

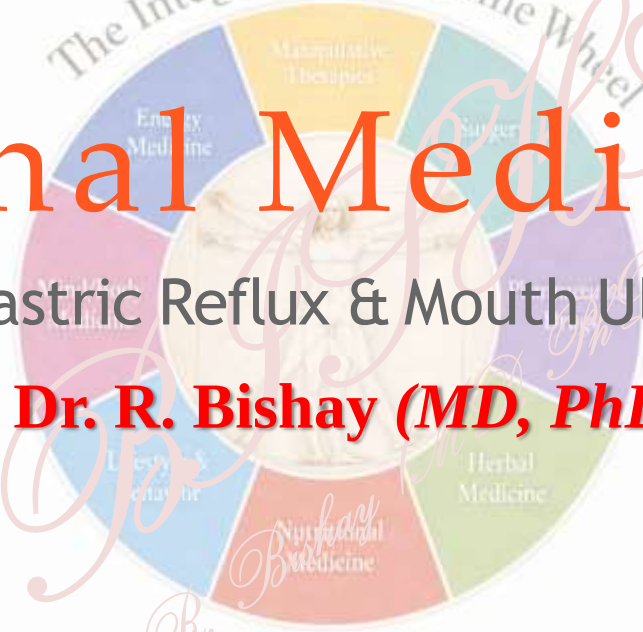


The Integrative Medicine Wheel

Internal Medicine II

Epigastric Reflux & Mouth Ulcers

Prof. Dr. R. Bishay (MD, PhD, NFS)

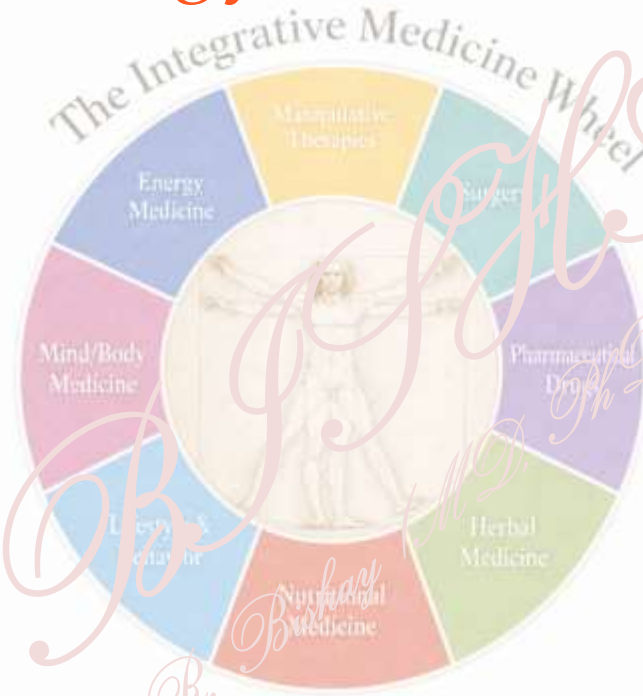


Prof. Dr. R. Bishay



Etiology/Aetiology

- Emotional Stress
- Irregular Diet
- Overwork



R.

Prof. Dr.

R.

Ph.D.

M.D.

Ph.D.

N.D.

Ph.D.

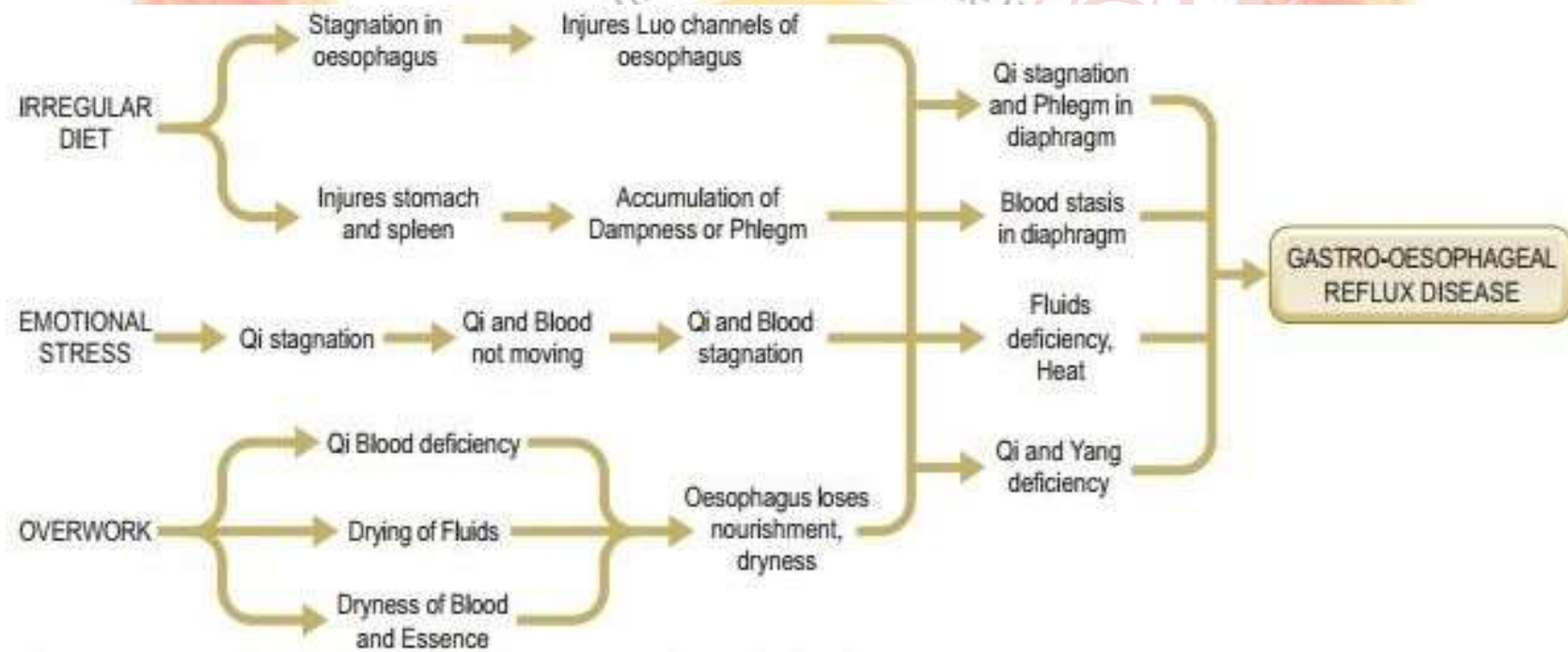
Ph.D.

Ph.D.





Differentiation in Chinese Medicine

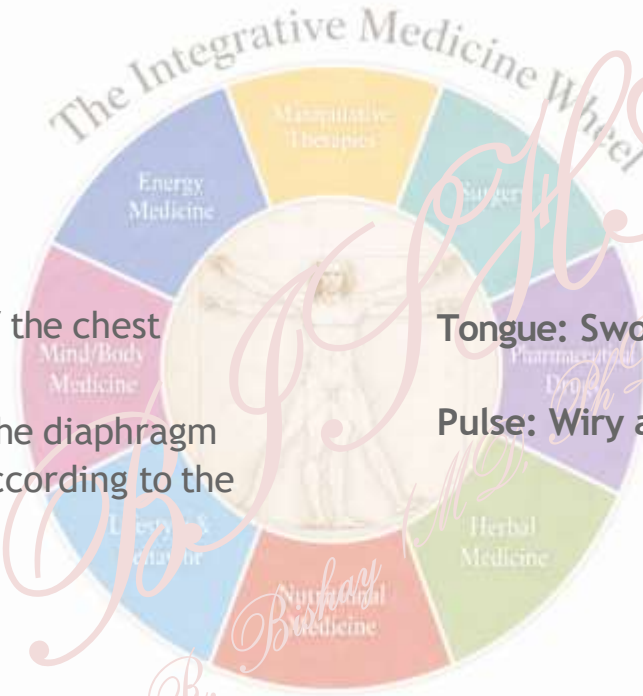


Prof.

Identifying Patterns: Qi Stag w Phlegm



- Acid regurgitation
- Difficulty in swallowing
- Epigastric distension
- A feeling of oppression of the chest
- Nausea
- A feeling of stuffiness in the diaphragm
- The problem fluctuates according to the emotional state
- Dry throat



Tongue: Swollen

Pulse: Wiry and/or Slippery

R.

Prof. Dr.

R.

Nutritional Medicine

Herbal Medicine

Pharmaceutical Drugs

Surgery

Manipulative Therapies

Energy Medicine

Mind/Body Medicine

Lifestyle & Behavior

Nutritional Medicine

Herbal Medicine

Pharmaceutical Drugs

Surgery

Manipulative Therapies

Energy Medicine

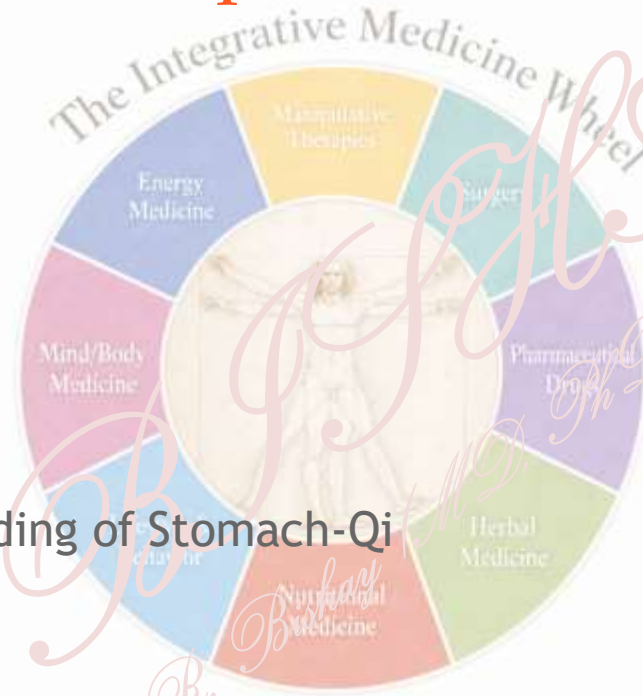
Mind/Body Medicine



Treatment Principle: Qi Stag w Phlegm



- Move Qi
- Soothe the Liver
- Resolve Phlegm
- Restore the descending of Stomach-Qi



R.

Prof. Dr.

R.

Ph.D.

M.D.

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N.D.

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Ph.D.

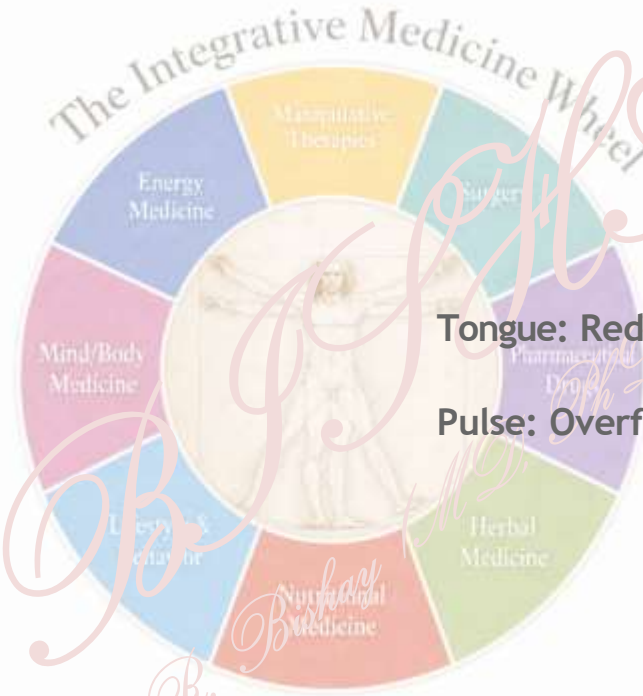
Ph.D.



Identifying Patterns: ST and LV Heat



- Acid regurgitation
- Bitter taste
- Dry mouth
- Vomiting of bitter fluids
- Headache
- Thirst
- Irritability
- Red face
- Foul breath
- Burning epigastric pain
- A feeling of heat.



Tongue: Red with Yellow Coating

Pulse: Overflowing/Wiry and Rapid

Dr.

Prof. Dr.

Dr.

Ph.D.

M.D.

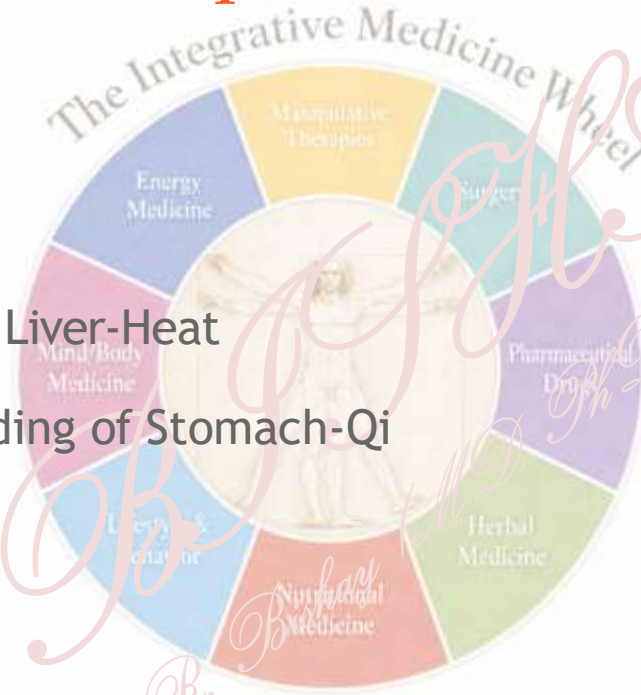
N.D.



Treatment Principle: ST and LV Heat



- Clear Stomach- and Liver-Heat
- Restore the descending of Stomach-Qi



R.

Prof. Dr.

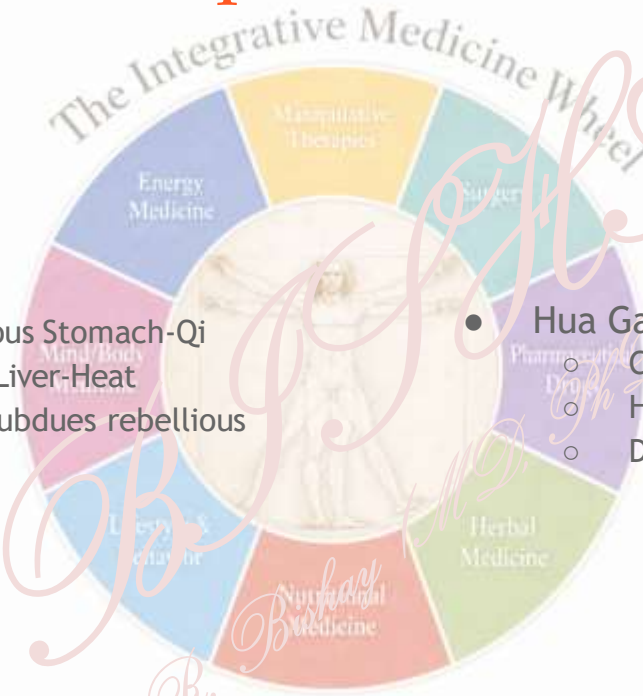
R.

Barry

MD, PhD, ND



Treatment Principle: ST and LV Heat



Acupoint:

P-6, Ren-13 and L.I.-4 subdue rebellious Stomach-Qi
ST-44 and LIV-2 clear Stomach- and Liver-Heat
BL-17 regulates the diaphragm and subdues rebellious Stomach-Qi

- Hua Gan Jian Jia Wei
 - Clears Heat from the Stomach and Liver
 - Harmonizes the Stomach
 - Descends Stomach Qi

R.

Prof. Dr.

R.

Ph.D.

Ph.D.





Identifying Patterns: Blood Stasis

- Acid regurgitation
- Difficulty in swallowing even liquids
- Epigastric pain
- Bitty stools
- Vomiting of dark fluids like red beans juice
- Dark complexion
- Loss of weigh
- Dry skin



Tongue: Purple

Pulse: Wiry, Firm, Choppy

R.

Prof. Dr.

R.

Nutritional Medicine

Herbal Medicine

Pharmaceutical Drugs

Surgery

Manipulative Therapies

Energy Medicine

Mind/Body Medicine

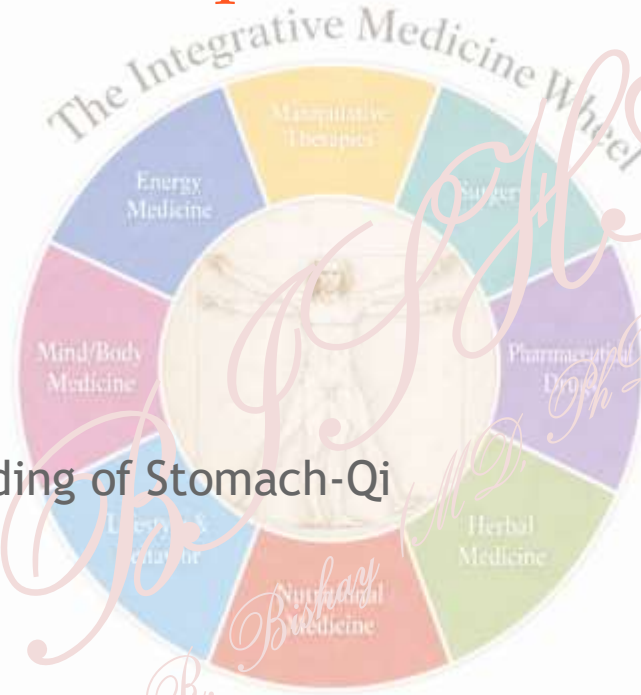
Lifestyle & Behavior



Treatment Principle: Blood Stasis



- Invigorate Blood
- Eliminate stasis
- Restore the descending of Stomach-Qi



R.

Prof. Dr.

R.

Ph.D.

M.D., Ph.D., N.D.





Treatment Principle: Blood Stasis

Acupoint:

P-6 subdues rebellious Stomach-Qi and invigorates

Blood

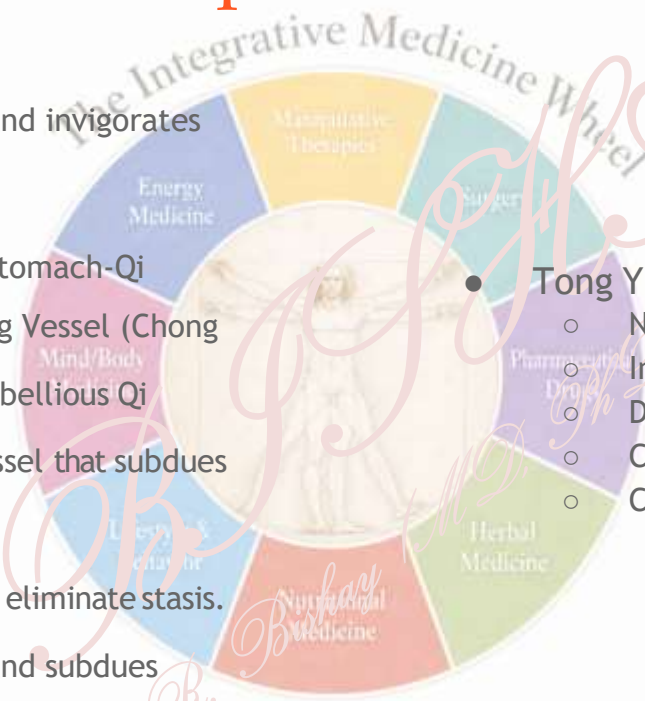
L.I.-4 and Ren-13 subdue rebellious Stomach-Qi

SP-4 and P-6 regulate the Penetrating Vessel (Chong Mai), invigorate Blood and subdue rebellious Qi

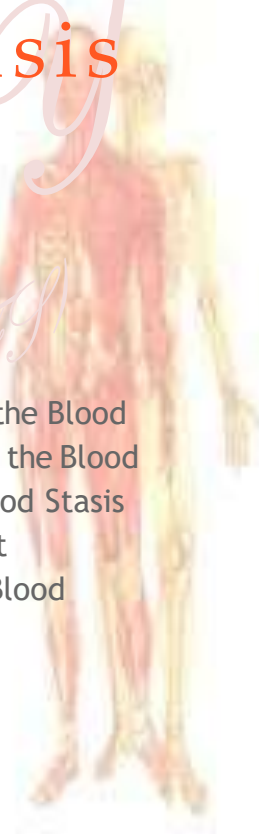
KI-21 is a point of the Penetrating Vessel that subdues rebellious Qi in the chest

BL-17 and LIV-3 invigorate Blood and eliminate stasis.

BL-17 also regulates the diaphragm and subdues rebellious Stomach-Qi



- Tong Yu Tang
 - Nourishes the Blood
 - Invigorates the Blood
 - Disperses Blood Stasis
 - Clears Heat
 - Cools the Blood



Prof. Dr. R.

Identifying Patterns: ST-Yin Def w E.Heat



- Acid regurgitation
- Difficulty in swallowing even liquids
- Thin body
- Dry mouth and throat
- Dry stools
- Feeling of heat in the evening
- Night sweating
- Five-palm heat



Tongue: Red without coating, ST Crack

Pulse: Floating Empty or Fine Rapid

R.

Prof. Dr.

R.

Nutritional Medicine

Herbal Medicine

Pharmaceutical Drugs

Surgery

Manipulative Therapies

Energy Medicine

Mind/Body Medicine

Lifestyle & Behavior

Stomach

Small Intestine

Heart

Lung

Large Intestine

Spleen

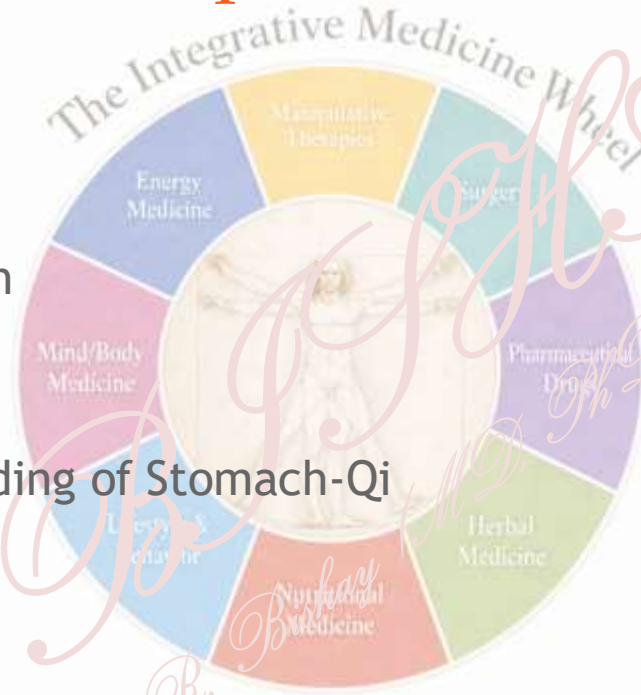
Bladder

Kidney

Treatment Principle: ST-Yin Def w E.Heat



- Nourish Stomach-Yin
- Clear Empty Heat
- Restore the descending of Stomach-Qi



R.

Prof. Dr.

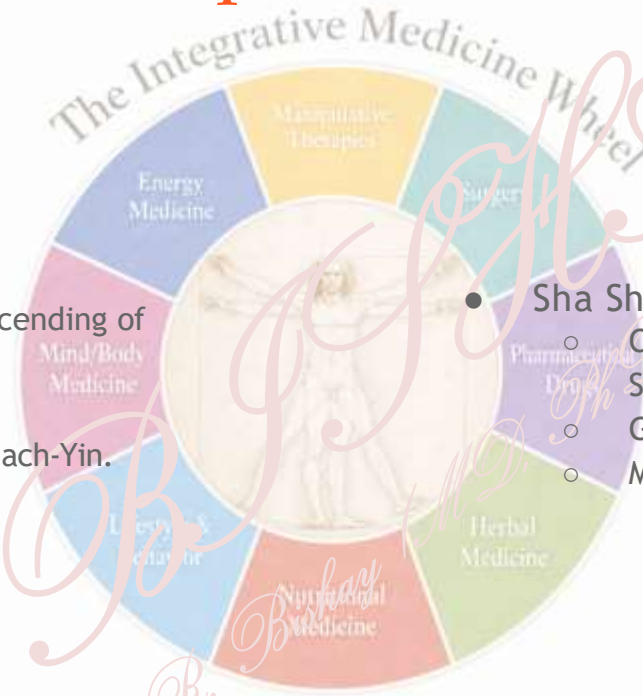
R.

Nutritional Medicine

Ph.D., M.D., N.D.



Treatment Principle: ST-Yin Def w E.Heat



Acupoint:

P-6, Ren-10 and L.I.-4 restore the descending of Stomach-Qi.

Ren-12, ST-36 and SP-6 nourish Stomach-Yin.

ST-44 clears Stomach-Heat

- Sha Shen Mai Men Dong Tang
 - Clears and Nourishes the Lungs and Stomach
 - Generates Fluids
 - Moistens Dryness

R.

Prof. Dr.

R.

Ph.D.

Ph.D.

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Ph.D.

Ph.D.

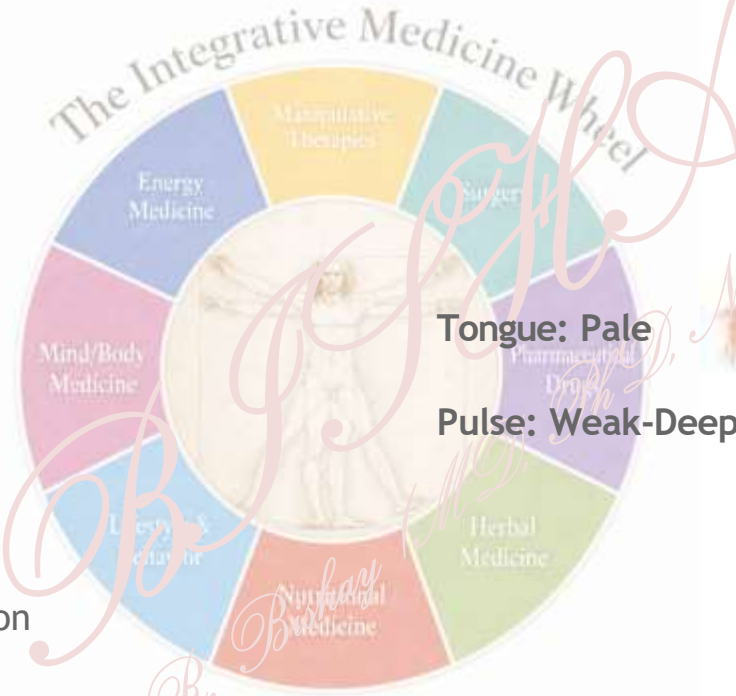
Ph.D.

Ph.D.

Identifying Patterns: ST & SP Yang Def



- Acid regurgitation
- Difficulty in swallowing
- Chronic condition
- Pale complexion
- Poor appetite
- Feeling cold
- Loose stools
- Depression
- Vomiting of clear fluids
- Slight abdominal distension



Tongue: Pale

Pulse: Weak-Deep

Prof. Dr. R. Bahay



Treatment Principle: ST & SP Yang Def



- Tonify and warm Stomach and Spleen
- Restore the descending of Stomach-Qi



Dr. R.

Prof. Dr.

Dr. R.

Dr. R.

Dr. R.

Dr. R.

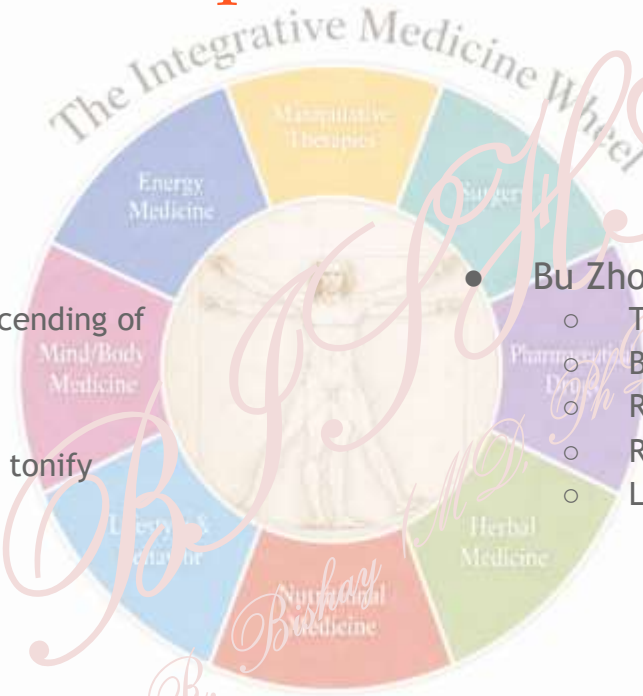
Dr. R.

Dr. R.

Dr. R.



Treatment Principle: ST & SP Yang Def



Acupoint:

P-6, L.I.-4 and Ren-10 restore the descending of Stomach-Qi.

Ren-12, ST-36, SP-6, BL-20 and BL-21 tonify Stomach and Spleen

- Bu Zhong Yi Qi Tang
 - Tonifies Middle *Jiao* Qi
 - Benefits Qi
 - Regulates Qi
 - Raises Sunken Yang
 - Lifts prolapsed organs

Dr. R.

Prof. Dr. R.

Dr. R.

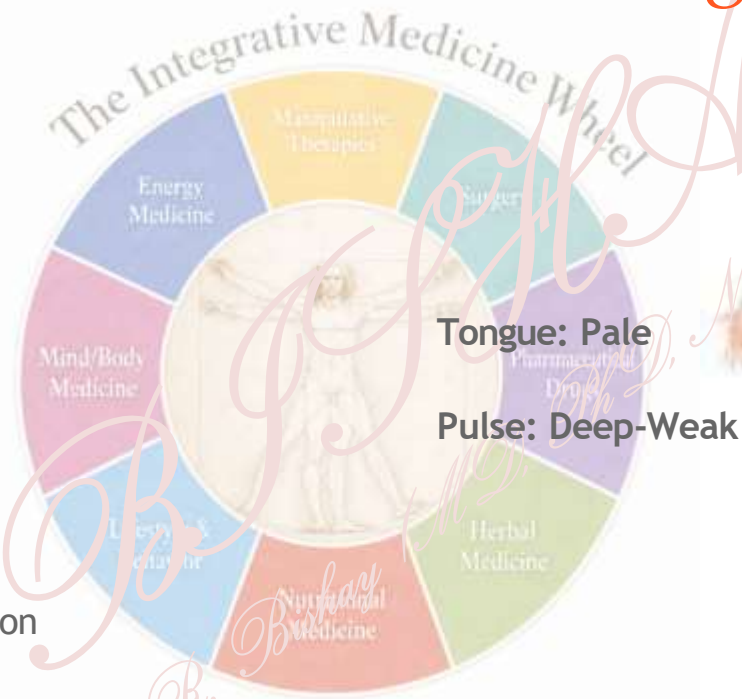
Dr. R.





Identifying Patterns: KD Yang Def

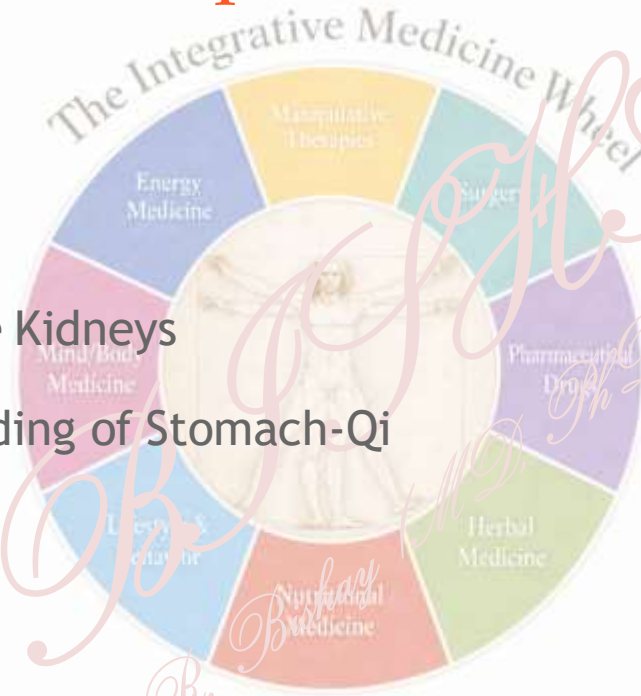
- Acid reflux
- Difficulty in swallowing
- Vomiting of clear fluids
- Lower backache
- Dizziness
- Tinnitus
- Tiredness
- Feeling cold
- Cold limbs
- Frequent and pale urination





Treatment Principle: KD Yang Def

- Tonify and warm the Kidneys
- Restore the descending of Stomach-Qi



R.

Prof. Dr.

R.

Ph.D.

Ph.D.

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Ph.D.



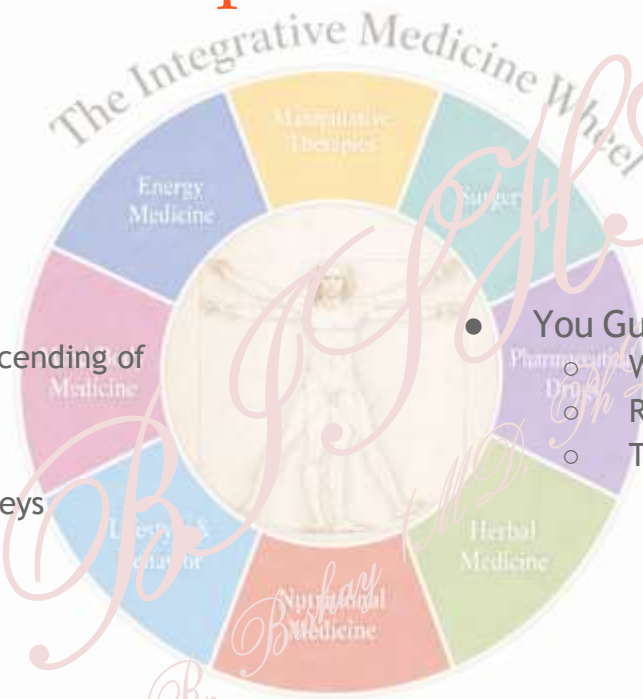


Treatment Principle: KD Yang Def

Acupoint:

P-6, Ren-10 and L.I.-4 restore the descending of Stomach-Qi.

BL-23, KI-3 and Ren-4 tonify the Kidneys



- You Gui Wan
 - Warms and tonifies Kidney Yang
 - Replenishes Jing
 - Tonifies the Blood

R.

Prof. Dr.

R.

Ph.D.

Ph.D.

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Ph.D.

Ph.D.





Differentiation in Chinese Medicine

CLINICAL NOTE

- **Full Heat:** large, painful ulcers with a red, raised edge
- **Empty Heat:** ulcers with a whitish rim and less raised edges
- **Yin Fire:** pale-red ulcers with a whitish edge and somewhat less raised edges; chronic and recurrent
- **Toxic Heat:** ulcers that are very painful, large, red with a yellow, festering centre and markedly raised edges

Location	Organ	Channel
Inside cheeks	Stomach and Spleen	Stomach, Large Intestine, Small Intestine, Triple Burner
Tongue	Heart, Spleen and Kidneys	Heart, Small Intestine, Spleen, Kidneys
Gums	Stomach	Stomach, Large Intestine



Identifying Patterns: HT & SP Heat



- Ulcers on the cheeks or tongue
- Ulcers are red with a yellow rim
- They are deep and with a pronouncedly raised edge
- Ulcers are very painful
- Multiple ulcers (some of which may merge to form very large ulcers)
- Feeling of heat
- Thirst with a desire to drink cold water
- Dry mouth
- Bitter taste
- Foul breath
- Constipation



Tongue: Red with thick Yellow Coating

Pulse: Overflowing-Rapid

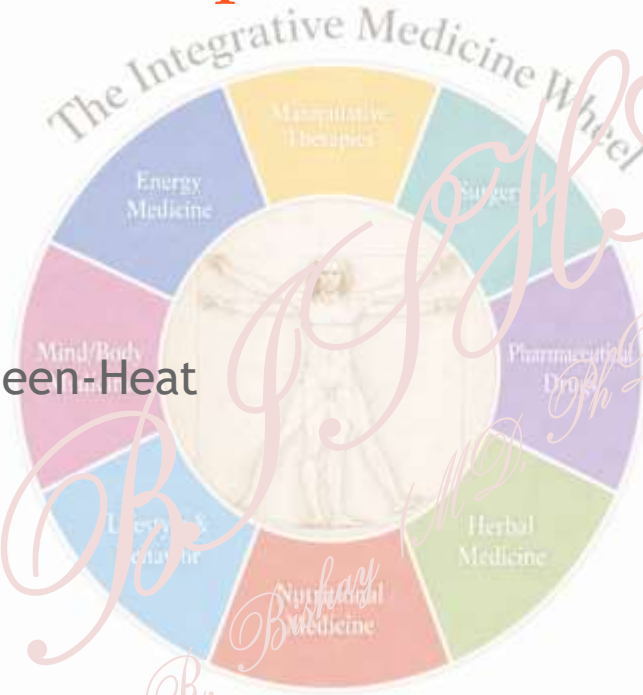
Prof. Dr. R. B. R.



Treatment Principle: HT & SP Heat



- Clear Heart- and Spleen-Heat



R.

Prof. Dr.

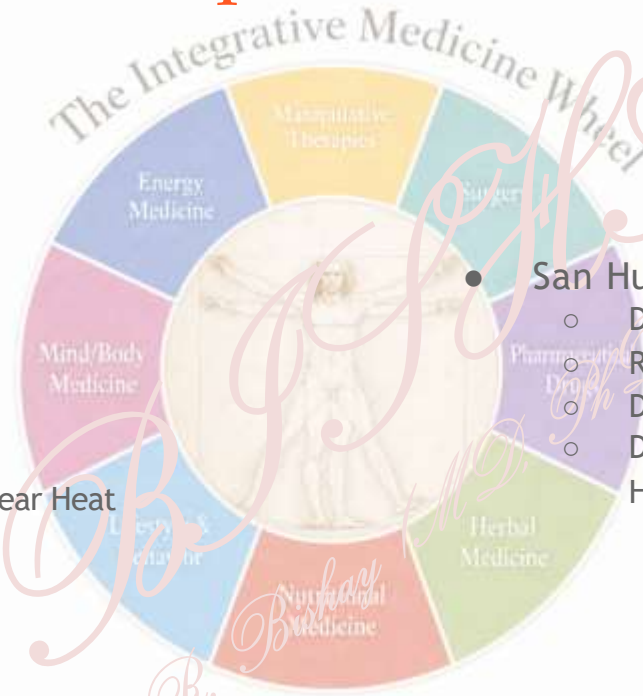
R.

Ph.D.

M.D.

N.D.

Treatment Principle: HT & SP Heat



Acupoint:

P-8 and HE-8 clear Heart-Heat

SP-2 clears Spleen-Heat

SP-6 nourishes Yin, which helps to clear Heat

- San Huang Xie Xin Tang
 - Drains Fire
 - Relieves toxicity
 - Drains Dampness
 - Disperses noxious Heat and toxins from the Heart and Stomach

Dr. R.

Prof. Dr. R.

Dr. R.

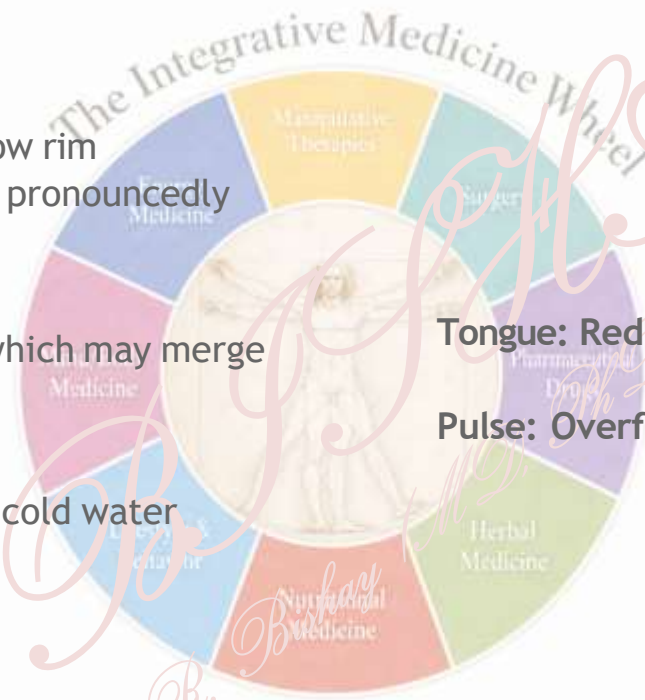
Dr. R.





Identifying Patterns: ST Heat

- Ulcers on the gums
- Ulcers are red with a yellow rim
- They are deep and with a pronouncedly raised edge
- Ulcers are very painful
- Multiple ulcers (some of which may merge to form very large ulcers)
- Feeling of heat
- Thirst with desire to drink cold water
- Dry mouth
- Foul breath
- Constipation



Tongue: Red and thick Yellow Coating

Pulse: Overflowing-Rapid

R.

Prof. Dr.

R.

Nutritional

Herbal

Pharmaceutical

Drugs

Herbal

Nutritional

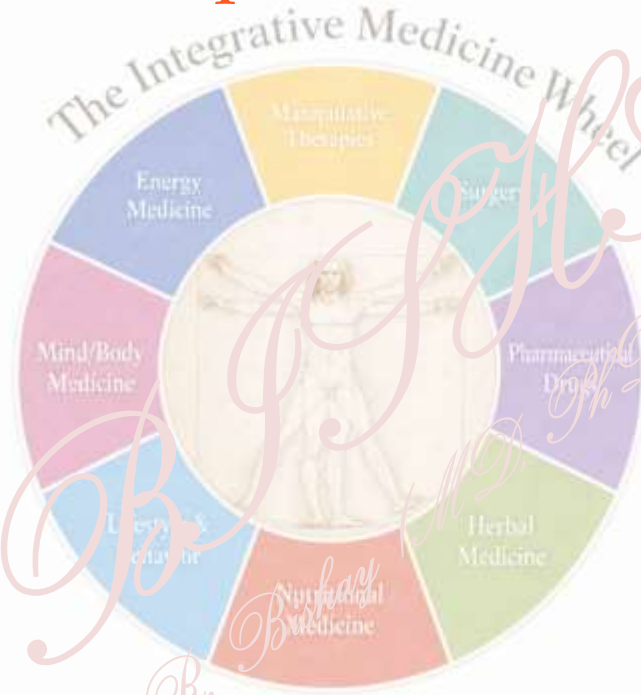
Acupuncture



Treatment Principle: ST Heat



- Clear Stomach-Heat



R.

Prof. Dr.

R.

Ph.D.

M.D., Ph.D., N.D.



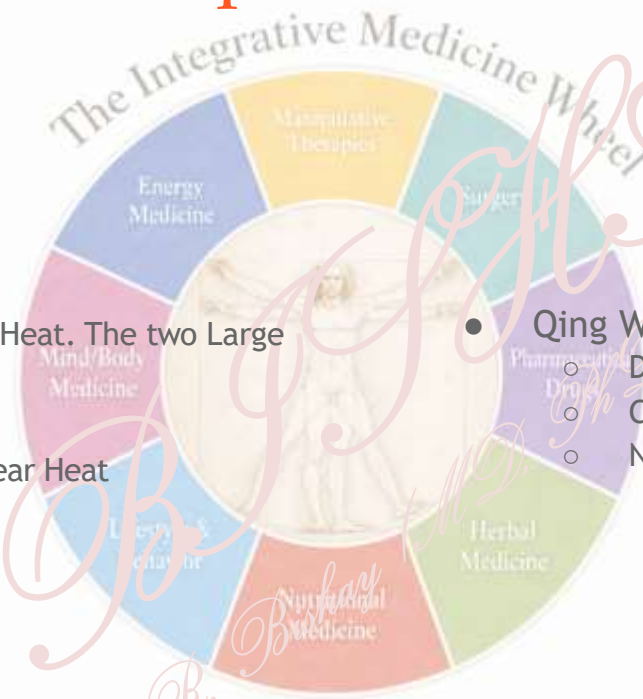
Treatment Principle: ST Heat

Acupoint:

ST-44, LI-11 and L.I.-4 clear Stomach-Heat. The two Large

Intestine points also treat the gums.

SP-6 nourishes Yin which helps to clear Heat



- Qing Wei San
 - Drains Stomach Fire
 - Cools Blood
 - Nourishes Yin

R.

Prof. Dr.

R.

Ph.D.

M.D.

Ph.D.

N.D.

Ph.D.

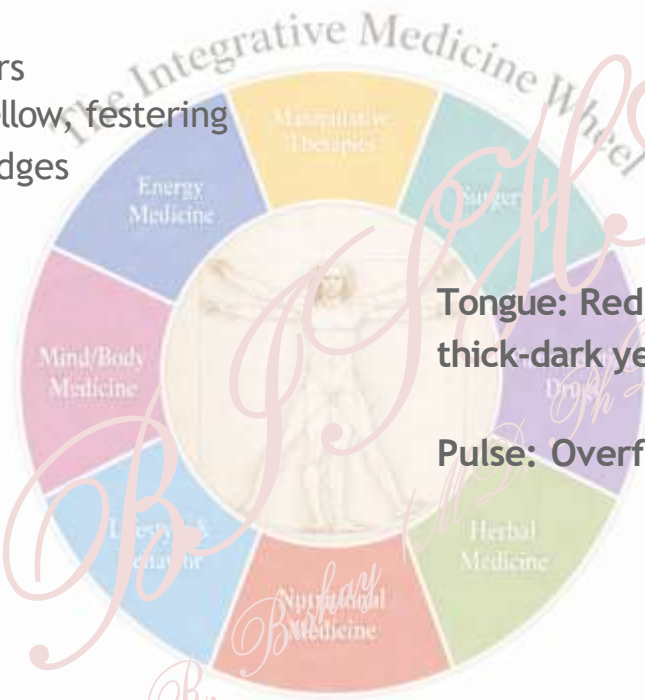
Ph.D.





Identifying Patterns: Toxic Heat

- Large, painful mouth ulcers
- Deep-red edges with a yellow, festering centre, markedly raised edges
- Ulcers may bleed
- Multiple ulcers
- Swollen gums
- Thirst
- Mental restlessness
- Thirst
- Bitter taste
- Foul breath
- Dark urine
- Dry stools



Tongue: Red with red points and with a thick-dark yellow coating

Pulse: Overflowing-Rapid

R.

Prof. Dr.

R.

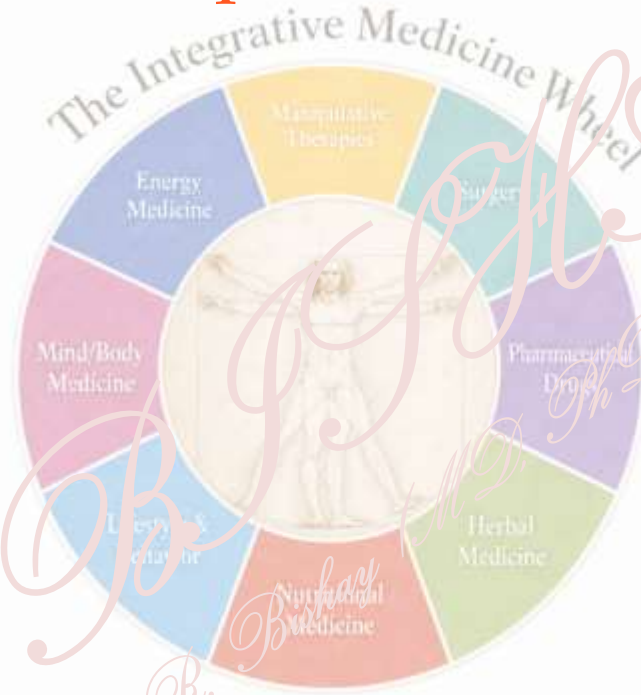
Ph.D.



Treatment Principle: Toxic Heat



- Resolve Toxic Heat



R.

Prof. Dr.

R.

Ph.D.

M.D., Ph.D., N.D.

N.D.





Treatment Principle: Toxic Heat

Acupoint:

ST-44, LI-11 and L.I.-4 clear Stomach-Heat and resolve

Toxic Heat.

P-8 resolves Toxic Heat and is particularly indicated if the
ulcers are on the tongue.

SP-6 nourishes Yin to help to clear Heat.

Ren-12 and ST-40 help to resolve Toxic Heat (as Toxic
Heat as some elements of Phlegm)



- Wu Wei Xiao Du Yin

- Clears Heat
- Purges Fire
- Relieves toxicity
- Cools the Blood
- Reduces swelling
- Reduces external carbuncles and furuncles



Prof. Dr. R.

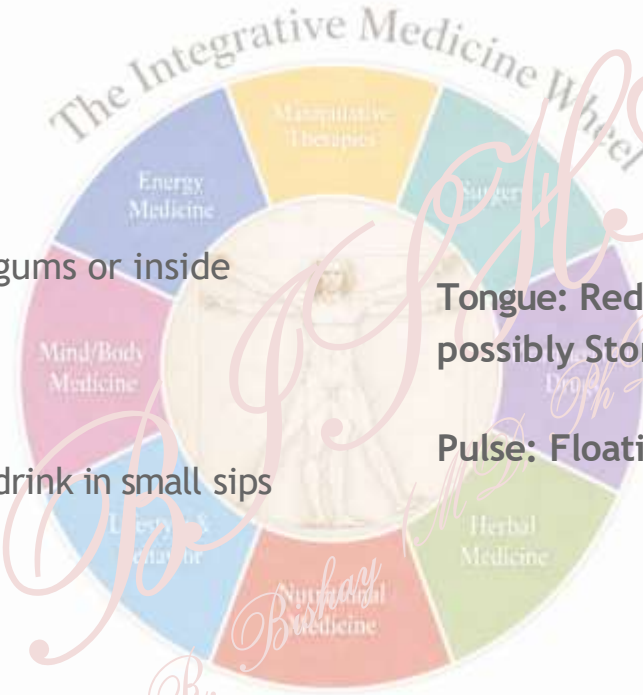
Identifying Patterns: ST-Yin Def w E.Heat



- Chronic mouth ulcers on gums or inside cheeks
- Palered with whitish rim
- Thin body
- Dry mouth with desire to drink in small sips

Tongue: Red without coating in the centre, possibly Stomach cracks

Pulse: Floating-Empty



R.

Prof. Dr.

R.

Ph.D.

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Ph.D.

Ph.D.

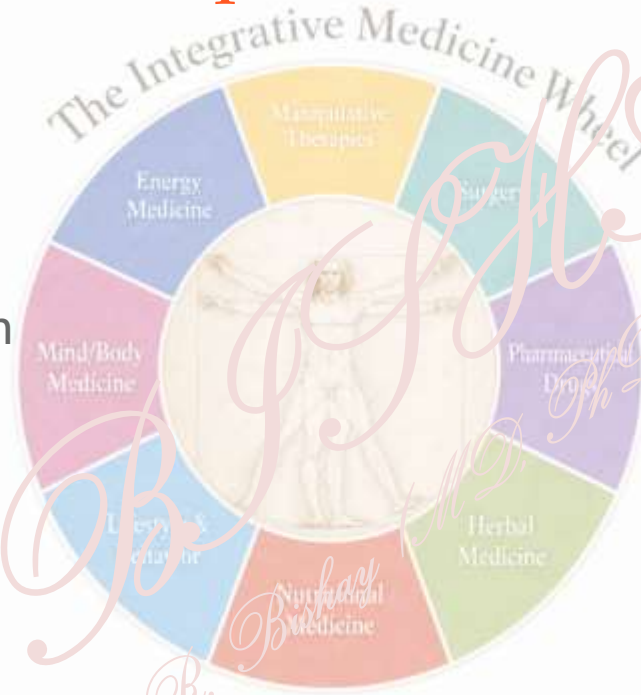
Ph.D.



Treatment Principle: ST-Yin Def w E.Heat



- Nourish Stomach-Yin
- Clear Empty Heat



R.

Prof. Dr.

R.

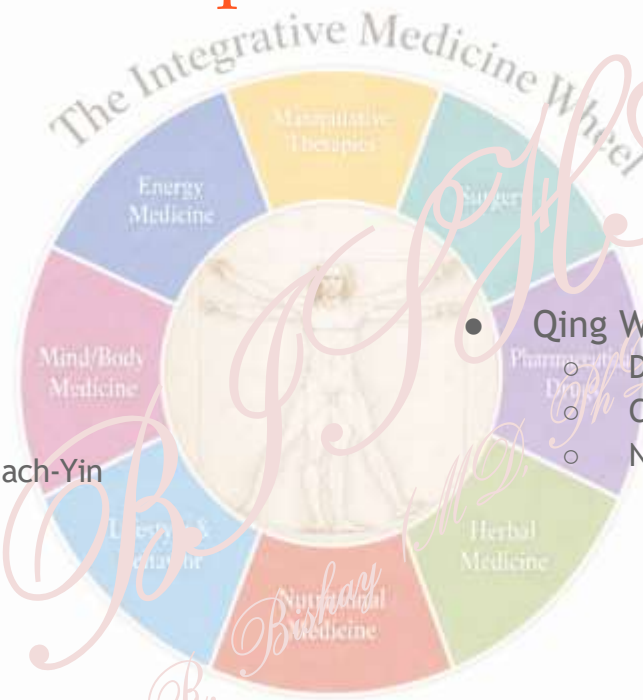
Ph.D.

M.D.

N.D.



Treatment Principle: ST-Yin Def w E.Heat



Acupoint:

ST-44 and L.I.-4 clear Stomach-Heat.

Ren-12, ST-36 and SP-6 nourish Stomach-Yin

- Qing Wei San
 - Drains Stomach Fire
 - Cools Blood
 - Nourishes Yin

R.

Prof. Dr.

R.

Ph.D.

Ph.D.

Ph.D.

Ph.D.

Ph.D.



Identifying Patterns: HT & KD-Yin w E.Heat



- Mouth ulcers on cheeks or tongue
- Shallow red ulcers with whitish or greyish rim
- Dry mouth with desire to drink in small sips
- Night sweating
- Five-palm heat
- Feeling of heat in the evening
- Insomnia
- Mental restlessness
- Dizziness
- Tinnitus



Tongue: Red without coating

Pulse: Floating-Empty and Rapid

R.

Prof. Dr. R.

Nutritional Medicine



Treatment Principle: HT & KD-Yin w E.Heat



- Nourish Heart- and Kidney-Yin
- Clear Empty Heat



R.

Prof. Dr.

R.

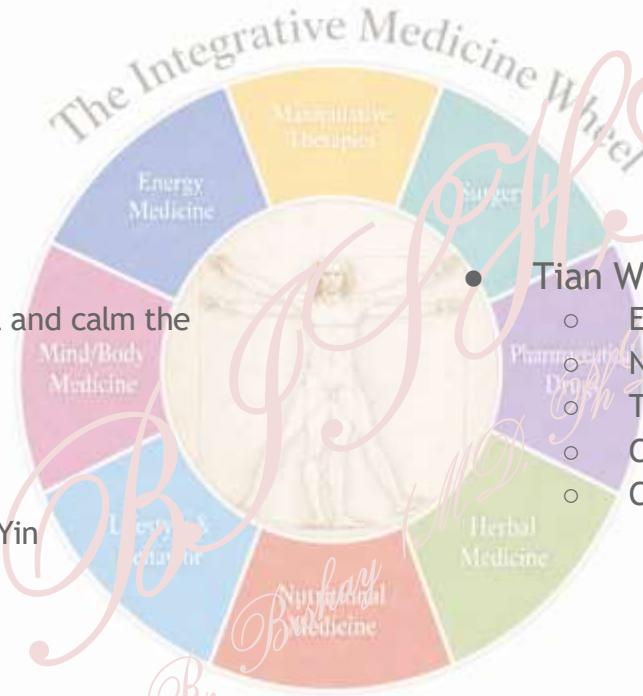
Ph.D.

M.D.

N.D.



Treatment Principle: HT & KD-Yin w E.Heat



Acupoint:

HE-6 and P-7 clear Heart Empty Heat and calm the Mind

HE-7 nourishes Heart-Yin

KI-3, Ren-4 and SP-6 nourish Kidney-Yin

- Tian Wang Bu Xin Dan
 - Enriches the Yin
 - Nourishes the Blood
 - Tonifies the Heart and Kidneys
 - Calms the Shen
 - Clears Heat

Dr. R.

Prof. Dr. R.

Dr. R.

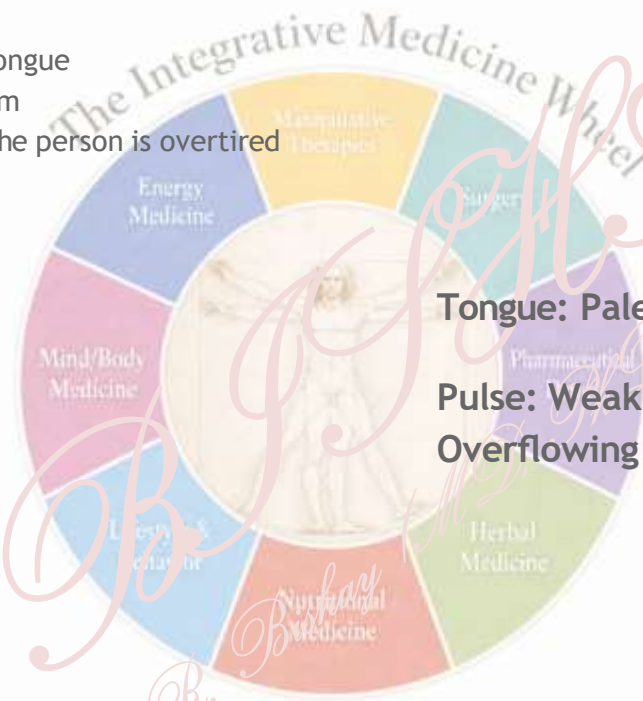
Dr. R.





Identifying Patterns: ST & SP Defi w Yin Fire

- Mouth ulcers on the cheeks or tongue
- Shallow paler with a whitish rim
- Recurrent and appearing when the person is overtired
- Face feeling hot
- Feeling cold
- Cold feet
- Mouth ulcers
- Dizziness
- Tiredness
- Depression
- Mental restlessness
- Insomnia
- Muscular weakness
- Loose stools
- Poor appetite
- Headache
- Thirst



Tongue: Pale

**Pulse: Weak or Empty but may be slightly
Overflowing on the Front positions**

R.

Prof. Dr.

R.

Barry

MD, PhD, ND, NCS



Treatment Principle: ST & SP Defi w Yin Fire



- Tonify the Stomach and Spleen
- Strengthen the Original Qi
- Clear Yin Fire



Prof. Dr. R. Barry





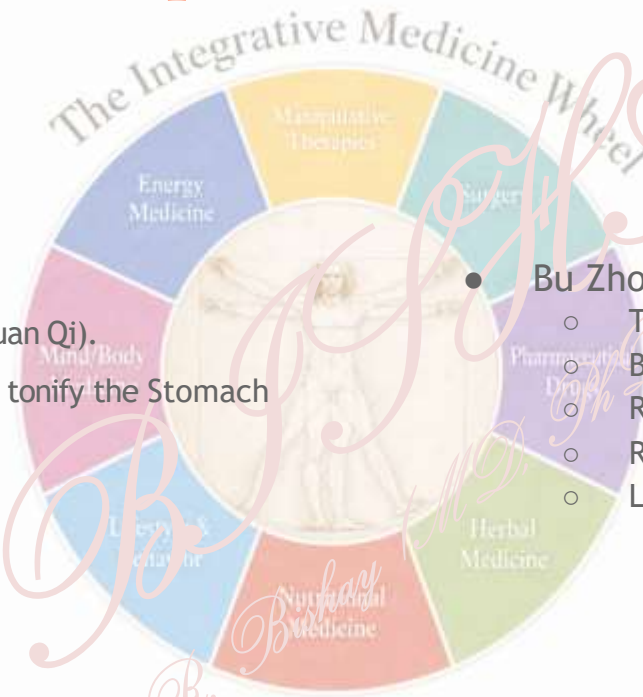
Treatment Principle: ST & SP Defi w Yin Fire

Acupoint:

Ren-4 strengthens the Original Qi (Yuan Qi).

ST-36, SP-6, Ren-12, BL-20 and BL-21 tonify the Stomach and Spleen.

HE-6, P-7 and T.B.-5 subdue Yin Fire



- Bu Zhong Yi Qi Tang
 - Tonifies Middle *Jiao* Qi
 - Benefits Qi
 - Regulates Qi
 - Raises Sunken Yang
 - Lifts prolapsed organs

R.

Prof. Dr.

R.

B. Barry

