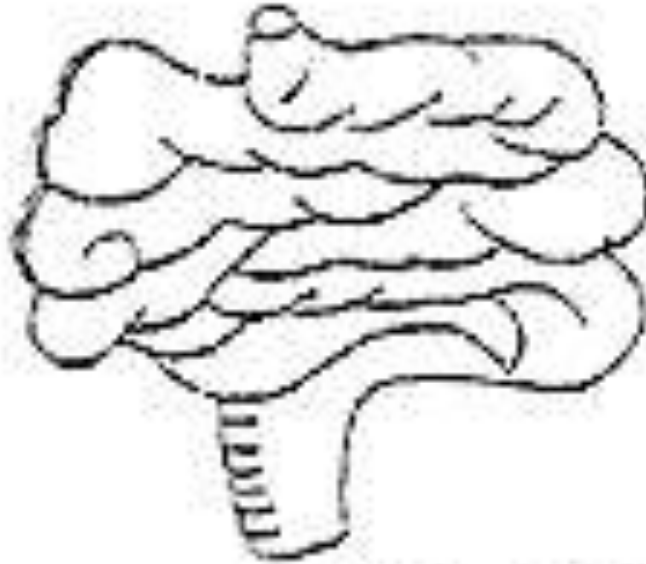


Large Intestine

大腸

大腸上口，
即小腸下口

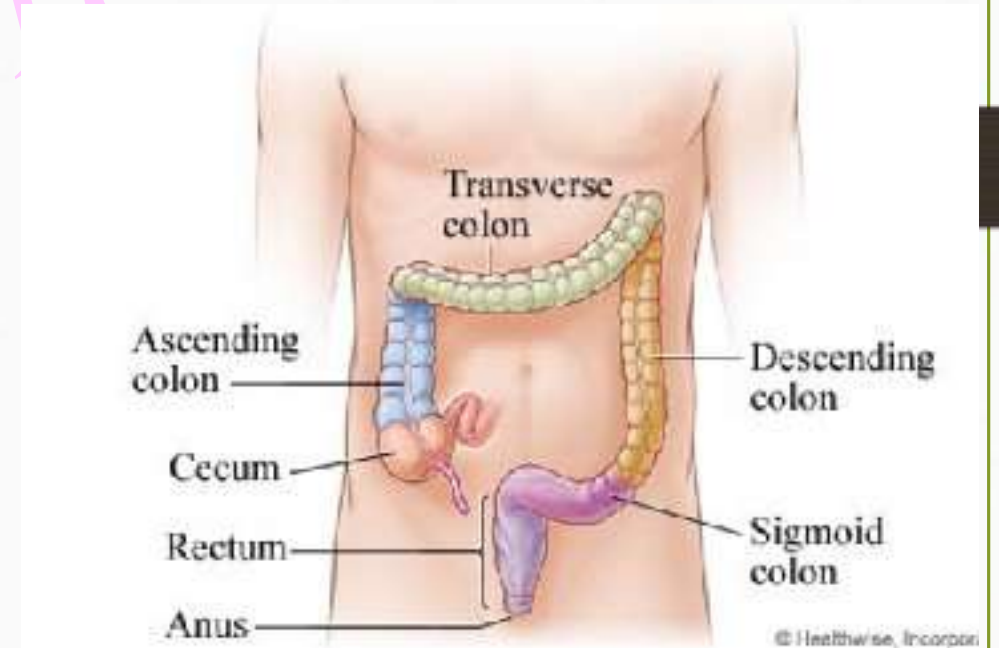


大腸下接直腸，直腸
下接肛門，為道也

LARGE INTESTINE
大腸

Large Intestine

- The large intestine takes about 16 hours to finish the digestion of the food.
- It removes water and any remaining absorbable nutrients from the food before sending the indigestible matter to the rectum.



Receive digested food from the Stomach and Small Intestine

- This is food that has been through the grinder of the Stomach then passed on to the Small Intestines.
- The Small Intestines have the job of deciding what is good for the body (called pure in TCM) and what is not good for the body and unfit for processing (called “turbid”).
- The turbid stuff goes to the Large Intestines for further processing.

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- The function of the large intestine to transmit the waste of food is described in Huangdi Neijing as "**transmission and excretion**", the activities of which are accomplished by the propelling function of the large intestinal qi.
 - If the large intestine is abnormal in function, it will lead to constipation due to improper transmission and diarrhea due to insufficient absorption of water.

Reabsorb body fluids and send them to the Spleen

- The turbid is flushed through the system
- A person would dehydrate faster if the Large Intestine didn't reabsorb as much of that liquid as possible and yet still retain enough to keep your bowels moving.

Large Intestine

- The Large Intestine organ system sits at the time of 5-7am on the Chinese organ clock. This is the time of the sunrise.
- This is why in the morning in Chinese culture it is healthy to go defecate in the morning after you wake up.

What does the Nei Jing say?

- Large Intestine in Nei Jing will make you appreciate the complexity of Large interesting more. In Chapter 8, where each organ system is described, we can read: 大腸者，傳道之官，變化出焉
- One translation: Large Intestine is the official of the transmission of the Way, change and transformation emerge from it.

Etiology of Large Intestine Patterns

Diet

- Diet can directly affect the Large Intestine.
- Excessive consumption of **Cold** and raw food can cause **Interior Cold** (diarrhea: loose stools)
- Excessive **greasy and hot foods** can cause **Damp-Heat** in Large Intestine (**foul urgent and loose stool with burning**)

Emotions

- Lung/Large Intestine belong to Metal element; affected by SADNESS and also by worry.
- Worry causes Lung Qi to become deficient and fail to descend, which can contribute to *stagnation of Qi in Large Intestine (abdominal pain and constipation)*. Also **Stagnation of Liver Qi can affect the Intestines** in the same way.

Exogenous Pathogens

- **Cold** can directly invade the Large Intestine causing **abdominal pain and diarrhea**.

Lung/Large Intestine Relationship

How did Lung and Large Intestine get Paired

- The *descending function of the Lung qi helps bowel movements*. The **Large Intestine reabsorbs bodily fluids to help moisten the Lung.**
- You can sometimes treat asthma and lung function by promoting bowel movements. Xuan Bai Chen Qi Tang is a formula which promotes the descending Lung Qi function and assists with this problem within 2-3 weeks.

Dryness

- “Dryness” is also typical Lung/Large Intestine partnership pathology.
- Together with the Spleen and the Kidney the Lung is in charge of the body's water metabolism.
- The Lung receives refined fluids from "the Spleen" - the collective name for the digestive system in traditional Chinese medicine - and distributes them to the body's skin and body's mucus membranes.

Dryness

- Chronic unhealthy habits such as smoking, and living in hot and polluted areas, “dry” out the Lung.
- This “dryness” gets eventually transferred to the partner organ Large intestine, resulting in constipation (not enough fluids to nourish the Intestine).

Dampness

- The opposite pathology - "dampness" – is also possible.
- "Dampness" is fluid retention resulting in phlegm in the Lung, and loose stool and diarrhea in the Large Intestine.
- The cause for such pathology is either living in a damp environment or imbalance in the healthy water metabolism, governed by the Lung, Spleen and Kidneys.

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- The symptoms of “**dryness**” and “**dampness**” in the Lung/Large Intestine partnership do not always manifest in **both organs simultaneously**.
 - Nevertheless it is important to always take in account both organs even if only one manifests pathology. Often stimulating the partner organ together with the diseased organ gives quicker and better results.