Foundation of TCM II
Phlegm

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Where did the Dampness come from?

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Where did the Dampness come from?

- First of all, we are saying there are two organs that mainly take in charge of water metabolism.
- **1. Kidney**
- **2. Spleen**

R. Bis

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Where did the Dampness come from?

- As we know, Kidney to govern the water
- Spleen likes Dry and loathes the dampness

R. Bish

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Where did the Dampness come from?

- Kidney Yang and Kidney qi have the functions of steaming and fixating. The kidney elevates the lucid part of water to the heart and the lung
- With the warming function of kidney yang, and propelling function of kidney qi, produce the body temperature.

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Where did the Dampness come from?

- The kidney regulates the whole process of transporting and excreting water, play a very important role in maintaining a holistic balance of water metabolism.
- It is said in Yellow Emperor Internal Classic that ' **the kidney is the door of stomach**. If the door is not properly closed, water will be accumulated inside of the body

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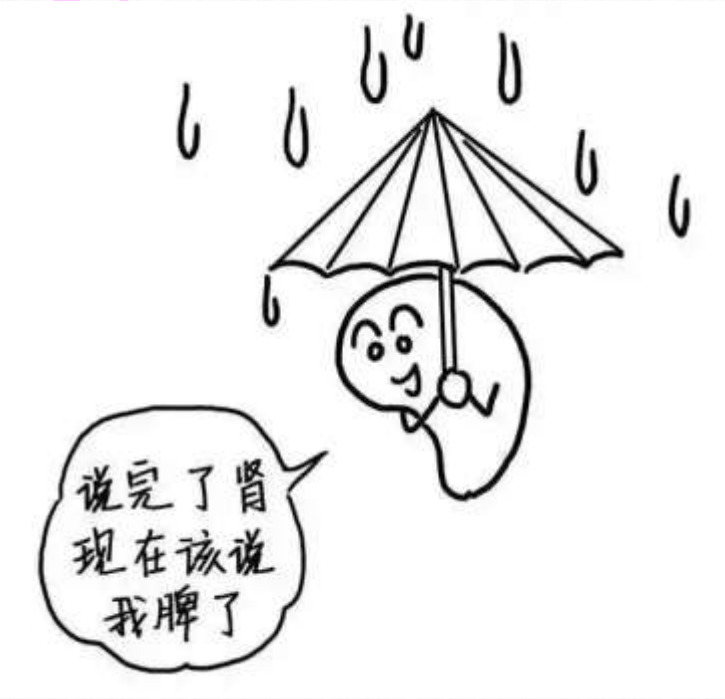
Where did the Dampness come from?

- Now Let's move on to Spleen



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Where did the Dampness come from?

- So what's the functions of spleen ?
- R & R? or
- T & T?

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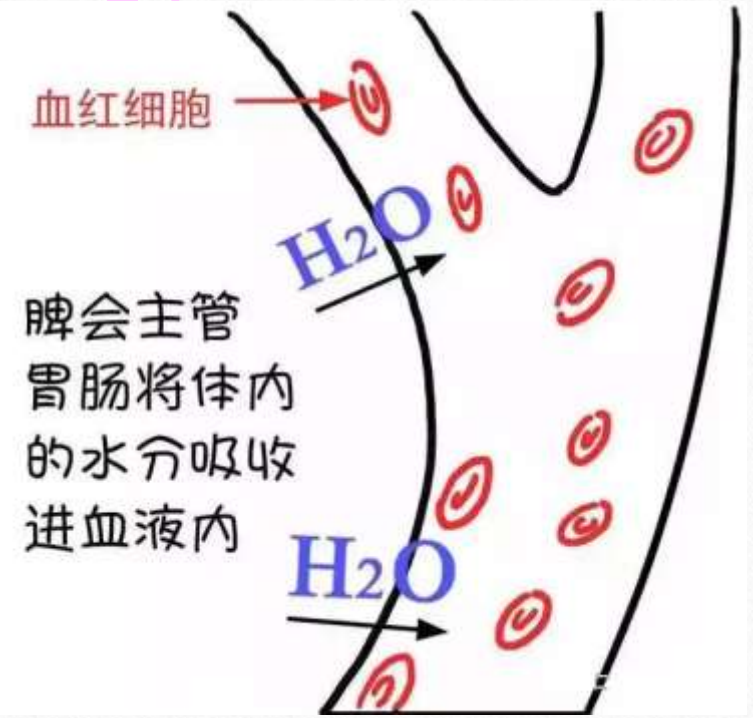
Where did the Dampness come from?

- Transformation and Transportation
- As we know, part of body fluid after passed

from stomach and into the Intestine, will be absorbed in the Intestine and go into the vessels and combined with red cells.



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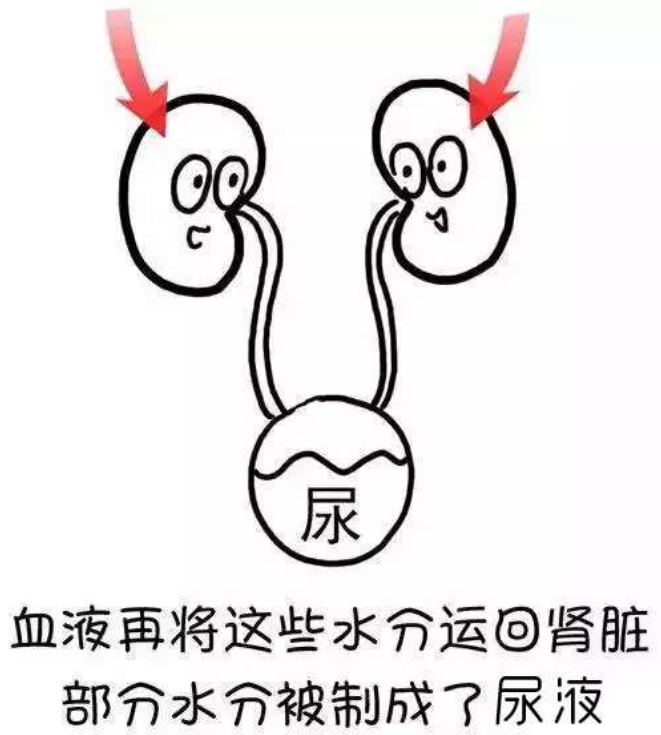
Where did the Dampness come from?

- And part of the <u>waste fluid</u> from the blood will back to the kidney and become the urine



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Where did the Dampness come from?

- As a result, this become the whole process of body fluid metabolism process.

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Where did the Dampness come from?

- General speaking, when the body is healthy, the organs are keeping in a balance

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Where did the Dampness come from?

- However, if the Spleen become deficient.
- What will happen?

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Where did the Dampness come from?

- **Impaired T & T**
- **Dampness**
- There will have a lot of water will accumulate inside the body.
- What will be the presentations?

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What will be the presentations?

- Symptoms that you will see:
- Enlarged tongue, with white, thick coating and toothmarks.

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What will be the presentations?

- Usually, those dampness will coagulate in the lower limbs, abdominal area.
- They combined with body fat, that make the person looks fatter, fatter, fatter

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What will be the presentations?

- Also, the stool become loose, sticky.

Or even diarrhea.

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What will be the presentations?

- In addition, coughing with phlegm

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What will be the presentations?

- Catch a Cold? Have the phlegm ?

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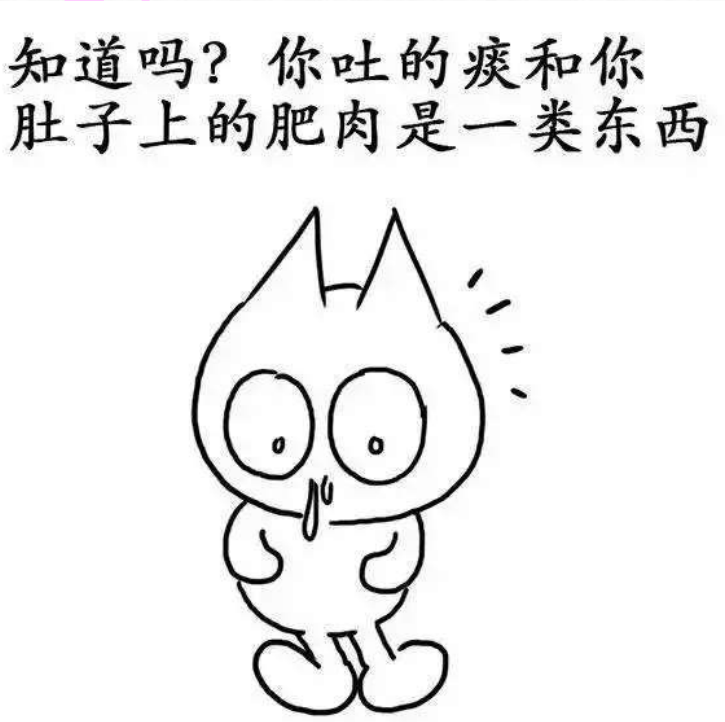
What will be the presentations?

- Do you know, this phlegm is the same as the fat and dampness on the belly?



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What will be the presentations?

- Dampness & Fat
- They always related together

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What will be the presentations?

- As we said, the dampness produced by spleen deficiency, but it stored in the Lung as we will mention:

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What will be the presentations?

- The dampness was relatively dried by heat, so can move upward and stored in the lung, and then become the phlegm.

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Lung Qi

- Lung-qi is all around the whole body---
  Lung regulate **Qi** and **passage the water**

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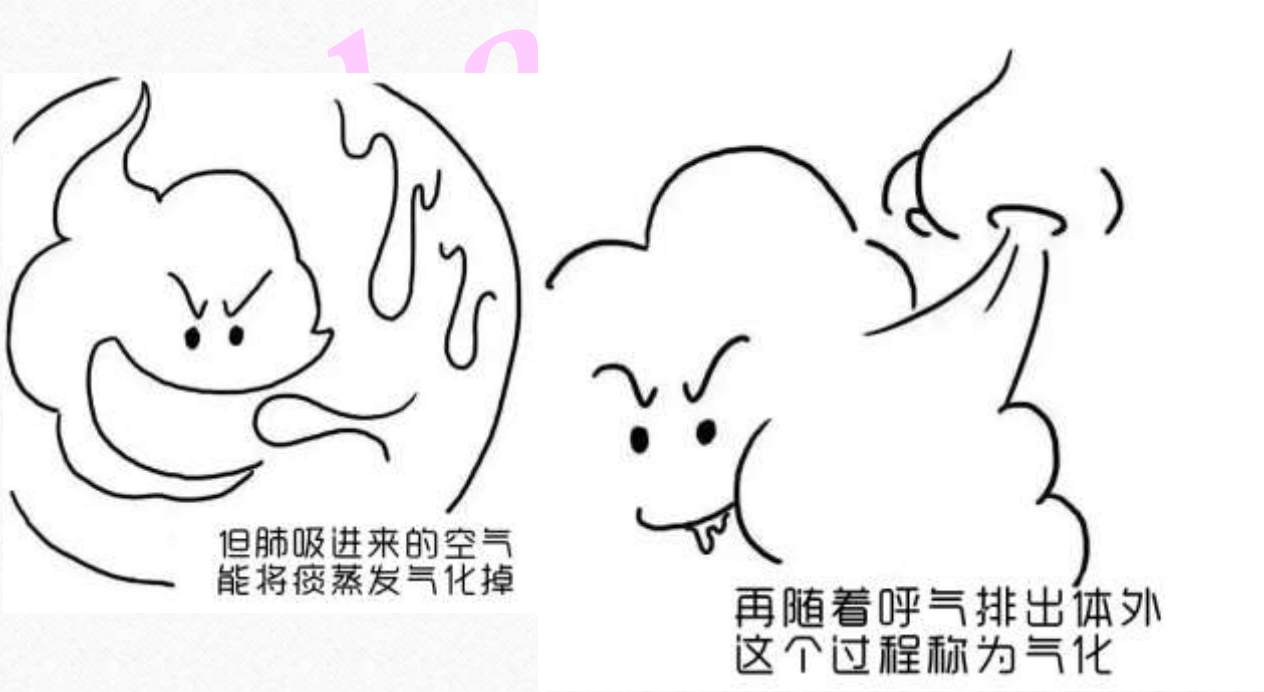
What will be the presentations?

- Usually, the lunge can transfer the **phlegm** by the qi transportation function
- And then excrete out from the body



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Where did the Dampness come from?

- You might hear someone said that they **did not eat a lot, but they still easy to gain the weight?**

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Do you think this way can really help?

- For some people who are trying to lose the weight, they are using some medicine or supplement which is help the body increasing the excrete the body fluid, the person might see go to the bathroom more frequently, or they can lose the weight in a short time.
- Do you think this way can really help?

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Lung Qi

- They are both (water and phlegm) can be transferred by the lung-qi

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Which ways can really help?

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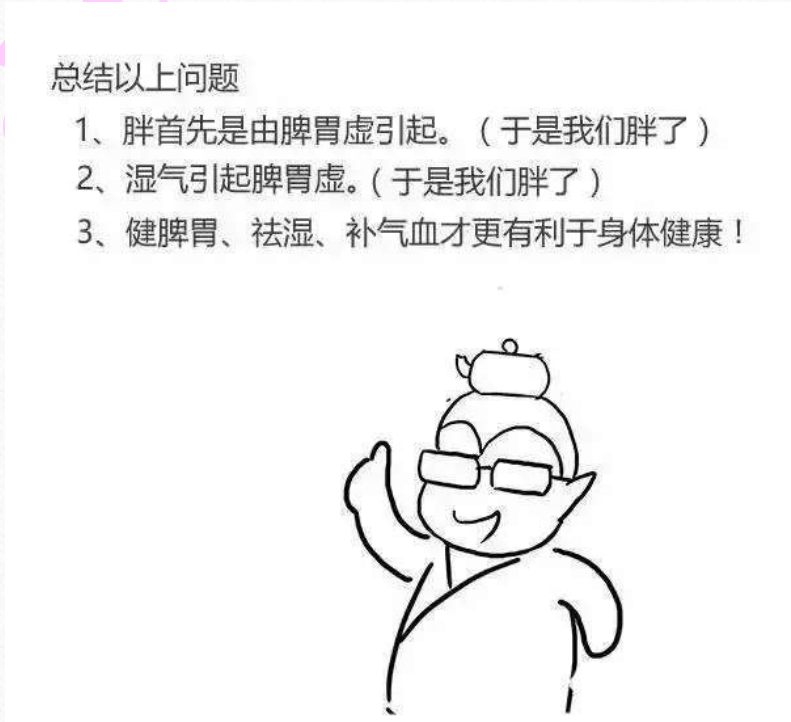
Ways can really help?

- In conclusion:
- 1. causing the obesity, first of all, is due to the spleen and stomach deficiency
- 2. dampness can cause the spleen deficiency
- 3. tonify the spleen, remove the dampness, tonify the qi and blood can help us to maintain the health.



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