

TCM treatment for The  
Upper G.I. Diseases---  
上消化道疾病的中医治疗  
Acid Reflux, Gastritis and Peptic Ulcers  
and more  
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## Acupuncture & Herbs for G.I.

- G.I. problems are very common in the clinic.
- Acupuncture and herbs can provide a lot of help for the patients with G. I. problems.
- The advantages of using acupuncture and herbs to treat G. I. problems
- G.I. system can be classified into digestive organs and glands
- Upper G.I. includes esophagus and stomach and part of small intestine.

The functions of G.I. system  
消化系统的功能

- Digestion 消化
- Absorption 吸收
- Motility运动（蠕动）
- Secretion分泌
- Excretion排泄

## The Digestive Diseases 消化系统疾病

- The functional disorders 功能性改变
- The structural diseases 器质性病变
- They are affecting each other 两者会相互影响

## The Structural Diseases 器质性病变

- inflammation 炎症
- ulcer 溃疡
- Polyp 息肉
- Obstruction 梗阻
- Perforation 穿孔
- Bleeding 出血
- Diverticulum 憩室
- Cancerous conditions 癌变

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## The Functional Disorders 功能性改变

- Functional indigestion 功能性消化不良
- Gastrointestinal neurosis 胃肠神经官能症
- Intestinal absorption dysfunction 肠吸收功能不良
- Hyper or hypo secretion 分泌过多或过少
- Excretion too fast or too slow 排泄过快或过慢
- Motility dysfunction 运动功能障碍 (hyper or hypo, special slow down 亢进或减缓, 特别是减缓)

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## Upper Digestive Tract

- The upper digestive tract consists of the mouth, pharynx (throat), esophagus, stomach, and duodenum (first part of the small intestine).

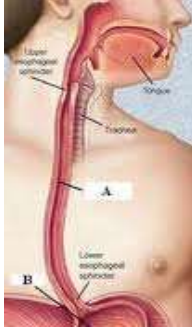
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## The anatomy of Upper G.I.



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## Esophagus



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## Physiological and pathological status of Stomach 胃的生理功能, 病理状态 (中医)

- 胃: belongs to Fu 属于腑
- 胃: Should keep downward 以降为顺, 因滞而病, 通达则愈
- 胃: Keep moving without storing 为阳土, 喜润恶燥, 传化物而不藏
- 胃: up as rebellious 反升为逆
- 脾胃: spleen and stomach harmony 升降调和, 相互为用
- 肝胃: Liver works with stomach 疏泄调达

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## Introduction of acid reflux

- As a human, we all need to eat, after the food enters the stomach, acid and protease will help to digest the food and prepare to absorb the nutrition.
- Normal amount acid is the body's need, is not a bad thing, it also help us to kill the germs got in by accident .
- The normal P.H. of stomach is acidic.
- Neither too high nor too low will not good for the body.

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## Stomach acid and P.H.

- Your stomach secretes hydrochloric acid, but the pH of your stomach isn't necessarily the same as the pH of the acid of the body fluid! The pH of your stomach varies, from 1-2 up to 4-5. When you eat, the stomach releases proteases and hydrochloric acid to aid in digestion. By itself, the acid doesn't really do much for digestion, but the proteases that cleave proteins work best in an acidic environment or low pH, so after a high-protein meal, your stomach pH may drop to as low as 1 or 2. However, buffers quickly raise the pH back to 3 or 4.

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## Acid disorders

- Too strong: P.H. <2 (1.5)
- Secret too much
- Stay too long in the stomach
- Regurgitate to esophagus

THEN .....

- Damage the stomach: cause gastritis or ulcers
- Regurgitate to esophagus: inflammation, ulcer, G.E.R.D., Barrett's diseases, or cancer.

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## What is GERD ?

Gastro esophageal reflux disease (GERD) occurs when stomach acid used for digestion repeatedly backs up, or refluxes, into the esophagus. GERD is also known as acid reflux disease. Heartburn, often described as pain or burning in the chest, is a common symptom of GERD.

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## How the GERD happened?

- If the valve doesn't close all the way, or if it opens too often, stomach acid can move up into your esophagus and cause these symptoms:
- Persistent heartburn
- Stomach acid rising
- Sour taste in the mouth
- Burning in the throat
- Pain or burning in the chest
- Burping

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## Barrett's Esophagus

- Barrett's esophagus is a disorder in which the lining of the esophagus is damaged by stomach acid. The lining becomes similar to that of the stomach.
- Barrett's esophagus itself does not cause symptoms. The acid reflux that causes Barrett's esophagus often leads to symptoms of heartburn. However, many patients with this condition do not have symptoms.

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## Barrett's esophagus



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## Barrett's Esophagus and Esophageal Cancer

- If you have a long history of heartburn symptoms, also called gastro esophageal reflux disease (GERD), you are at increased risk for a condition called Barrett's esophagus, which in turn places you at increased risk for a type of esophageal cancer called adenocarcinoma

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## W.M.Treatment for Barrett's

- Anti acid medicine after meals and at bedtime
- Histamine H<sub>2</sub> receptor blockers
- Proton pump inhibitors
- Avoiding tobacco use
- Surgery or other procedures may be recommended if a biopsy shows cell changes may cancer.
- Some of the following procedures remove the harmful tissue in the esophagus:
  - Photodynamic therapy (PDT) uses a special laser device, called an esophageal balloon, along with a drug called Photofrin.
  - Other procedures use different types of high energy to destroy the precancerous tissue.
- Surgery removes the abnormal lining.

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## The common used medicines

- Popcid
- Nexium
- Prilosec
- Dexilant
- Reglan

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## TCM perspectives for Acid Reflux

- Stomach is a Fu organ
- The normal Qi direction is descending
- What reasons caused acid reflux:
  1. Wrong Diet: Too much sweet, spicy, dairy, meat
  2. Eat too much and too late
  3. Lack of exercise and over weight
  4. Tight belt
  5. Abuse tobacco and alcohol

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## TCM treatment strategies

- 1. Harmonize the too much acid
- 2. Reduce the acid production
- 3. Sooth Liver Qi, Claim Shen
- 4. Promote the movement
- 5. Downward the rebellious Qi
- 6. Clear heat and detoxify to reduce inflammation
- 7. Clear and transform phlegm and dampness
- 8. Address food retention
- 9. Protect the stomach and esophagus membrane
- 10. Special thought: use sour to treat acid

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## 1. Harmonize the too much acid

- Purpose: To use Alkaline herbs and mineral herbs to offset and harmonize the acid
- Herbs, such as: Duan Long Gu, Duan Mu Li, Wa Leng Zi, Wu Zei Gu
- Formulas: Wu Bei San
- Acupuncture: Ren 12, 13, UB 20,21, St.36

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## 2. Reduce the acid production

- Purpose: too much or too strong acid cause problem, then we reduce it, mainly by astringent herbs
- Herbs: Huang Lian, Wu Zhu Yu, Huang Qin, Lian Qiao, Wu Bei Zi, Shi Liu Pi
- Formulas: Jia Wu Zuo Jin Wan, San Huang Xie Xin Tang (Huang Lian, Wu Zhu Yu, Huang Qin, Chai Hu, Mu Xiang, Xiang Fu, Yu Jin, Bao Shao, Qing Pi, Zhi Qiao, Chen Pi, Yuan Hu Suo, Dang Gui, Gan Cao)
- Acupuncture: LI 10, 11, St.36, 37,39

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### 3. Sooth liver and Claim Shen

- Purpose: A lot of G.I. patients with emotional problems. Address the Liver Qi stagnation, claim heart Shen to prevent and stop the Liver Qi overact on Stomach
- Herbs: Chai Hu, Xiang Fu, Chuan Lian Zi, Qing Pi, Bai He, He Huan Pi
- Formulas: Chai Hu Shu Gan San, Chai Hu Qing Gan Tang, Jia Wei Xiao Yao Wan, Xiao Yao San
- Acupuncture: Shen Men, GB 34, Liver 2,3 UB 18, Ren17, H7

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### 4. Promote the movement

- Purpose: After the acid secreted, stay too long can cause trouble, regulate and move Qi can bring acid down to avoid regurgitation
- Herbs: Chen Pi, Zhi Qiao, Zhi Shi, Da Fu Pi, Jiang Xiang
- Formulas: Xiang Su San
- Acupuncture: Ren 12,13,14, St 19, 22, UB 22

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### 5. Downward the rebellious Qi

- Purpose: Stomach's normal Qi direction is descend, rebellious is abnormal, need redirect it downward
- Herbs: Xuan Fu Hua, Dai Zhe Shi, Chen Pi, Ju Pi, Zhu Ru, Ding Xiang, Shi Ti
- Formulas: Xuan Fu Dai Zhe Tang, Ding Xiang Shi Ti San
- Acupuncture: Ren 17, 12, 13, St 36, UB 18,21

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### 6. Clear Heat and Detoxify to reduce inflammation

- Purpose: Heat and toxicity cause inflammation or ulcers, it is associated with H.P., too. This one will reduce acid caused the damages to the stomach and esophagus
- Herbs: Huang Qin, Huang Lian, Lian Qiao, Pu Gong Ying
- Formulas: Qing Wei San, San Huang Xie Xin Tang
- Acupuncture: LI 11, UB 22, St.36, 40, Liv.3

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## 7. Clear and transform phlegm and dampness

- Purpose: sweet, dairy, tobacco, alcohol and meat plus weather all can cause phlegm and dampness, make acid worse.
- Herbs: Yi Yi Ren, Cang Zhu, Ze Xie, Huang Bai
- Formulas: Ping Wei San, San Ren Tang, Er Chen Tang
- Acupuncture: St. 40, St. 36, St 25, Ren 12, 13

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## 8. Address food retention

- Purpose: over eat, eat wrong with weak stomach and spleen cause food retention, cause acid reflux or make it worse
- Herbs: Jiao Shan Zha, Shen Qu, Mai Ya, Lian Fu Zi, Chao Ji Nei Jin
- Formulas: Yue Ju Wan, Jia Wei Bao He Wan
- Acupuncture: St 25, Ren 12, 13, St 36, 43

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## 9. Protect the stomach and esophagus membrane

- Purpose: Too much acid will damage the membrane of stomach and esophagus
- Herbs: Sheng Gan Cao, Feng Huang Yi, Bai Ji
- Formulas: Bu Zhong Yi Qi Tang, Si Jun Zi Tang, Xiang Sha Liu Jun Zi Tang

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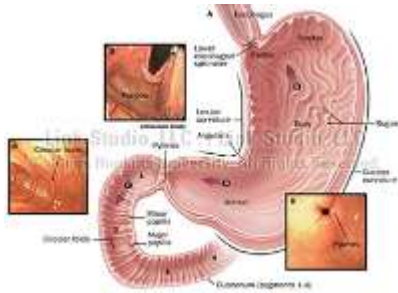
## 10. Other treatment thought

- If you made clear and right diagnosis, used above methods, but the patients do not response well, what do you want to try?
- Think about the body's feedback system, to treat acid by using sour property herbs
- Herbs: Shan Zha, Bai Shao, Mu Gua, Wu Mei, Wu Wei Zi, etc.

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## Stomach



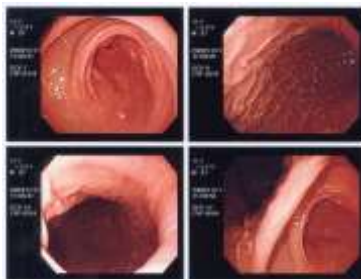
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## Endoscope and tongue



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## Stomach



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## Gastritis

- The different kinds of gastritis
- The relationship between gastritis and peptic ulcer
- The common causes of gastritis
- The common symptoms

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## Gastritis



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## Gastritis



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## The common symptoms of gastritis

- Pain
- Bitter mouth(Bile reflux)
- Heart burn
- Bloating
- Indigestion
- Nausea
- Vomit
- Poor appetite

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## The W.M. drugs offer

- Anti-acid( Nixium)
- Stop pain(pain medicine)
- Promote motility (Reglan)
- Antibiotics(H. pylori)

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## TCM treat the common symptoms of gastritis---pain

Pain:

- Herbs: the application of Yuan Hu Suo(Corydalis), Bai Zhi(Angelica), San Qi(Notoginseng)
- Formulas : introduce the different formulas, mild: Jin Ling Zi San, Serve: Shi Xiao San
- Acupuncture points: Ren12, 13, ST 25, 34, 36 UB. 20,21, Jia Ji points,

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## Bile reflux and heart burns

- The strategies as above
- Herbs: Huang Lian, Wu Zhu Yu
- Formulas: Chai Hu Shu Gan San, Xie Xin Tang, Zuo Jin Wan
- Acupuncture: Liv. 2, 3, Liv 13, GB 34

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## Bloating

- Qi stagnation
- Liver and stomach
- Excessive and def. to determine tonify and reduce
- Move Qi and breakup Qi, and herbal strength order
- Herbs: Su Geng, Xiang Fu, Zhi Qiao, Da Fu Pi
- Formulas: Xiang Su San, Chai Hu Shu Gan San
- Acupuncture: St. 25, Ren 12, St. 36, Liv. 3

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## Indigestion

- Spleen and stomach weak, over eating and food stagnation
- The principles to handle indigestion
- Herbs: Jiao Shan Zha, Shen Qu, Mai Ya, Lai Fu Zi
- Formulas: Bao He Wan, Xiang Sha Liu Jun Zi Wan
- Acupuncture: St. 34, St. 36, St.41, St.44

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## Nausea and vomit

- Qi rebel
- The treatment principles
- Herbs: Xuan Fu Hua, Dai Zhe Shi, Ding Xiang
- Formulas: Xuan Fu Dai Zhe Tang, Ju Pi Zhu Ru Tang
- Acupuncture: Ren 17, 12, P6. St.36

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## Poor appetite

- The reasons causes poor appetite: Excessive, Def.
- The associated problems: fatigue, malnutrition
- The ways to treat poor appetite
- Herbs: depend on the cause: dampness, food stagnation, spleen Qi def. stomach yin def.
- Formulas: Ping Wei San, Bao He Wan, Si or Liu Jun Zi Tang, Mai Men Dong Tang
- Acupuncture: St. 36, Ren 12, UB 20, 21, St. 44

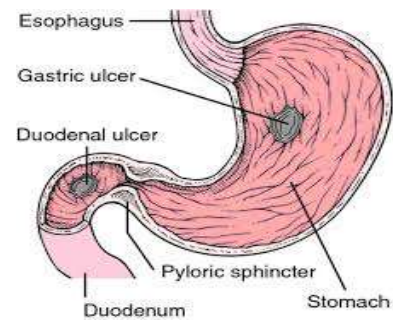
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## Peptic Ulcer

- The pathological pathogens
- The mechanism of ulcer
- The location of the ulcer
- The classification of ulcer
- The complications of the ulcer

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## Peptic Ulcers



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## Peptic Ulcer



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## The pathological factors of ulcer

- Stomach acid
- Pepsin(proteinase)
- H.pylori
- Stomach membrane

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## The mechanism of ulcer

- Attack factors
- Defense factors

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## The location of ulcer

- Esophagus
- Stomach
- Duodenum
- Compound

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## The classification of ulcer

- Stages (A-active, H-healing, S-Scar)
- Duration(symptoms and disease)
- Healing process
- The special kind of ulcer

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## The symptoms of peptic ulcer

- Pain, association with eating
- Discomfort in the epigastria area
- Hypochondria area or to the back

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## The complications of peptic ulcer

- Hemorrhage(Bleeding in the Upper G.I.)
- Perforation
- Obstruction
- Cancerous conditions

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## How to handle bleeding

- The test and amount of loss blood
- Vital signs
- How to treat the bleeding?
- Herbs: Bai Ji, Bai Lian
- Formulas: Yun Nan Bai Yao, San Huang Xie Xin Tang
- Acupuncture: Sp.1, Sp 10, UB17, LI 11, St. 36
- Other ways

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## Incomplete obstruction

- The signs of incomplete and complete obstruction
- Surgical procedures are needed for the complete type
- Herbal Formula: Da Chai Hu Tang, Da Cheng Qi Tang
- Acupuncture: St 25. Re. 12, St. 36. 37. Liv 3 LI 10

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## W.M treatment for peptic ulcer

- The common used drugs( Ranitidine, Prolosec)
- The side-effects of the drugs

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## Gastric Ulcer

- Clinical characteristics:
- TCM: Stomach heat or fire, dampness, toxicity
- Treatment principles: Clear Heat, transform dampness and detoxify
- Herbs and Formulas: Qing Wei San, Ping Wei San, Xie Xin Tang +-
- Huang Qin, Huang Lian, Wu Zhu Yu, Lian Qiao, Pu Gong Ying, Zi Su Geng, Xiang Fu, Chen Pi, Ban Xia, Cang Zhu, Hou Po, Sheng Gan Cao, San Qi,

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## Duodenum ulcer

- Clinical characteristics
- TCM: Spleen Qi def. Blood stasis, heat toxicity
- Treatment principles: Tonify Qi, invigorate Blood, detoxify
- Herbs and Formulas: Sheng Huang Qi, Dang Shen, Bao Shao, Chi Shao, San Qi, Lian Qiao, Pu Gong Ying, Sheng Gan Cao, Chen Pi, Zhi Qiao, Da Fu Pi

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## Anti-relapse of peptic ulcer

- 5-year's relapse rate can be up to 94% !
- Western medicine usually requires long-term using anti-acid medicine.
- Chinese medicine is to treat root, change body constitution and pay attention on diet, emotion and season's change.

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*Helicobacter pylori* (*H. pylori*) is a type of bacteria. These germs can enter the body and live in the digestive tract. 幽门螺杆菌是一种特殊的细菌可以进入身体并存在胃肠道中

About up to two-thirds of the world's population has *H. pylori*. 大约2/3世界人口会有幽门螺杆菌感染

Many people are not adversely affected by its presence, but some people develop stomach and duodenal inflammation and ulcers. In a very small percentage of the population, infection from *H. pylori* bacteria leads to stomach cancer. 大部分感染病人并没有临床症状, 但有些人会出现胃或十二指肠炎症或溃疡, 其中更小的部分人会导致癌变, 如胃癌或胃淋巴瘤(MALT)。

*H. Pylori* is the major factor for peptic ulcer and chronic gastritis 是消化性溃疡的主要致病因素, 是慢性胃炎的主要致病因素之一。

HP was confirmed as I category cancer factor by WHO and IARC in 1994. 在1994年, HP被国际卫生组织和国际癌症研究机构确定为一类致癌因子(WHO)

## H.Pylori 幽门螺杆菌示意图



## The damages from H.Pylori 幽门螺杆菌对人体的危害

- The scientists discovered *H. pylori* in 1982, they found that the germs were the cause of most stomach ulcers. 1982年揭示出来
- One person can acquire *h. pylori* bacteria from another, either by a fecal-oral or oral-oral route. It can also be acquired through contaminated water or food. Once the bacteria enters the gastrointestinal (GI) tract, it attaches itself to the lining of the stomach and produces certain toxins like Vac-A that causes inflammation of the stomach lining, which further damages the stomach lining. 粪-口, 口-口为主要途径传播, 污染的食物和水, 进入胃肠道, 损伤粘膜, 导致炎症
- When acid gets through the lining of a stomach damaged by bacteria, it causes painful ulcers. These ulcers can further complicate with bleeding or perforation. 胃酸介入, 进一步侵蚀, 可以发展至溃疡
- HP 相关性疾病被发现的越来越多, 现在倍受人们重视。



More than 90% of duodenal ulcer and 70% of stomach ulcer patients are infected with *H. pylori*. Simple tests can confirm the presence of the bacteria.  
 90%以上的十二指肠溃疡和70%以上的胃溃疡都会伴随幽门螺杆菌感染

**Blood tests 血液检测.** The blood of an infected person will contain antibodies that indicate that he has had the infection recently. Since antibodies can show up for years after eradication of the infection, a blood test is a good way to diagnose past or current *H. pylori* infection.

**Urea breath test 呼吸检测.** The patient drinks a liquid or swallows a capsule of urea, then breathes into a bag. Higher-than-normal levels of carbon dioxide confirm the presence of *H. pylori*.

**Stool test 粪便检测.** A stool sample sent to the lab to test for foreign proteins.

**Upper gastrointestinal endoscopy.** An endoscopy can evaluate the ulcers and take a tissue sample for biopsy.

**X-ray 透视.** The patient drinks barium to take X-ray.

Treatment for *H. pylori* infection with ulcers usually consists of one to two weeks of medication. The infected individual will take antibiotics -- often two kinds -- to get rid of the bacteria, as well as an acid-blocker medication to heal the stomach lining, keep the ulcers from returning, and reduce pain and inflammation. 一到二种，常是二种抗菌素和胃酸抑制剂，减轻疼痛和炎症

The newest treatment for *H. pylori* - sequential therapy consists of an antibiotic plus an acid blocker for five days, followed by two other antibiotics plus an acid blocker for the next five days. 顺序替换治疗个五天  
 大部分专家认为一旦发现HP阳性就应该根除。

•Antibiotics to kill the bacteria in your body, such 抗菌素类 as amoxicillin, clarithromycin (Biaxin), metronidazole (Flagyl), tetracycline (Sumycin), or tinidazole (Tindamax). You'll most likely take at least two from this group.

•Drugs that reduce the amount of acid in your stomach by blocking the tiny pumps that produce it. They include dexlansoprazole 降低胃酸类药 (Dexilant), esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec), pantoprazole (Protonix), or rabeprazole (Aciphex).

•Bismuth subsalicylate, which may also help kill *H. pylori* along with your antibiotics 铋剂

•Medicines that block the chemical histamine, which prompts your stomach to make more acid. These 抗组胺类 are cimetidine (Tagamet), famotidine (Fluxid, Pepcid), nizatidine (Avid), or ranitidine (Zantac).

## H. Pylori Treatment by Chinese Medicine 幽门螺杆菌的中医药治疗-中药

Chinese herbs are playing important role in the treatment of *H. Pylori* (+)

Treatment goals:

1. Kill *H. Pylori* 消灭幽门螺杆菌
2. Reduce the symptoms 减轻症状
3. Restore the functions 恢复功能
4. Protect the gastro membrane 保护胃粘膜
5. Prevent relapse 防止复发

With the majority of the population carrying this bacteria,

it may not be possible to avoid an H. pylori infection altogether

. However, the following hygiene measures can lower the chance of contracting H. pylori:

因为带菌人群巨大，预防工作较难

Follow good hygiene techniques after using the bathroom and being outside, and before eating 便后饭前洗手

Avoid food served by people who do not use good hygiene techniques 外出就餐各位注意

Avoid contaminated water. While traveling in developing countries, drink only bottled water 避免饮用被污染的水

Cook meats and other animal products thoroughly before eating 充分烹饪

## H. Pylori Treatment by Chinese Medicine 幽门螺杆菌的中医药治疗-中药

- Kill H. Pylori 消灭幽门螺杆菌: Chinese herbs can do it. Bitter taste herbs, such as: Huang Qin, Huang Lian, Lian Qiao, Pu Gong Ying, Chuan Xin Lian, Bai Hua She She Cao, Sheng Gan Cao, Ku Shen, Huang Bai
- 用苦寒之类的药试图杀灭幽门螺杆菌，如黄芩，黄连，连翘，蒲公英，穿心莲，白花蛇舌草，生甘草，苦参，黄柏等。
- Formulas: Huang Lian Jie Du Tang, Lian Qiao Bai Du San
- 方剂可选择：黄连解毒汤，连翘败毒散加减
- Attention: Bitter taste herbs usually easy consume stomach Yang Qi and cause stomach upset, so need concern the physique, stomach condition (strong or weak), so could not use too large dosage or long-term, or alternative with other kind herbs.
- 苦寒易败胃，损害胃阳，故要评估病人的全身体质，和胃的功能状态，最好不大剂量或长期用，必要时和其他药交替使用。

For people who already carry the H. pylori bacteria, the following changes can help prevent stomach ulcers:

Stop smoking 不吸烟

Reduce alcohol intake 少喝酒

Substitute acetaminophen for other pain-relieving drugs (these drugs can also cause gastritis and ulcers) 尽量减少服药止痛药

Avoid caffeine 避免咖啡因

Avoid spicy foods 避免辛辣食物

Reduce stress levels 减低精神压力

## Prognosis of H. Pylori infection

- People with mild symptoms have an excellent prognosis. Approximately 20 percent of patients with serious symptoms will have a recurrence of the infection, although ulcers usually heal well with little to no scarring. Severe infections left untreated can lead to damage to the stomach and upper GI tract, such as bleeding and perforation, which can be fatal. 轻微症状者一般预后良好，大约20%<sup>严重</sup>感染者会复发，包括溃疡愈合者，如不治疗，会引起上消化道的严重损害，甚至包括出血，穿孔，或致命性结果
- One more reason to treat this infection: H. pylori infection raises the risk of certain types of stomach cancer. About two percent of people with H. pylori infection develop gastric cancer. 积极治疗幽门螺杆菌更重要的原因是它和胃癌有一定的相关性。

## Gastric motility dysfunction (slow) 胃运动功能障碍（减缓）

- Gut has normal motility rhythm 胃肠需要保持正常节律的运动（蠕动）
- It will be problem either too fast or too slow 蠕动过快或过慢都是问题
- Too fast 过快：胃肠鸣音亢进，消谷善饥，痉挛疼痛，术后倾倒综合征，胃肠道外的因素：交感及副交感神经调节失调，甲状腺功能亢进
- Too slow 过慢：消化不良，食欲减退，胃脘部胀满痞塞，甚或疼痛
- Stopped or stagnation 停滞：胃轻瘫（Gastroparesis），胃肠梗阻
- Rebellious 逆蠕动：胃气上逆造成恶心，呕吐，嗝气，泛酸

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## Gastric motility dysfunction---slow 胃运动功能障碍（减缓）

- 胃运动减缓出现障碍---治疗需要促进其正蠕动 need promote motility
- Methods of treatment
- 方法：西药 drugs
- 中药 herbs
- 针灸 acupuncture
- 其他方法：推拿（穴位按摩） pressure points

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## Drugs used in gastric motility dysfunction 胃运动功能障碍的常用西药

- 胃复安（灭吐灵），甲氧氯普胺，英文名 Reglan（Metoclopramide）止吐，副作用：透过血脑屏障，引起中枢神经系统损害。
- 吗叮啉，多潘立酮 Domperidone 是一种比较安全的药物，不易通过血-脑脊液屏障，一般不会产生中枢副作用。

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## Manifestations of gastric motility dysfunction 胃运动功能障碍的临床表现

- 胃运动减缓或停滞：胃脘部饱胀，痞满，消化不良，食欲减退，振水音
- Slow or stopped: gas, bloating, indigestion , poor appetite
- 胃运动逆蠕动：嗝气，呃逆，恶心，呕吐，泛酸，烧心
- Reverse move: belching, hiccups, nausea, vomit, acid reflux, heart burn
- 影响肠蠕动：intestinal motility slow down 大便秘结 constipation
- 全身表现：精神萎靡，乏力，睡眠障碍，体重增加，或减轻
- Body symptoms: fatigue, sleep disorders, weight gain or loss

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## TCM treatment strategies 胃运动功能障碍的中医思路

- 胃运动障碍的原因: Etiology
- 1. 气滞: 胃本身, 肝气犯胃 Qi stagnation
- 2. 气虚: 脾胃气虚, 无力推动 Qi def.
- 3. 邪阻: 湿, 痰 (饮), 食积, 血瘀, 寒热, 毒 pathogen blockages

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## Herbal treatment 胃运动功能障碍的中药治疗

- 原则: 理气, 和胃, 通降
- Principles; regulate Qi, harmonize stomach and downward
- 兼顾: 兼夹病邪, 如化湿, 消导, 祛痰, 清热, 温阳, 散寒, 解毒等
- With dispel pathogens, such as transform dampness, phlegm, clear heat, dispel cold, warm yang, detoxify
- 常用中药: 理气类--- 苏梗, 香附, 陈皮, 枳壳, 香橼, 佛手等, 强力: 沉香, 降香, 厚朴, 枳实等
- Herbs: regulate Qi--- Zi Su Geng, Chen Pi, Zhi Ke, Xiang Yuan, Fo Shou (gentle)
- Chen Xiang, Jiang Xiang, Hou Po, Zhi Shi (strong)
- 配合: 降逆: 旋复花, 代赭石 downward: Xuan Fu Hua, Dai Zhe Shi
- 化湿: 薏苡仁, 草薹, 砂仁 transform dampness: Yi Yi Ren, Cao Kou, Sha Ren
- 祛痰: 半夏, 竹茹 Transform phlegm: Ban Xia, Zhu Ru
- 消导: 焦三仙 Eliminate food retention: Jiao San Xian

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## Herbal treatment for GI dysfunction 胃运动功能障碍的中药治疗

- 常用方剂: The common formulas
- 针对主证: Key symptoms
- 1. 胃苏散 Wei Su San or Digestive Support
- 2. 柴胡疏肝散 Chai Hu Shu Gan San
- 3. 旋覆代赭汤 Xuan Fu Dai Zhe Tang
- 针对兼夹症的加减: modifications for the accompanying symptoms

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## Dietary therapy 胃运动功能障碍的饮食疗法

- 适当饮食的概念 The concept of proper diet
- 食物在胃内停留时间 The duration of the food stay in the stomach
- 饮食不洁, 不节, 不时 food hygiene, amount control and time to eat
- 饮食禁忌 contradiction of food and disease

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## Other areas need pay attention 胃运动功能障碍的其他注意事项

- 精神情绪因素 Emotional factors
- 其他功能的协调，特别是排泄功能 defecation
- 注意运动功能障碍与器质性疾病的演变 developing to other serious diseases
- 全身性疾病在胃肠道的反应 the other system diseases' manifestations in G.I.
- 胃肠道疾病对全身的影响（脾胃学说） GI diseases affect the other systems

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## 脾胃病的针灸治疗 Acupuncture treatment for G.I.

- 胃十针：百会，气海，天枢，足三里，三阴交，内关
- Ten Needles for Stomach: Du 20, Ren4, St. 25, St. 36, Sp.6, P. 6
- 其他穴位：背俞穴，下合穴，反映点（区）
- Other points: Back Shu Points, Low He Points , reflecting points (zone)
- 其他疗法：灸法，神灯，脐疗，灌肠疗法
- Other methods: Moxa, TDP Lamp, Herbs in umbilicus and enema with herbs.

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## Questions and Answers

- Thank you

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