小腸
Small Intestine

R. Bishay

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《靈樞.腸胃》：「腸胃所入至所出，長六丈四寸四分，回曲環反，三十二曲也。」

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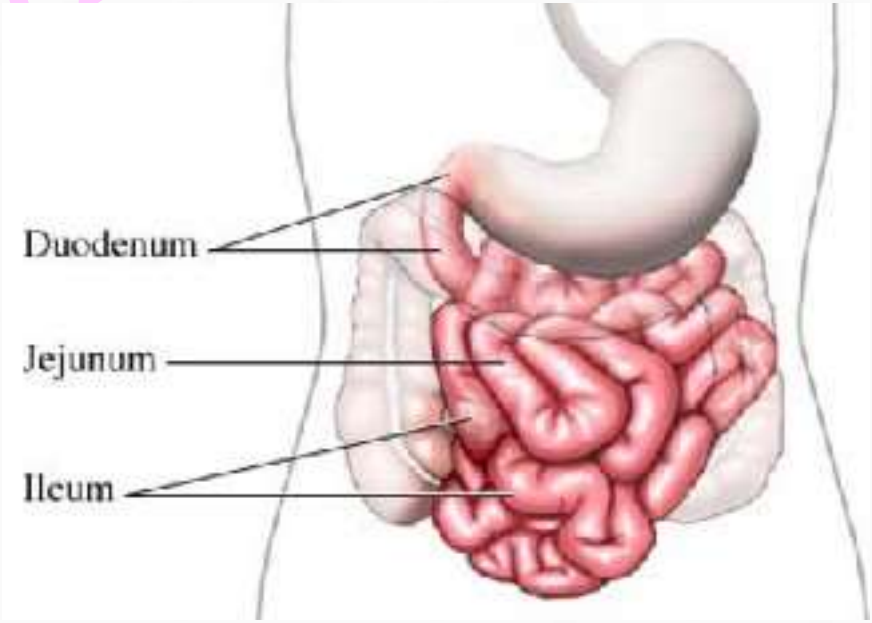
Small Intestine

- The small intestine is a winding, tightly folded tube about 20 ft (6 m) long in adults. It connects to the stomach on the top end and to the large intestine (colon) on the bottom end. Most of the food a person consumes is digested and absorbed in the small intestine. The lining of the small intestine has tiny, finger-shaped tissues (villi). These raised tissues greatly increase the surface area of the intestine, which absorbs calories and nutrients from food.

Small Intestine



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Control receiving and transportation of digested food

- The origin of the reception of food and drink is the Stomach and Spleen.
- The Stomach grinds up the food/drink (ripens and rots, per the Neijing) then passes it on to the Small Intestine which separates the pure stuff from the turbid.
- Solids and liquids are separated as are wastes.
- The solids go to the Large Intestine (direct connection) while the Kidney and Bladder receive the liquids (indirect connection through the circulation).

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The Small Intestine separates fluids, separating the pure from the turbid/impure

- The Small Intestine has a similar spiritual function in addition to the obvious physical one.
- Everything you take in (food, drink, television programs, video games, reading material – any input) must be evaluated and separated.
- Junk is discarded, good stuff is kept.
- A poor energetic diet is just as damaging as a poor physical diet.

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Food

- The **lucid** refers to **food nutrients** and the turbid refers to the waste of food. After further digestion absorption of the nutrients and part of the water, the small intestine transmits the waste to the large intestine.
- This process is called "to separate the lucid from the turbid" in TCM.

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Clinical

- Clinically, the Small Intestine has more to do with heat than with anything else. Pathologically, heat in the Heart can cause diarrhea " urgency with emotional stress OR paradox after consuming the yin to purge the fire"as well as UTI's) *(urinary tract infections = insulting the grandpa)* or UTI-like symptoms.
- Heat in the Heart can be generated from over-thinking, anxiety and worry. It might show clinically as a very red tip of the tongue, as ulcers or blisters on the tongue, and/or as jitteriness or anxiousness.

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Heart and SmallIntestine

- Heat can be transmitted from the Heart to the Small Intestine.
- This is a ***kind of self-preservation to protect the Heart***.
- Because the Small Intestine sends fluids to the Urinary Bladder where it becomes urine, this heat is also passed along to the Bladder and manifests as an ***urgent need to urinate, painful urination and dark urine***.
- The urine ***may be scanty*** when this happens and it may burn when the bladder is voided.

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Spleen and Small Intestine

- If the small intestine is normal in absorbing water, then the stool will appear normal form and the urination will be smooth.
- **If the small intestine is abnormal in absorbing water and the water is kept in the intestines** and moves downward with the waste, then the *stool will be sloppy and the urine will become scanty*. Such a condition is usually differentiated as "*dysfunction of the spleen*".
- **If the small intestine absorbs too much water** i.e. too much returned to the systemic circulation = the urine will become profuse and the stool will become retained. Such a condition is called "constipation due to spleen deficiency and scanty fluid", indicating the relationship between the small intestine and the spleen.

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Clinical

- Clinically ***diarrhea*** in some cases is treated by ***the therapy "for promoting urination*** to consolidate the stool", focusing on promoting urination to reinforce the function of the small intestine to absorb water.
- The syndrome of "**constipation due to spleen deficiency and scanty fluid**" can be *treated by slowing down the descending activity* to reduce the speed of the small intestine in absorbing water.

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Why does Heart send heat to Small Intestine

- Because the Small Intestine is Yang and because it is the *coupled organ* with the Heart.
- It can handle heat better than the Heart because it knows how to get rid of stuff and it's *energy descends downward*.

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Small Intestine and Bladder Relationship

- So why would heat in the Small Intestine end up in the Bladder?
- The Heart and Small Intestine are a Zangfu pair
- But there is also a relationship between the Small Intestine and the Bladder. This relationship is a channel relationship.
- Both of them are part of the Taiyang channel: Small Intestine is the Hand Taiyang channel while Bladder is the Foot Taiyang channel, also UB-27 is the back shu of small intestine.

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