

Key Points

- Yang means the energy or Heat in the body. Cold food and drinks, long hours, stress, not dress warm, cold weather all can cause our body's Yang deficiency. If the heat is in a low level, the digested system will be in trouble. Diarrhea and stomachache are both disorder of digestive system.
- The medication she used for her diarrhea only suppress the symptom, not really treating the cause of the problem or did any help for her digestive system.

Advices

- Keep body 's Yang fit is very important for any digestive disorder.
- Forehead pain and back of head pain indicate stomach disorder and Yang deficiency, both significant for my diagnosis. Sometimes, people does not mention some symptoms that they believe are irrelevant, but may not.



S, Female, 34 years old, came on 20th July 2012, complaining Stomachache

It has been 4 days since she had stomachache after dinner, has no appetite at all, feels very tired. She told me 3 weeks ago, she had diarrhea 4 days, she tried some medications, diarrhea seems better, but since then she is not feeling right.

TCM diagnosis and treatment

I find that the pain is on the stomach area, also tenderness to palpate on low abdomen. She also has headache on forehead and back of head. Her pulse is weak, limbs cold, abdomen cold by touch, this indicate her Yang energy weakness. Her pulse also telling me she had blockage on stomach, that means food and drinks not processed very well. The full story is : for some reason her Yang(energy) deficiency from 3 week ago, can't assist stomach and spleen to digest food and drinks, so the undigested food and drinks became diarrhea. The medication stopped her diarrhea but not really treating the cause of the diarrhea. This time the stomachache is still the consequence of Yang deficiency.

I use acupoints: Baihui, Shenting, Taichong, Taixi, Zhigou, Qihai, Zhongwan to regulate Yang, stomach and liver's function. The stomach and headache gone immediately. I also prescribe one herbal formula: Zhigancao, Ganjiang, Fuzi, Danggui, Banxia, Zhishi, Chenpi, Shanzha, Huangqi, shengjiang, Baishao, for 3 days dosage. She is ok now.

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