness into Phlegm - just as cold can freeze water. Wind can trigger the formation of Phlegm. Etc.

Phlegm - 痰 Tán: Two Category of Phlegm

- There are two category of phlegm:
 - Visible or Substantial
 - Invisible or Insubstantial
- Visible Phlegm is palpable and audible, such as sputum, or anything that can be coughed out or made to cough.
- Invisible Phlegm are invisible, impalpable and inaudible
 - But there are pathological manifestation of phlegm. Invisible phlegm can create palpable substances such as nodules in the skin and muscles.
- Substantial phlegm is identical with insubstantial phlegm in nature. When accumulating, it is substantial; when dispersing, it is insubstantial.

Phlegm - 痰 Tán: 6 Types

- There are 6 different types of Phlegm:
 - Damp-Phlegm
 - Phlegm-Heat
 - Cold-Phlegm
 - Wind-Phlegm
 - Qi-Phlegm
 - Phlegm-Fluid

Damp-Phlegm

- This is manifested in profuse phlegm that is white and sticky
 - Easy to expectorate
 - Feeling of oppression in chest and epigastrium
 - Nausea
 - Sticky mouth
 - No thirst

Phlegm-Heat

- This is manifested in phlegm that is sticky and yellow
 - Oppression of the chest
 - Nausea
 - A red face
 - Sticky mouth
 - Restlessness

Cold-Phlegm

- This is manifested in phlegm that is watery and white
 - A feeling of oppression in the chest
 - Cold limbs
 - Nausea

Wind-Phlegm

- This manifests in coughing of phlegm,
 - Nausea
 - Vomiting
 - Numbness in the limbs (especially unilateral)
 - Dizziness
 - Oppression of the chest
 - Rattling sound in the throat
 - Dysphasia
- This is the type of phlegm seen in Wind-Stroke

Qi-Phlegm

- This type of phlegm is non-substantial and is manifested in the
- feeling of swelling the throat with no actual swelling.
 - Difficulty in swallowing
 - Oppression in the chest and diaphragm
 - Irritability
 - Moodiness
 - Depression
- This phlegm is associated with “Plum-Stone Qi”

Phlegm Fluid- 痰飲 Tán yǐn

- Finally, the last phlegm is composed of the sticky “Phlegm”(tan), and the watery “Fluid”(yin).
- This type of phlegm manifests in very thin, watery sputum.
- Dizziness
- This type of substantial phlegm is characterized by “water” sometimes splashing sounds can be heard in the intestine, watery coughs, feeling of heavy limbs, and edema.

Phlegm - 痰

- Generally speaking, weird disease and disease with unknown cause are mostly related to phlegm.
- That is why there's a saying
- “Strange disease are mostly caused by phlegm”
and
- “Many disease are exclusively caused by phlegm”
- 怪病多痰 , 百病多由痰作祟

Blood Stasis - 瘀血 Yū Xuè vs Blood Stagnation - 血瘀 Xuè Yū

- Blood Stagnation in Chinese is “Xue Yu.” Xue means Blood and Yu means Stagnation. Blood Stagnation is a slowing down of the blood or a condition in which the movement of blood slows.
 - This is a process or a condition that, left unchecked or aggravated, can lead to blood stasis.
- Blood Stasis in Chinese is “Yu Xue.” Blood Stasis is an endogenous pathogen that occurs when blood stops moving altogether. While Blood stagnation is a process or condition, Blood stasis is a visible phenomenon.
 - A CT Scan, X-ray or MRI can all show Blood stasis. It is also a symptom description in TCM.

Blood Stagnation - 血瘀 Xuè Yū

- The stagnation is caused by a pathological substance causing disturbance of normal blood and/or qi circulation.
- Ideally the blood is propelled by Heart Qi to flow in the vessels.
- If blood circulation is stagnated or slowed down by certain factors, it will lead to retention of blood in the vessels or viscera or overflow of blood out of the vessels, causing blood stasis.
- This can be caused by:
 - Cold
 - Heat
 - Qi Disorders

Blood Stagnation - 血瘀 Xuè Yū: Consequences

- Blood Stagnation is “essentially” a milder form of Blood Stasis, as such, the symptoms of Blood Stagnation and Blood Stasis are similar.
 - Blood spotting (red or purple)
 - Dark or purple complexion
 - Irritable and forgetful
 - Averse to cold
 - Sharp pain
 - Cool limbs
 - Menstrual cramps



Blood Stasis - 瘀血 Yū Xuè

- 瘀血，又稱為惡血、敗血、衄血、蓄血等。
- 《文解字》：“瘀，積血也。”瘀血，即體血液停滯凝聚所形成的病理說
說內
- 產物，屬於繼發性病因之一。
- Blood Stasis, also known as toxic blood, septicemia, hematochezia, excessive blood stagnation.
- Blood stasis is an accumulation of blood. The accumulation is stagnating and immovable and forms from fluid to solid becoming pathological. It is an unresolved and worsening cause of disease.

Blood Stasis - 瘀血 Yū Xuè

- Blood Stasis frequently occurs in long-term chronic illnesses.
- Blood Stasis, due to various etiologies may be the root of many age-related disharmonies.
- It can also be commonly observed after surgery or external traumatic injuries.
- Liver is the most frequently affected organ by Blood Stasis. Other affected organs are the Heart, Lung, Stomach, and Intestines.
- Factors that can aggravate stagnation into stasis are:
 - Consumption of Fluid
 - Trauma/Accident/Surgery/Operations

Blood Stasis - 瘀血 Yū Xuè: Consequences

- Blood Stasis, being the more aggressive of the two, shows symptoms that are much harsher.
 - Blood spotting (red, brown or purple)
 - Black, dark or dark-purple complexion
 - Irritable, insomnia and forgetful
 - Averse to cold
 - Cold, dark, limbs
 - Menstrual cramps that are sharp
 - Dry/ skin, skin crack
 - Lumps
 - Deep, sharp, boring pain

Unifying Blood Stagnation and Blood Stasis

- The similarity and differences helps us with identifying the pathology and stage of the disease.
- However, due to the translation between Chinese and English and the confusion and redundancy in the meaning between Stasis and Stagnation, many texts and academic records have begun to use these two terms interchangeably
- As such, either one works and both mean Blood Stasis

Blood Stasis - 瘀血 Yū Xuè: Causes

- Qi Stagnation
- Qi Deficiency
- Blood Deficiency
- Yin Deficiency
- Cold
- Heat
- Phlegm/Dampness
- Trauma
- Hemorrhage

Blood Stasis - 瘀血 Yū Xuè: Qi Stagnation

- This is the most common cause of Blood Stasis. Blood and Qi have a very close relationship. Blood is said to be a denser form of Qi, and more Yin in nature.
- Qi and Blood are like Yang and Yin. One is active and one is still.
- 氣為血之帥血為氣之母
- Qi is the commander of blood, with the active yang ability to move the yin, still, and nourishing blood.
- Blood is the mother of qi, with the yin nourishing ability to grow qi as it nourishes organs.

Blood Stasis - 瘀血 Yū Xuè: Qi Stagnation

- Thus we can see that since Qi is the active component of blood, then a stagnation of Qi will cause a stagnation of blood.
- A prolonged stagnation of blood will cause Blood Stasis.
- Common causes of Qi Stagnation are:
 - Qi Deficiency
 - Blood Deficiency
 - Phlegm
 - Injury/Trauma
 - Exogenous Pathogen
 - Emotion
 - Inactivity

Blood Stasis - 瘀血 Yū Xuè: Qi Deficiency

- In that mentality, if the Qi is depleted then it cannot propel Blood in the vessel.
- Blood flows more slowly and becomes stagnant, thus leading to Blood Stasis.
- If Qi Deficiency fails to control blood, then blood will escape from the blood vessel, causing hemorrhage and blood stasis.
- Common Causes of Qi Deficiency are:
 - Chronic Illness
 - Diet
 - Physical Overexertion/Inactivity
 - Consumptive Disease

Blood Stasis - 瘀血 Yū Xuè: Blood Deficiency

- Blood deficiency often leads to Blood Stasis, just as water in the river becomes more stagnant as the water level becomes lower.
- From another view, blood is required for the formation of Qi, Deficient Blood causes Qi Deficiency, which then leads to Blood Stasis.
- Common Causes of Blood Deficiency are:
 - Blood Loss
 - Anemia
 - Childbirth
 - Menstruation
 - Diet
 - Emotion/Physical Over-taxation

Blood Stasis - 瘀血 Yū Xuè: Yin Deficiency

- Since blood is part of Yin, long term Yin Deficiency that previously did not have Blood Deficiency may lead to Blood Deficiency due to:
 - Lack of Nourishment; or drying caused by False Heat and Dryness
- Yin Deficiency is one of the most common and complex patterns in Chinese Medicine.
- Common Causes of Yin Deficiency are:
 - Poor sleeping habits
 - Poor eating habits
 - Stress
 - Overindulgence in sexual activity

Blood Stasis - 瘀血 Yū Xuè: Cold

- Warm Invigorates and Cold Congeals. Invasion of exogenous cold in the vessel or Interior Cold from Yang Deficiency will slow and congeal the blood in the vessels (vasoconstriction) and give rise to Blood Stasis.
- The Blood Stasis caused by Cold will follow where the cold pathogen resides (i.e. Cold in the Large Intestine causing Blood Stasis in the Large Intestine).
- Common Causes of Cold are:
 - Exogenous Cold (Wind Cold or Cold)
 - Diet
 - Lack of Yang

Blood Stasis - 瘀血 Yū Xuè: Heat

- Although Heat invigorates the movement of blood, excess heat consumes bodily fluid. This causes blood to condense and stop flowing, causing Blood Stasis.
- Furthermore, in extreme cases of heat(fire) in the blood, the pathogenic heat can scorch the vessels and drive blood outside causing Hemorrhage and Blood Stasis.
- Common Causes of Heat are:
 - Exogenous Heat (Wind Heat or Heat)
 - Diet
 - Emotion
 - Alcohol

Blood Stasis - 瘀血 Yū Xuè:

Phlegm/Dampness

- Phlegm and Dampness are sticky in nature. These two pathogens obstruct Qi mechanism, stagnate channels, disturb the smooth flow of blood and thus causes Blood Stasis.
- Phlegm causes weird diseases; when phlegm is mixed with Blood Stasis, it often causes major diseases such as Tumor/Masses, Malignancy, and Hemiplegia.
- Common Causes of Phlegm/Dampness are:
 - Diet
 - Qi Stagnation
 - Qi Deficiency

Blood Stasis - 瘀血 Yū Xuè: Trauma

- Any trauma, such as accidents, operations, surgeries, physical injury, and untreated trauma causes stagnation of Qi and Blood in that area of the body.
- When this stagnation is not addressed it will lead to Blood Stasis.

Blood Stasis - 瘀血 Yū Xuè: Hemorrhage

- Blood cannot flow with Qi if it flows out of the vessel.
- If the blood that flows out of the vessel is not eliminated and is allowed to accumulate in local areas, it becomes Blood Stasis.
- There are various reasons as to how hemorrhaging can happen in TCM:
 - Qi Deficiency
 - Spleen unable to command blood
 - Liver unable to store blood
 - Blood heat
 - Trauma

Blood Stasis - 瘀血 Yū Xuè

- Among the various blood disorders, it is blood stasis that appears to occupy a central role in classical Chinese literature regarding the nature of blood pathology.
- Blood stasis, as many sources point out, can not only figure as a major causative factor for other blood related problems, but is almost always involved in the final stage of other blood related problems.