

# The Study of the Identification of Spleen-Stomach Damp-Heat Syndrome and Its Nourishment and Regimen

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**Abstract:** *Through a review of the literature on spleen-stomach damp-heat syndrome and dietetic regimens, based on the doctrine of spleen and stomach, and the start point of the dialectics of spleen-stomach damp-heat, this study recommends beneficial eating times and methods, several medicinal diet programs, and an exercise training schedule for people suffering from damp-heat body compositions to achieve the effect of clearing away heat and promoting diuresis, thus achieving the goals of a healthy diet, disease prevention, and life extension.*

**Keywords:** *spleen-stomach damp-heat syndrome; disease distribution; health care; health maintenance; dietary intervention; exercise*

## 1. Introduction

In recent decades, the focus of the spleen and stomach's essence research has mostly been on the weakness of the spleen, neglecting the importance of empirical research, thus limiting the in-depth study of the essence like a barrel effect. The dialectic of asthenia and sthenia, two critical factors in the study of the spleen and stomach's essence, should be conducted concurrently to achieve a qualitative leap forward. In clinical practice, a simple hypofunction of the spleen and stomach is uncommon; however, deficiency-excess mixing of the spleen and stomach, as well as a sthenic syndrome, are more prevalent. In clinical practice, the sthenic syndrome is more effective than spleen and stomach hypofunction. Thus, while the study of asthenia syndrome should be prioritized, the corresponding study of sthenic syndromes of the spleen and stomach should also be deepened.

How to maintain and prevent diseases and obtain a healthy body through diet and exercise has become a frequent focus of contemporary people. As a result of the extensive study of dietetic regimens literature, this thesis conducts a far-reaching exploration and research on the theory of diet, exercise, and health cultivation based on the spleen and stomach doctrine, with the hope of assisting people in achieving the goals of healthy eating, disease prevention, and life extension. <sup>[1-2]</sup>.

## 2. Overview and body-composition analysis of spleen-stomach damp-heat syndrome

### 2.1. Overview of the spleen-stomach damp-heat syndrome

The spleen-stomach damp-heat syndrome occurs when damp-heat accumulates in the spleen and stomach, impairing the spleen's fortification and movement and the stomach's harmony and bearing capacity. The cause of the disease is frequently divided into two categories: external factors such as dampness and heat, and internal factors such as diet imbalances and spleen and stomach physiology dysfunction. Common clinical manifestations are distress in the epigastrium, reduced eating and torpid intake, nausea, and vomiting, heavy sensation in the limbs and body, sticky loose stools, or yellow tint of sclera and face, obscured fever, sweating without heat relief, thirst without drinking desire, rubber tongue with yellowish greasy coating, soft and rolling pulse.

### 2.2. The analysis of damp-heat body composition

The damp-heat type of body is characterized by suffocating sensation in the chest, heavy sensation and fatigue of the limbs and body, lingering feverish body, scanty dark urine, yellowish greasy coating, soft and rolling pulse, protracted course heal. The dampness of the scrotum in men and profuse leukorrhea

in women. For the pathological causes of the damp-heat syndrome, the sub-healthy state close to the chronic disease, geographical, dietary, and age factors, as well as natural endowment, all play a role in determining this body composition.

### **2.2.1. Climate environment**

"Wu dampness is the most prevalent pathogenic dampness that causes harm to people," according to Ye Tianshi. (This proverb means that the climate in Jiangsu and Zhejiang, as well as the surrounding regions, is warm and humid, making people more susceptible to damp-heat syndrome.) Thus, the southern region has long summers and short winters, high temperatures, prolonged sunshine and radiation, and abundant precipitation, all of which contribute to the region's humid and warm climate characteristics, leading to the most significant external cause of the local population's damp-heat body composition. Nowadays, under the influence of the greenhouse effect, soaring radiation temperatures, and an abundance of dampness in the body, it is easy for people to gradually develop a damp-heat body composition. Additionally, prolonged use of air conditioning (for summer heating and winter cooling), which can result in excessive temperature differences between indoor and outdoor spaces, causes the body's sweat pores to open and close abnormally. Eventually, the internal dampness accumulated. There will be a more heavily damp-heat body composition due to the damp-heat external environment. The incidence of damp-heat disease also increases.

### **2.2.2. Lifestyle**

Having a healthy lifestyle can also cause the body to reach balance, and vice versa causes the body to become unhealthy and unbalanced. Long-term over-eating fatty, sweet, thick and greasy food, the diet of offal, sweet, spicy, hot, fragrant, pure-Yang food habits, easy to reinforce yang and generate body's heat, so that heat accumulation in the spleen and stomach, abnormal rising and falling of vital energy and thus breeding damp-heat. Less exercise, like cold food, irregular work and rest, late sleep, or even day-night reversal, disrupting the normal rhythm of the body, the spleen and stomach's circulation of qi and blood is damaged. Since the spleen is responsible for transformation and transportation, the stomach managing upward and downward transportation of food is the main system for performing water and foodstuff, the spleen and stomach qi vacuity leads to the dysfunction of body fluid, gathering into dampness, and dampness which in the future will turn into heat. With increasing competition in society, individuals of all ages are subjected to an array of life pressures, which frequently result in an unhealthy emotional state of anxiety, depression, and melancholy. "anxiety makes qi depressed" and "deep and lasting anxiety impairs the spleen". The meaning of these two sentences is that if you think too much and do not release your emotions in time, it will cause the dispersing and discharging functions of the liver and the spleen and stomach to lose their qi flow with abnormal rising and falling of vital energy. The stasis of functional activities of qi is caused, gradually causing fire syndrome. The waterways of triple energizer do not run smoothly, but also easy to make the transmission of Qi, blood, and body fluid is not conducive to the damp-heat intertwined, damp-heat body thus "bred and born". The incidence of damp-heat disease also increases.

### **2.2.3. Innate endowment, age, and sex**

An endowment can result in differences in body composition, as the strength and weakness of the parents' reproductive essence and body composition affect the strength of the offspring's endowment, which can easily result in a difference in body composition. Additionally, body mass reflects how the body changes in response to various life processes. The youth without full Qi and blood. Middle-aged with vigorous Qi and Blood. Old age with declining Qi and Blood. Young people are brimming with qi and blood, have an adequate supply of kidney qi, and are at the pinnacle of their development. As a result, the body is brimming with vitality and the majority of the body has a peaceful body composition during this time. When a person reaches middle age, the internal organs and meridians function optimally, but life also tends to deteriorate, from prosperity to decline. As a result, the number of peaceful physical characteristics is decreasing while the number of biased physical characteristics is increasing. The elderly are defined by progressive degeneration of the qi and blood functions of the internal organs, as well as loss of body shape and protracted disease. As a result, the biased body composition of the elderly is rarely pure; rather, one type of physique is frequently dominant, with several others interspersed. Women are prone to insufficiency of the yin-blood, while men are prone to inactivation of yang-qi. Due to the morphological, metabolic, genetic, and other physiological differences between the sexes, each has a distinct body composition.

Not only is body composition an intrinsic cause of disease, but it also affects the development and outcome of the disease. A damp-heat body composition is an unhealthy state without homeostasis caused by the accumulation of damp-heat in the body, which predisposes individuals to susceptibility and

tendency to certain damp-heat diseases. <sup>[3]</sup>.

### **3. Disease distribution and treatment options.**

#### **3.1. Disease distribution**

The spleen-stomach damp-heat syndrome is common in the digestive system, accounting for 86.41% of all illnesses. This syndrome, however, is not limited to the digestive system; it is frequently seen in skin diseases, gynecological diseases, and male reproductive system diseases, among others. <sup>[4]</sup>.

##### **3.1.1. Common in digestive system diseases**

Numerous digestive system diseases, such as peptic ulcer, chronic gastritis, upper gastrointestinal bleeding, duodenitis, pseudomembranous enteritis, acute enteritis, intestinal tuberculosis, ulcerative colitis, jaundice, diarrhea, liver cirrhosis, drug-related liver disease, chronic cholecystitis, acute cholecystitis, acute pancreatitis, and gallstones, are primarily caused by external damp-heat, internal invasion of disease or poor diet and breeding of damp-heat. Clinical manifestations include nausea, full sensation in the chest and epigastrium, diarrhea, bloating or unpleasant diarrhea (Loose stools like septic sauce), or a combination of bitterness in the mouth, abundant mucus, anorexia, abundant salivation, tense pulse (When feeling the pulse, it shows pain in the body and blood stasis.), greasy coating, etc. The treatment is based on the decomposition of damp-heat. <sup>[5]</sup>.

The intestinal flora, as a complex micro-ecosystem, is kept in a balanced and stable state by flora interdependence and constraints. Diseases caused by endogenous hygro-syndrome can break the homeostasis of the intestinal flora. The Yang energy of the spleen and stomach is not invigorated and the Yin cold prevails inside, resulting in the internal stagnation of water and dampness and the dysfunction of the intestinal flora. Treatment of warm the middle warmer, eliminating dampness, and activating spleen-energy can be performed so that the intestinal flora structure will be significantly adjusted, thus relieving the evidence of internal dampness. <sup>[1]</sup>.

##### **3.1.2. Common in skin diseases**

For example, eczema, herpes zoster, acne, etc. According to Chinese medicine, the common mechanism of disease in the skin is damp-heat accumulation, upward steam on the face, and the dysfunction of transformation and transport is induced by it or caused by spleen qi vacuity. The abnormal transport and transformation function of dampness lead to its stagnation and then into heat when it has been depressed for a long time, frying body fluid to refine into phlegm. The damp heat and phlegm condensation block the skin and cause skin diseases. The heat-clearing and dampness-relieving formula can improve skin disorders with unusual damp-heat evidence by increasing their skin water content, decreasing their skin sebum content, and improving their skin barrier function defects. <sup>[6]</sup>.

##### **3.1.3. Common in gynecological diseases**

Such as menstrual disease (prolonged menstruation, intermenstrual bleeding, dysmenorrhea), leukorrhea, disease at the time of delivery (premature breaking of the amniotic fluid), postpartum disease (postpartum dysuria), pregnancy disease (pregnancy dysuria), female venereal disease (syphilis I, gonorrhea) female miscellaneous diseases (vulvovaginitis, vaginal itch, senile vaginitis, trichomonas vaginitis, pelvic inflammatory disease, cervicitis, pubic sore, uterine prolapse, pelvic stasis syndrome, infertility, vulvar white lesions ), etc. We can deduce from these diseases that the predominant characteristics of the damp-heat syndrome and infectious diseases are gynecological miscellaneous diseases, venereal diseases, and leukorrhea. From a micro-ecological perspective, some scholars have investigated the mechanism by which gynecological damp-heat syndrome is produced. According to their paper, the relationship between disease's damp-heat and certain pathological changes is close because it weakens the biological barrier of the reproductive tract micro-ecosystem, allowing for the invasion and multiplication of environmental or foreign bacteria, during which the microbial functions transform from physiological to pathological. <sup>[7]</sup>.

##### **3.1.4. Common in male reproductive system disorders**

For example, persistent erection, impotence, long yin excess, easy to lift the penis, premature ejaculation, spermatorrhea, defective ejaculation, non-ejaculation, turbid semen, hemospermia syndrome, retention of urine, semen in urine, urinary turbidity, pain in the stem, gonorrhea, testicular pain, lumbago, genital sweating, flaccid constriction of penis, hydrocele, pudendal swelling, scrotal eczema, penitis, desiccated cyst, cystic carbuncle, acrobystitis, testicular abscess, pudendal-oral ulcer, carcinoma of the

penis, post-vasectomy syndrome, chancre. Many of the above conditions are associated with localized infections, for example, scrotal eczema corresponds to scrotal eczema; hemospermia corresponds to vesiculitis and prostatitis in Western medicine; testicular abscess corresponds to acute orchitis; Chancre corresponds to syphilis; pudendal swelling corresponds to scrotal gangrene, etc. Some infectious diseases of the male reproductive system are closely related to damp-heat.<sup>[8-9]</sup>

As the preceding demonstrates how widespread the spleen-stomach damp-heat syndrome is, and it is not limited to digestive system diseases, so we should pay adequate attention to it.

### **3.2. Treatment protocols**

In the treatment of spleen-stomach damp-heat syndrome, the main treatment means are very critical. First, to reduce the source of dampness, correct bad habits, control water intake; The second is to solve the outlet of dampness, according to the severity of the disease and the location of dampness, can choose to dispelling dampness, expelling dampness, resolving dampness, dispersing dampness, eliminating dampness, permeating dampness, and promoting dampness and other methods of treatment, tonifying spleen and facilitate the flow of the lung-qi is the key. In diseases caused by dampness, the patient's spleen's function of transportation and lung's function of regulation is inevitably low. In particular, the spleen is trapped by dampness, which makes it difficult to ascend and disperse. Therefore, to treat dampness, we must first tonify the spleen. Because the transport and distribution function of the spleen is closely related to the regulation of the lung, the treatment of dampness must also facilitate the flow of the lung-qi. Water metabolism is inseparable from the function of pumping blood to the warm body of the kidney and the qi transformation of the triple energizer. Therefore, while tonifying spleen and facilitating the flow of the lung-qi, it is also necessary to add herbs that warm the kidney to reinforce its vital function, clearing the heat-dampness of triple energizer, and enhance the qi transformation of the bladder.

Commonly used drugs to tonify the spleen include rhizoma atractylodis macrocephalae, Poria, radix codonopsis, lentils, lotus pulp, Coix lacryma-jobis, etc. Also commonly used aromatic dampness drugs, dampness to tonify the spleen, such as agastache rugosus, eupatorin, bark of magnolia, amomum cardamomum, rhizoma atractylodis, rhizoma graminei, alpinia katsunadia hayata, and other drugs. Almonds, Radix Platycodon, Morinda citrifolia, and Ephedra are often chosen for facilitating the flow of the lung-qi. The drugs used to warm the kidneys and help the bladder's qi transformation are mostly selected from ramulus cinnamomi, the root of three-nerved spicebush and aconitum. It is often used in combination with water-relieving and damp-removing drugs, such as polyporus umbellatus fries, rhizoma alismatis, psyllium, etc.

In clinical treatment, the medication should be changed according to the different parts of the disease and the different properties of heat and cold. Dampness in the surface, herba ephedrae Ephedra, notopterygium root, lovage, rhizoma atractylodis, etc. are commonly used; dampness invading the head is often used with radix angelicae dahuricae, radix sileris; when cold dampness is prevalent, the use of Ramulus cinnamomi, Zingiber officinale to warm and disperse the cold and the dampness; dampness in the lungs, Zingiber officinale, asarum sieboldii; dampness and heat, rheum officinale, radix scutellariae, coptis, golden cypress, gardenia, etc. are often chosen; dampness and heat accumulate in the liver and gallbladder, often with oriental wormwood, akebia quinata, psyllium, chinese gentian, etc. for dispersing stagnated liver qi for promoting bile flow; if dampness within the body's energy channels, semen brassicae, white aconitum, etc. is the drug of choice; dampness and toxicity infiltration, skin ulceration, the use of dandelion, viola yedoensis, radix sophorae flavescentis [flavescen], Chinese dittany bark, etc. to clear the toxicity and the dampness and relieve itching. Thus, the application of additions and subtractions in Chinese medicine is a joint product of dialectics and treatment and the combination of disease and evidence, which can be used flexibly to improve efficacy.<sup>[10]</sup>

Commonly prescribed in clinical practice are San Ren Tang, Ping Wei San, Patchouli, Chuan Park, Sempervivum, and Poria Soup, and other drugs to dispel dampness and clear heat. Specifically, spleen-stomach damp-heat syndrome's prescriptions for digestive system disorders as a whole are mostly based on clearing heat, dispelling dampness, tonifying the spleen, harmonizing the stomach, and regulating qi; among the skin disorders, dispelling dampness and heat is also focused on dispelling wind, detoxifying, and relieving itching, and the power of clearing heat is stronger in comparison. In addition, prescriptions for spleen-stomach damp-heat syndrome belonging to the same category of disease will also be taken according to the complexity and severity of the specific condition and other differences in the actual condition of the disease.<sup>[11]</sup>

#### 4. Health care of spleen-stomach damp-heat syndrome

*The Huangdi's Canon of Medicine* discusses the theory that the stomach is the basis of human beings, that all five Zang-organs and six Fu-organs are endowed with qi in the stomach, and that those who gain grain will prosper while those who lose grain will die. On this basis, Li Dongheng put forward the view that "internal injury to the spleen and stomach will cause all kinds of diseases" and founded the theory of spleen and stomach. "If the spleen is strong in all seasons, the body will not suffer from pathological factor, and if the spleen and stomach are not weak, all five Zang organs of the body will be strong" and "only when the stomach's qi is full can the five Zang organs be healthy". The health of the spleen and stomach is a very important reason for the longevity of human life, so it is especially important to promote the concept of spleen and stomach health.<sup>[12]</sup>

##### 4.1. Diet for the spleen and stomach

The spleen-stomach damp-heat syndrome is often due to dietary imbalance, over-eating greasy and thick flavors, and then become damp-heat, accumulated in the spleen and stomach, so damp-heat body group dining should avoid fruits, cold, sweet, fatty, greasy things, preferable to eat easy to digest and light things. The spleen and stomach depend on nourishment in seven parts and treatment in three parts, so medicine and food are particularly effective for people with the biased body composition. Through the diet of health care, that is, following the theoretical thinking of Chinese medicine, studying the performance of food, paying attention to dietary contraindications, adjusting the diet and scientific intake of food, will be able to prevent the recurrence of disease, ensure good health and prolong life.<sup>[13]</sup>

##### 4.1.1. Dining status

Eliminate the bad habit of frequently eating while intensely conversing or eating while using cell phones/reading TV/reading books and newspapers, and replace it with the good habit of eating in a quiet environment while concentrating and eating without any words.

##### 4.1.2. Adjustment of eating speed

People who usually eat very fast are prone to impatience. They binge more quickly when they are in a hurry and swallow the whole thing for one bite. Everyone should develop the good habit of chewing slowly when eating, as well as leaving plenty of time in order to eat carefully.<sup>[14]</sup>

##### 4.1.3. Dietary structure

According to *the Food Pyramid Guide*, an adult should consume six to eleven servings of carbohydrate-rich foods daily, such as cereals, bread, pasta, and rice. Consume more fruits, dairy products, and vegetables; consume at least two servings of legumes and meat foods per day, including fish, poultry, legumes, nuts, meat, and eggs; and limit the amount of oil and fat consumed, specifically the fats and oils at the top of the pyramid, which should not exceed 25 grams per day. Attention should be paid to the interaction of several foods, as determined by the nutritional composition of the foods, their properties, and the individual's physical condition, in order to consciously select those with medicinal properties for use in their own medicinal recipe recipes.

##### 4.1.4. Damp-heat body composition's medicinal food regimen and intake

Origins of food and medicine are the same, so in accordance with scientific principles governing dietary structure, the damp-heat group may include the following foods: when boiling porridge,<sup>①</sup> they can add some lotus seeds, Coix lacryma-jobis, red beans, mung beans, Chinese yam, etc. <sup>②</sup>Put in soup: cucumber, winter melon, Poria, loofah, carp, duck, etc. <sup>③</sup> Choose suitable cold dishes: cabbage, celery, lotus root, bitter melon, etc. <sup>④</sup> Pick fruits: grapefruit, pear, watermelon, etc.

##### 4.2. Exercise to strengthen the spleen and stomach

Exercise with high intensity is more suitable for patients with the damp-heat body composition, so that the excess heat water in the body is consumed to be able to eliminate heat and dampness. However, damp-heat patients in the choice of exercise time, pay attention to the choice of cool time to go, which should be gradual and consistent. Generally, they can choose the afternoon from 2:00 to 4:00 (when the Yang energy is prevailing), 45 minutes to 50 minutes is appropriate, small-to-medium intensity aerobic exercise to strengthen the body's metabolism.

The following are three low-calorie-burning methods of exercise suitable for groups with hot and

humid bodies.

Jogging until a slight sweat form: Sweating is one of the ways in Chinese medicine to remove dampness. The objective of sweating is to achieve a subtle state of "light sweating but not excessive sweating," rather than the sensation of sweating on the back. These should be exercised according to their own appropriate time, remember not to get tired of sweating profusely.

Stimulate the foot greater yang bladder channel; BL (WHO): the BL is on the dorsal side of the body, from the head to the feet, also known in Chinese medicine as "a fence of the body", the largest detoxification channel for the body. if someone wants to get rid of dampness in the body, they should keep the BL unobstructed, many groups who have cupped on the back will find the body relaxed after the cupping, which is the phenomenon of meridians to achieve unblocked. The BL is dominant in the afternoon from 3-5 pm when the qi and blood of the BL are at their peak. Stimulating the BL during this time is useful for detoxifying the body and removing dampness. Specific operation: sitting position, straighten the legs, inhale, slowly raise the hands overhead, exhale, arms drive the front of the torso to go down, fingertips touch the toes, hold 5-10 breath time, the double hip drive the front of the torso up to restore.

Single lift to regulate the spleen and stomach: legs slightly bent at the knees, both hands in the shape of a ball, the left hand slowly raised and pushed upward, the right hand slowly pressed downward. The left hand is raised upward, palm up, palm root pushed upward, while the right hand presses down, palm root pressed down, left shoulder spread outward and backward as much as possible. Pause for a moment, drop the left hand, close the right palm and place both hands in front of the abdomen. Then the left hand is on the bottom and the right hand is on the top, repeated in the opposite direction. Finally, the hands are withdrawn and fall in front of the abdomen<sup>[15]</sup>

#### ***4.3. Develop a good habit of eating and defecating on time***

"The Mao hour" is from 5:00 a.m. to 7:00 a.m., which is when the large intestine meridian palms the meridian and also the strongest peristaltic period of the day, which means that under normal circumstances, this is the best time for defecation, when the stool is not too dry and easy to form a banana-style yellow soft stool. Constipation group, even if there is no intention to stool at this time, should also go to the toilet in a timely manner to squat for about 1 minute, because the action of squatting can also promote the peristalsis of the large intestine, in order to develop a good habit of timely defecation at the time of dawn (from 5:00 a.m. to 7:00 a.m).

The hour, the time for the stomach and spleen meridian palm of the hour, that is, from 7:00 to 11:00 a.m., is also the best blood circulation for the spleen and stomach to run the hour section, when the large intestine has been completely emptied, gastric acid and digestive juice secretion have increased proportionately, and the gastrointestinal peristalsis hair capacity is also for the day within the peak of the hour, so to do the breakfast eat Because the peristaltic function of the intestines and stomach is also reduced, as is the secretion of digestive juices, it is reasonable to eat less dinner. The invisible biological clock in the human body has been running in a clear and order manner, interlocking, so it is especially important to develop a good habit.<sup>[16]</sup>

#### ***4.4. Chinese herbs for spleen and stomach***

Correcting the imbalance of the damp-heat part of the body should be based on the specific severity of its damp-heat and the selection of different drugs. Cases, where heat is heavier than dampness, should be treated first by clearing heat, followed by dampness treatment; cases, where dampness is heavier than heat, should be treated first by clearing dampness while performing heat clearance. fourstamen stephania root, psyllium, Artemisia capillaris, christina loosestrife herb, Polygonum aviculare, Gentiana macrophylla, Taxillus chinensis, Isotrema mollissimum, Dianthus superbus, etc. are suitable for symptoms such as adverse urination, diarrhea, joint redness, swelling and heat pain, soft and rolling pulse, rubber tongue with yellowish greasy coating caused by accumulation of damp and heat. Poria bark, Poria, rhizoma alismatis, polyporus umbellatus fries, Coix lacryma-jobi, vigna umbellata and other commonly used herbs are suitable for symptoms such as edema, diarrhea, urinary discomfort, sunken pulse and whitish glossy coating of the tongue due to internal impedance of dampness.<sup>[17]</sup>

Changing unhealthy habits and avoiding risk factors for disease in a timely manner can cure or halt the disease in its early stages. Then Control the disease's progression. We can begin cultivating healthy habits such as a reasonable and healthy diet, exercise, and regular bowel movements, which in Chinese

medicine are referred to as "Preventive Treatment of Diseases"

## 5. Conclusion

To explore the use of traditional Chinese medicine characteristic treatment, spleen and stomach dampness and heat dialectical method, health guidance for patients with bad living habits, reduce the clinical symptoms of patients to improve clinical efficacy, compliance and satisfaction.

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