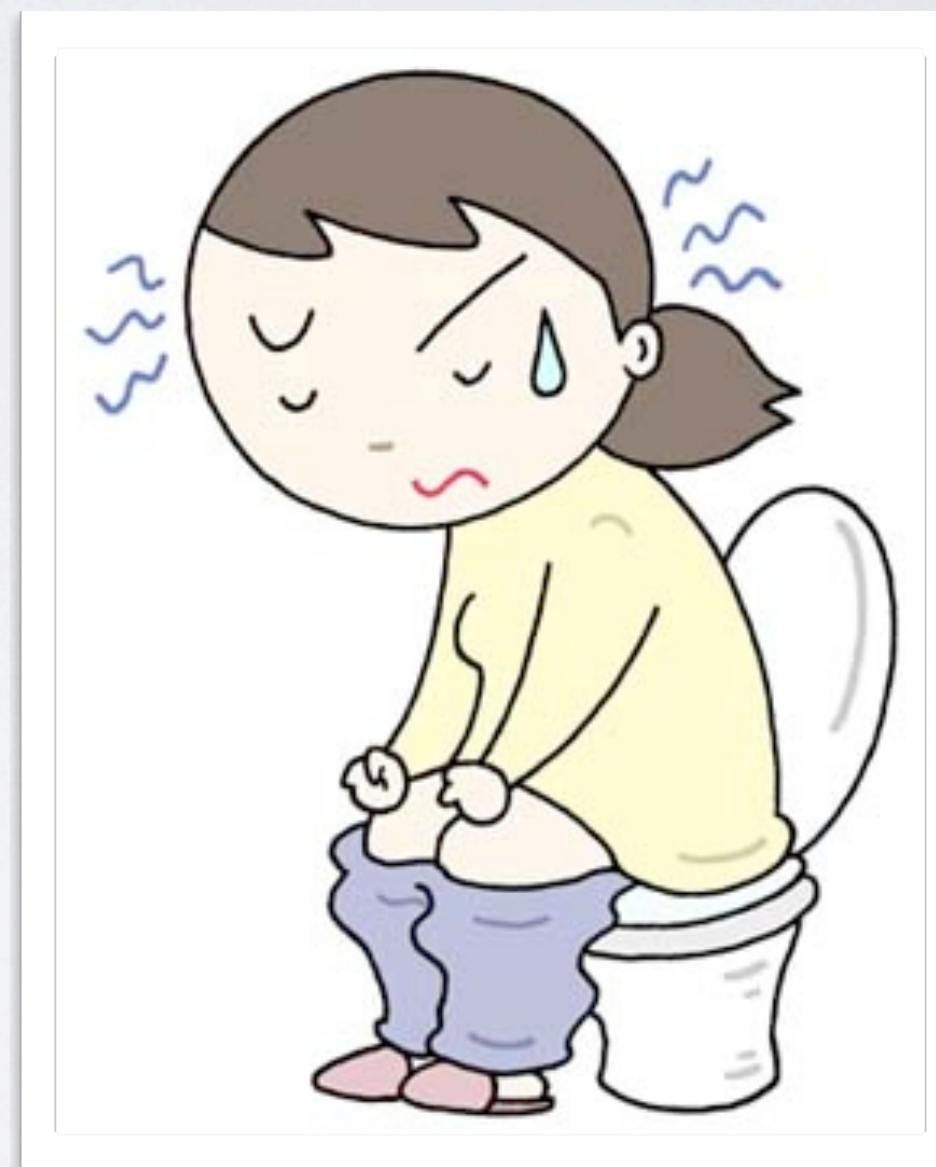
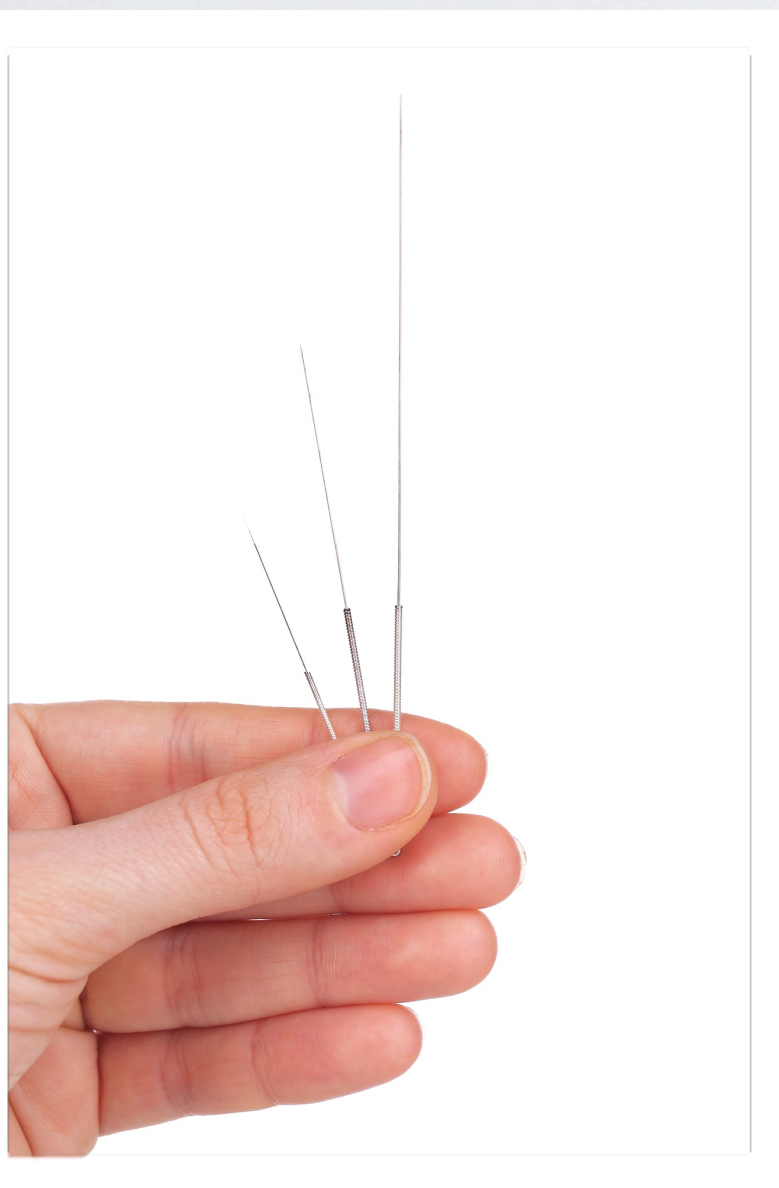


TCM & CONSTIPATION

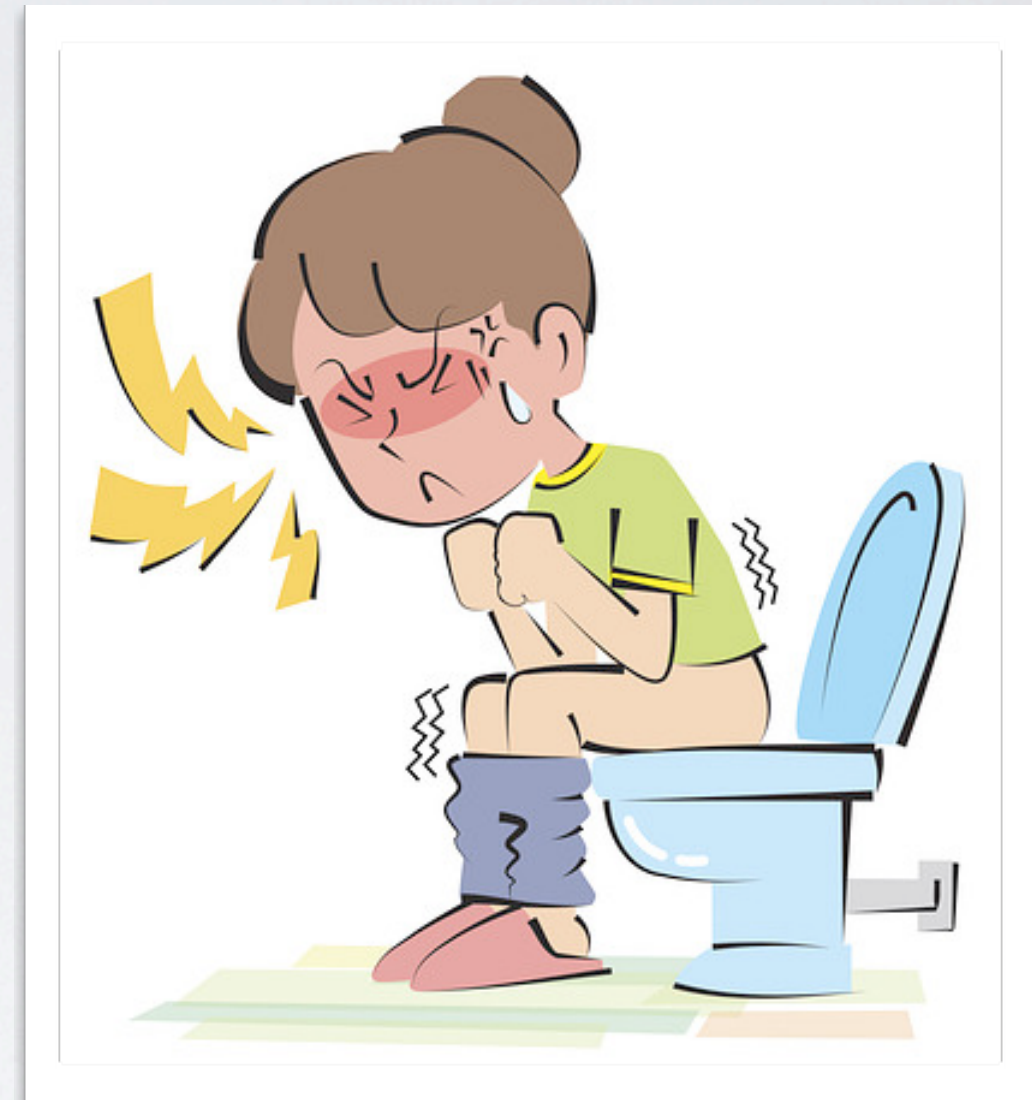
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INTRODUCTION TO CONSTIPATION

Causes

- Diet
- Illnesses
- Drugs
- Lack of exercise
- Emotions



TCM PATTERNS FOR CONSTIPATION

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
LI Heat	Chronic constipation with hard dry stools, red face, bad breath, thirst, scanty dark urine, irritable. T: red w/yellow coat P: slippery-rapid	Clear heat Moisten Large Intestine Promote BM	Ma Zi Ren Wan	Sj 5, St 25, Sp 15 St 44, Li 11, Li 4 St 37, St 36
Yang Ming Syndrome	Constipation w/smelly dry stools, bloated, sweating, thirst, feeling hot, feverish. T: red w/dry yellow coat P: big-rapid	Purge heat Induce BM	Da Cheng Qi Tang	Sj 5, St 25 St 44, Li 11, Li 4, St 37

TCM DIET CONSTIPATION

To clear heat & induce BM

Dandelion

Rhubarb

Spinach, carrot, beet, alfalfa sprout

Prune, pear, peach

Walnut



TCM PATTERNS FOR CONSTIPATION

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Food Stagnation	Constipation alternating w/smelly diarrhea, nausea, gas, belching, acid reflux. T: thick greasy coat P: slippery	Move Qi Descend St Qi Promote BM	Bao He Wan	Sj 5, St 25 Li 4, RN 12 St 37, Gb 34
Lv Qi Stagnation	Constipation with feeling of incompleteness after a BM, worse on stress or at PMs time, lots of gas, bloating better after BM, irritable, depressed, sighing, rib pain often, PMs symptoms. P: wiry	Move Lv Qi Promote BM	Chai Hu Shu Gan San	Sj 5, St 25, St 37 Lv 14, Gb 34 Li 4, Lv 3

TCM DIET CONSTIPATION

Move Qi & induce BM

Asparagus
Papaya, peach
Black sesame seeds
Licorice
Flax seed



TCM PATTERNS FOR CONSTIPATION

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Phlegm	Chronic constipation, feels clearer mind after BM, mucus in stools or sticky, poor concentration, heavy limbs, foggy head, greasy scalp & skin, fatigue, sleepy, dizzy. T: thick greasy coat P: slippery	Move Qi Transform Phlegm Promote BM	Er Chen Tang	Sj 5, St 25, Li 4 Rn 12, St 36 St 37, Gb 34 St 40, PC 6
Qi Deficiency	Constipation w/ difficulty in passing stools, fatigue after BM, short of breath, day sweat, weak voice, pale face. T: pale w/teethmarks P: weak	Tonify Sp & St Promote BM Move Qi	Huang Qi Tang	St 25, Rn 12 Sp 15, Sp 6 St 36, Rn 6

TCM DIET FOR CONSTIPATION

Tonify Qi & induce BM

Brown rice, oat, spelt
Carrot, turnip
Sweet potato, yam, peas
Pumpkin
Ginger, cinnamon

Clear Phlegm & induce BM

Dandelion
Lemon
Valerian, chamomile
Burdock, Echinacea
Alfalfa, romaine lettuce

TCM PATTERNS FOR CONSTIPATION

TCM patterns	Symptoms	Tx Principles	Herbal Fx	Acupuncture Points
Blood Deficiency	Constipation w/dry pebbles stool, dry skin & hair, pale nails-face-lips, poor memory, insomnia, dizzy, anxiety, numb limbs. T: pale P: thin-choppy	Nourish Blood Moisten Li Promote BM	Run Chang Wan or Si Wu Tang	Rn 12, St 36 Sp 6, Rn 6, Lv 8 St 25
Lv & Kd Yin Deficiency	Constipation w/dry small sheep like stools, dry mouth, 5 centre heat, night sweat, dizzy, red cheeks, insomnia. T; red with crack & scanty coat P: thin-rapid	Nourish Yin Moisten Li Promote BM	Zheng Ye Tang	St 25, St 36 Sp 6, Kd 6, Kd 3 Bl 18, Bl 23

TCM DIET FOR CONSTIPATION

Nourish Blood & Yin and induce BM

- Millet, flax
- Black beans
- Beets, sweet potato, dark greens
- Seaweed
- Fenugreek
- Sauerkraut, yogurt
- Fig



TX OPTIONS FOR CONSTIPATION

Ear acupuncture

- Shen Men
- Liver
- Large Intestine
- Stomach

Diet & Recommendations

- Fibre
- Massage
- Exercise
- Hydration
- Lubrication

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