

TCM Spleen

The Spleen network consists of the spleen, the pancreas, the thymus, the lymphatic system, the reticulo-endothelial system, parts of the bone marrow, the Spleen meridian, and aspects of the brain influenced by the Spleen meridian. The Spleen influences the inside of the ankle, rules the entire digestive tract, and has a primary influence on the immune system.

Spleen Functions

- Transportation – keeping food, thoughts, and emotions moving
- Transformation – food into Qi and Blood
- Controls blood – keeps Blood in vessels to prevent bruising
- Nourishes muscles – gives ability to build and nourish muscles
- Moistens tissues – to keep us supple and adaptable
- Generates Worry – to make us think when we should
- Governs taste – direct us to food/experiences that nourish
- Extracts Food Qi – sends Pure essence of Food up to Lungs
- Raises Qi – controls suspensory ligaments of organs
- Regulates rhythms – menstrual period length and other rhythms
- Houses Thought – gives us the ability to focus on tasks

Spleen Patterns

Deficient Spleen Qi

Body: Tiredness; weakness; abdominal bloating; heavy feeling; nausea; loose stools

Mind: Worry; low appetite; irregular eating patterns; avoiding protein; craving for cold or raw food; too much mental work; not creating relaxing mealtimes

Deficient Spleen Yang

Body: Tiredness; weakness; abdominal bloating; edema; cold limbs; loose stools

Mind: Worry; low appetite; irregular eating patterns; avoiding protein; craving for cold or raw food; too much mental work; not creating relaxing mealtimes

Spleen Qi Sinking

Body: Tiredness; weakness; abdominal bloating; heavy feeling; nausea; loose stools; prolapse of organs, uterus, vagina, or anus (hemorrhoids); bearing down sensation in abdomen

Mind: Worry; low appetite; irregular eating patterns; avoiding protein; craving for cold or raw food; too much mental work; not creating relaxing mealtimes; spends a lot of time standing

Spleen not controlling Blood

Body: Tiredness; weakness; abdominal bloating; heavy feeling; nausea; loose stools; easy bruising; bleeding
Mind: Worry; low appetite; irregular eating patterns; avoiding protein; craving for cold or raw food; too much mental work; not creating relaxing mealtimes

Spleen Cold and Damp

Often caused by exposure to damp.

Body: Tiredness; weakness; fullness in chest; nausea; abdominal bloating; heavy feeling in head; loose stools; vaginal discharge
Mind: Worry; low appetite

Spleen Hot and Damp

Often caused by exposure to damp heat or rotten food.

Body: Thirsty but can't drink; abdominal pain and bloating; heavy feeling; nausea; loose smelly stools; vomiting; headache; dark-yellow urine; burning anus
Mind: Worry; low appetite

Spleen and Lung Qi deficiency

Body: Tiredness; loose stools; shortness of breath; weak voice; spontaneous sweating
Mind: Worry; low appetite; sedentary lifestyle; poor diet

Spleen and Liver Blood deficiency

Body: Dizziness; tiredness; loose stools; pale complexion; blurry vision; numbness of limbs
Mind: Worry; low appetite

Spleen Meridian Patterns

Body: Vaginal discharge; cold, pain or numbness along inside of leg; weakness of leg muscles
Mind: Mental sluggishness; nightmares; sleep-walking; dizziness; obsessing about the past

TCM Stomach

The Stomach network consists of the stomach, the Stomach meridian, aspects of the brain influenced by the Stomach meridian (especially frontal lobe), and the first few inches of the small intestine. The Stomach influences the face, and frontal headaches indicate a Stomach or Large Intestine imbalance.

Stomach Functions

- Receives food and drink – allows good food/thoughts – reject poison
- Digests food – breaks down food and thoughts
- Transports Nutritive Qi – to give strength to the body and limbs
- Descends Qi – keeps food and emotions moving down
- Generates Fluids – extracts Pure Fluids, sends to the Lungs
- Generates Worry – to allow conscious thought

Stomach Patterns

Stomach Qi Deficiency

Body: Pain in upper abdomen; diminished taste; tiredness (in morning); loose stools; weak limbs

Mind: Low appetite; poor diet; avoiding protein; dieting

Stomach Cold

Body: Pain in upper abdomen worse after bowel movement, better after eating, loose stools, cold limbs, clear vomit, tiredness

Mind: Low appetite; craving for warm food and drink; no thirst

Stomach Yin Deficiency

Body: Afternoon fever; constipation; stomach pain; dry mouth and throat; fullness after eating

Mind: Low appetite; thirsty but can't drink; irregular eating patterns; eating late at night; eating on the run

Stomach Fire

Body: Burning pain in upper abdomen; constipation; nausea; painful gums; sour regurgitation; bad breath; vomiting

Mind: Constant hunger; insomnia; manic behavior; thirst for cold drinks; excess greasy or spicy foods; smoking

Stomach Qi Rebelling

Body: Nausea; belching; vomiting; hiccups

Mind: Anxiety; worry

Stomach Meridian Patterns

Body: Pain in eyes; nosebleed; swelling of neck; facial paralysis; cold legs and feet; weak legs; pain along course of channel

Mind: Depression; death wishes; instability; suicidal tendencies; overwrought; doubt; suspicions; mania; difficulty assimilating ideas