

uneven or knotted and intermittent pulse. Dietary Therapy should be directed at activating Blood circulation, dissolving Blood stasis, unblocking channels and relieving pain.

The recommended diet is safflower 6 g and one lamb's heart steamed in a stewing pot, with the heart not touching the water, seasoned with salt.

Safflower activates Blood circulation and unblocks the channels, removes stasis and relieves pain, while the lamb's heart nourishes the Mind and relieves palpitation. The recipe can also be used in combination with suitable amounts of onion and Chinese hawthorn to enhance the effects of activating Blood circulation and relieving pain.

CARDIAC PAIN (ANGINA)

Cardiac pain is a disease characterized by stuffiness and pain in the area of the Heart and the chest. It is marked by paroxysmal pain, which extends to the neck, the arms and the upper abdomen, or is accompanied by palpitation and shortness of breath. In grave cases, there may be cold limbs, perspiration and a faint pulse, which are the signs of sudden exhaustion of Yang Qi. The more serious cases will not be discussed in this chapter.

Cardiac pain is often triggered off by exposure to cold, fatigue or emotional factors. It may be the result of congenital deficiency, deficiency in the Heart, the Spleen and Kidney, disharmony of the Vital Organs. Other causes could be emotional disturbances or intemperance of diet, leading to stagnation of Qi, stasis of Blood or obstruction by Phlegm culminating in the obstruction of the vessels of the Heart and malfunction of the collaterals. The disease lies in the Heart, but is also linked to deficiency of Yin, Yang, Qi and Blood or disturbance in such internal organs as the Liver, Spleen and Kidney.

Recommended foods

Patients with cardiac pain should eat foods with a clear nature and light taste, for example, kelp, laver, seaweeds, bean shoots and other bean

products, green vegetables, lean pork, vegetable oil and Chinese hawthorn.

Foods to avoid

Foods that are rich, fatty or irritating should be avoided, for example, animal kidneys, shellfish (crabs, snails, clams) and wine. Tea and coffee should be taken in moderation.

Diet recipes

Obstruction of Heart Blood

Symptoms include stabbing pain in the chest, which has a fixed location and extends to the shoulders and the back, stuffiness and shortness of breath, occasional palpitations, a dark tongue with spots at the tip or edges, a deep and uneven or knotted pulse. Dietary Therapy should be directed at activating Blood circulation, dissolving Blood stasis and unblocking the collaterals. One recommended recipe is lamb's heart stewed with safflower (see Palpitation).

Stagnation of Yin Cold

Symptoms are chest pain extending to the back, which is aggravated when encountering cold, stuffiness in the chest, shortness of breath and palpitations. In grave cases, there may be difficult breathing, inability to lie flat, pale complexion, cold limbs, pale tongue coating, and a deep and thready pulse. In the treatment of these illnesses, Dietary Therapy should be directed at relieving obstruction and activating Yang.

The recommended recipe is a decoction made with snakegourd fruit 12 g, onion 9 g, and a suitable amount of millet or rice wine, decocted together and strained, to be taken in a few sessions.

Snakegourd fruit eases Qi, dissolves hard masses and Phlegm, onion activates Qi and relieves pain, activates Yang and dissolves knotted tissues. Millet or rice wine is used for the purpose of relieving obstruction, activating Yang and assisting the effects of the other herbs.

Deficiency of both Qi and Blood

Symptoms are stuffiness in the chest, cardiac pain, palpitations, dizziness, fatigue, dull complexion, pale or dark red tongue, and a knotted and intermittent or thready and weak pulse. Dietary Therapy should be directed at replenishing Qi and Blood.

The recommended recipe is a thick soup made with Chinese angelica root and pilose asiabell root, 10 g each (wrapped in a cloth bag), and eel 500 g (cut into small pieces). Cook them together for one hour. The fish and the soup are to be taken at meals after seasoning, with the bag of medicine removed.

Chinese angelica root and pilose asiabell root can replenish Qi and Blood. Eel can redress deficiency, make up for the impairment, and enrich Qi and Blood.

Exhaustion of Heart and Kidney Yang

Symptoms include cardiac pain, palpitations, shortness of breath, spontaneous perspiration, cold feeling in the body and limbs, soreness in the back and knees, diarrhea and loose stool, a pale tongue with white coating, and a weak or knotted and intermittent pulse. Dietary Therapy should be directed at warming and reinforcing the Heart and the Kidney.

The recommended recipe is gruel made with cinnamon bark 6 g, decocted and strained. Add 50 g of non-glutinous rice to the liquid to make a gruel, to be taken orally. Cinnamon bark can warm Yang.

This recipe can be used in combination with longans to reinforce the Heart and nourish the Mind. When the recipe is used together with Chinese chives sauteed with walnuts, the effect of warming and tonifying the Kidney Yang is enhanced.

INSOMNIA

Clinical symptoms of insomnia are varied, from difficulty in getting to sleep, waking easily, intermittent sleep, to total sleeplessness throughout the night. The disease is usually due to overanxi-

ety impairing the Heart and the Spleen; hyperactivity of Yang due to deficiency of Yin and loss of coordination between the Heart and the Kidney; deficiency of the Heart and Gallbladder with timidity and restless Mind; depression of the Liver turning into Fire and irritating the Mind; undigested food turning into Phlegm-Heat, causing discomfort in the Stomach, leading to mental derangement.

Recommended foods

It is desirable for patients with insomnia to have plain and light foods.

More specifically, for cases with deficiency of both the Heart and the Spleen, patients should have foods that can reinforce the Heart and the Spleen, such as wheat, lotus seeds, dates, longan. For cases with hyperactivity of Fire due to deficiency of Yin, it is desirable to have foods that can help nourish the Yin and send down the Fire, such as lily bulb, chicken eggs, oysters, mussels and turtle meat. For cases due to depression of the Liver turning into Fire, use foods that tend to cleanse the Liver and regulate Qi, such as celery, mung beans, plums, and oranges. For cases caused by disharmony in the Stomach, patients should have foods that can assist digestion and remove stagnation of foods, such as Chinese hawthorn, turnips and water chestnuts.

Foods to avoid

Rich, fatty or irritating foods such as strong tea and coffee, and pungent, spicy foods such as chillies and ginger should not be taken. Patients should also eat smaller meals than usual.

Diet recipes*Deficiency of both the Heart and the Kidney*

Symptoms include frequent dreams, being very easy to wake, palpitations, amnesia, dizziness, fatigue, loss of appetite, a dull complexion, a pale tongue with thin coating and a thready pulse. Dietary Therapy should be directed at reinforcing the Heart and the Spleen, nourishing Blood and tranquilizing the Mind.

The recommended recipe is a decoction for reinforcing both the Heart and the Spleen. Decoct longan, lotus seeds and dates, 15 g each. Drink the liquid and eat the longan, lotus seeds and dates.

Longan nourishes the Heart and the Spleen, nurtures Blood and tranquilizes the mind. Dates replenish Blood and Qi, while lotus seeds nourish the Heart and tranquilize the Mind.

Deficiency of the Heart and Gallbladder Qi

Symptoms are insomnia, dreamfilled sleep, being easy to wake, timidity and palpitations, being easily alarmed, shortness of breath, fatigue, a pale tongue, and a taut and thready pulse. Dietary Therapy should be directed at reinforcing Qi, nourishing the Heart and calming the Mind.

The recommended recipe is rice cooked with pilose asiabell root and dates (XYL). Pilose asiabell root 10 g and dates 30 g are cooked for about 30 minutes. Take out the pilose asiabell root and dates and add 50 g white sugar to the liquid. Boil the mixture down to a thick sauce and set aside. Steam the dates and 250 g rice until well cooked and place them onto a dish. Pour the sauce onto the rice with the dates.

Pilose asiabell root replenishes Qi, dates replenish Blood and reinforce the Spleen, nourish the Heart and tranquilize the Mind. Glutinous rice reinforces the Middle Burner and replenishes Qi.

Hyperactivity of Fire due to Yin deficiency

Symptoms include restlessness, insomnia, palpitations, dizziness, tinnitus, amnesia, soreness in the back, spermatorrhea, hot sensations in the chest, palms and soles; dry mouth, a red tongue, and a thready and rapid pulse. Dietary Therapy should be directed at nourishing Yin and sending down the pathogenic Fire.

The recommended recipe is mulberry electuary (BCYY) made with fresh mulberry 1000 g or dried mulberry 500 g, washed clean, boiled in a suitable amount of water and strained. Boil further on a low heat until the juice is condensed. Add 300 g of honey to make an electuary, to be taken twice a day, one tablespoonful at a time, mixed with boiling water.

Mulberry is effective in nourishing Yin and replenishing Blood. When the Yin fluids are replenished, the deficient Fire dies down by itself and all the symptoms will be relieved.

Dis harmony in the Stomach

Symptoms include insomnia, heaviness in the head, loss of appetite, distension in the abdomen, profuse sputum, belching, nausea, a greasy and yellow tongue coating and a slippery and rapid pulse. Dietary Therapy should be directed at assisting digestion, dissolving sputum, harmonizing the Stomach and tranquilizing the Mind.

The recommended recipe is a gruel made with pinellia tuber 6 g, decocted and strained with the residue removed. Add 100 g sorghum to make a gruel and 150 g chopped turnip when the gruel is half cooked. Eat the gruel in two meals.

Pinellia tuber dries up Damp and dissolves Phlegm. When the disease involves Phlegm-Heat, turnip can be replaced with zhuru. Turnip is especially good for sending down Qi and assisting digestion, dissolving Phlegm and harmonizing the Middle Burner. Sorghum can reinforce the Spleen, absorb Damp and harmonize the Stomach.

EXCESSIVE SWEATING

Excessive sweating (hyperhidrosis) refers to a disease caused by incoordination of the Yin and Yang, disharmony of Ying and Wei, and irregularity of the striae of the skin and muscles in opening and closing the pores, leading to the outflow of Body Fluids, resulting in the abnormal perspiration of the whole or parts of the body. Here we only discuss spontaneous perspiration and night sweating.

Spontaneous perspiration is sweating in the daytime which is not related to environmental factors. The symptom is aggravated by physical exertion. The most common causes of day sweats are deficient Lung Qi leading to instability of the Defensive Qi which leaves the pores flaccid, and disharmony of Ying and Wei leading to malfunction of the Wei defensive system.

Night sweats involve sweating at night during

sleep, which will stop once awake. The most common causes are Heat in the interior due to Yin deficiency and irritation of Body Fluids which flow out as sweat.

Recommended foods

Patients with hyperhidrosis should have foods that are light in taste and nutritious in content, such as wheat, glutinous rice, spinach, tomatoes, carrot, beancurd and soy milk. For patients with night sweats, it is desirable to have foods that can help nourish and nurture Yin, such as lily bulb, tremella, duck, turtle meat and cuttlefish. For spontaneous perspiration with deficiency of Qi, use foods that can replenish Qi and reinforce the Spleen, such as lotus seeds, longan, dates, Chinese yam and chicken.

Foods to avoid

These include foods that are pungent in taste and can irritate Fire, such as Chinese spring onion, garlic, Chinese chives, chillies and wine.

Diet recipes

Disharmony of Lung defence

Symptoms are sweating, intolerance to wind which is aggravated by physical exertion; susceptibility to catching cold, fatigue and weakness, a dull complexion, a thready pulse and a thin white tongue coating. Dietary Therapy should be directed at replenishing Qi and consolidating the exterior defence.

The recommended food is chicken cooked with milkvetch root (SYSID). Stuff one prepared chicken with 30 g milkvetch root, some ginger and Chinese spring onion, Shaoxing wine and salt to season. Tie the chicken with string and steam it until cooked.

Chicken can replenish Qi and Blood, while milkvetch root reinforces Qi and consolidates the exterior defence.

Disharmony of the Ying and Wei

Symptoms are sweating, intolerance to wind,

soreness all over the body, alternating chills and fever, sweating in half of the body or parts of the body, thin white tongue coating and a slow pulse. Diet therapy should be directed at harmonizing Ying and Wei.

A recommended food is a soup made with ginger and dates (stoned), 500 g each, liquorice 60 g, dried and powdered together, mixed with 10 g of salt. Take 10 g of the powder mixed with boiling water before a meal every morning.

Ginger used together with dates can harmonize the Spleen and the Stomach and coordinate the Ying and Wei. The recipe can also be used in the form of a decoction made with ginger and dates.

Hyperactivity of Fire due to Yin deficiency

Symptoms include night sweating, spontaneous perspiration, hot sensations in the chest, palms and soles, or afternoon fever, flushing, thirst, a red tongue with little coating and a thready and rapid pulse. Dietary Therapy should be directed at nourishing Yin and clearing up Fire.

A recommended recipe uses one blackboned chicken, with 250 g rehmannia root cut up, mixed with maltose and stuffed into the chicken, which is then steamed. Eat the chicken only, discarding the stuffing.

Blackboned chicken can reinforce the Yin, rehmannia root can nourish Yin and clear Heat, maltose can replenish Qi and moisten Dryness. The recipe can also be used in combination with magnolia vine fruit and dogwood fruit to nurture Yin and arrest sweating.

INDIGESTION

Indigestion is marked by poor appetite, fullness in the abdomen, eructation with fetid odor and acid regurgitation. It is mostly due to poor diet or overeating of rich, fatty foods or raw and cold foods, causing malfunction of the Spleen and Stomach which fail to digest and absorb, resulting in retention of food in the Middle Burner. It can be due to weakness in the Spleen and Stomach which fail to perform their functions, causing stagnation of food.

Recommended foods

It is important for patients with indigestion to take meals properly and moderately. It is desirable for them to have soft, liquid foods that are easy to digest, such as porridge, lotus rhizome powder and soy milk. For cases due to stagnation of foods from intemperance of diet, use foods that assist digestion and dissolve stagnation, such as Chinese yam, flat beans, lotus seeds, coix seeds, euryale seeds and pig's trotter.

Foods to avoid

Oily, greasy, dry and indigestible foods, such as muesli, are to be avoided.

Diet recipes*Intemperance of diet*

Symptoms include fullness, pain and tenderness in the abdomen, loss of appetite, eructation with fetid odor and regurgitation, together with vomiting up of undigested food, passing loose, foul stools, alleviation of pain after vomiting or diarrhea, or constipation, a thick and greasy tongue coating and a slippery and rapid pulse. Dietary Therapy should be directed at assisting digestion and dissolving stagnation.

A recommended food is a soup made with Chinese hawthorn and baked germinated barley, 30 g each, and turnip 250 g, decocted together. Add a suitable amount of white sugar for flavor. Drink the soup and eat the turnip.

Chinese hawthorn helps dissolve stagnation of meats, germinated barley helps dissolve stagnation of cereals, while turnip assists digestion and sends down the Central Qi.

Another recommended food is Chinese hawthorn balls.

Weak Spleen

Symptoms are lethargy, loss of appetite, fullness in the abdomen, belching, nausea, undigested food in loose stools, a pale tongue with white coating and a slow and weak pulse. Dietary Therapy should be directed at replenishing Qi

and reinforcing the Spleen, assisting digestion and dissolving food stagnation.

A recommended food is Spleen-reinforcing cakes (YZZZCXI) made with dates 250 g, rhizome of largeheaded atractylodes 30 g wrapped in gauze, and dried ginger 15 g, boiled in a suitable amount of water for about an hour. Take out the dates and mash. Add 15 g of the powder of chicken's gizzard membrane and 500 g of flour to the mashed dates to make thin pancakes.

Rhizome of largeheaded atractylodes and dates can replenish Qi and reinforce the Spleen, dried ginger can warm and invigorate the Spleen Yang, while chicken's gizzard membrane can assist digestion and dissolve food stagnation. When there are no cold symptoms in the Middle Burner, the dried ginger may be omitted.

VOMITING

Vomiting is caused by Counterflow Qi as a result of the failure of the Stomach to perform its function of harmonizing and sending down the Qi.

The Spleen and the Stomach have an interior and exterior relationship. In normal physical conditions, the Stomach is in charge of receiving while the Spleen is in charge of digesting and transformation. The Spleen Qi and the Stomach Qi, one going up and the other going down, maintain the Qi in performing its functions, so that the essence from foods and drinks can be absorbed and transported around the whole body. When the Stomach Qi rises instead of going down, vomiting is likely to occur. There are two kinds of vomiting, Full and Deficient. Full vomiting is due to the invasion of the stomach by pathogenic factors, causing turbid Qi to rise adversely; Deficient vomiting is due to sluggish Stomach Yang or deficiency of Stomach Yin, which is no longer in harmony and fails to perform its function of sending down.

Recommended foods

For serious cases of vomiting, temporary fasting is to be employed. But for general cases, it is best to have foods with a plain light taste, which are easily digested or have the effect of arresting

vomiting. Examples are thin porridge, lotus rhizome powder, soy milk, fresh ginger, flat beans, red bay berries and Seville orange flower.

Foods to avoid

Irritating foods such as wine, Chinese spring onion and garlic or greasy, fishy or smelly foods are to be avoided.

Diet recipes

External pathogens invading the Stomach

Symptoms include sudden onset of vomiting, intolerance to cold, fever, aching in the head and body, fullness in the chest and upper abdomen, a white and greasy tongue coating, and a soft and slow or floating pulse. Dietary Therapy should be directed at dispersing the pathogens, relieving exterior syndrome and harmonizing the Stomach to arrest vomiting.

The recommended food is ginger (sliced) and purple perilla leaves, 3 g each, and a suitable amount of brown sugar, infused in boiling water for 5 minutes and covered with a lid. Drink the infusion in one session while it is still hot.

Fresh ginger and purple perilla leaves can relieve the exterior syndrome and disperse Cold, harmonize the Stomach and arrest vomiting. Brown sugar, which is used for flavor, has the effect of dispersing Cold and warming the Stomach.

Another recommended food is ginger prepared with sugar and vinegar. The latter has a stronger effect of harmonizing the Stomach and arresting vomiting.

Stagnation of Foods

Symptoms include vomiting up sour Stomach contents, fullness in the upper abdomen, weight loss, belching aggravated after eating but alleviated after vomiting, passing foul, loose stool, constipation, a thick and greasy tongue coating, and a slippery and full pulse. Dietary Therapy should be directed at assisting digestion and dissolving stagnation.

The recommended food is a soup made with Chinese hawthorn and turnip (see indigestion).

Obstruction of the interior by Phlegm retention

Symptoms are vomiting clear liquid, phlegm and saliva, fullness in the upper abdomen, loss of appetite, dizziness, palpitation, a white and greasy tongue coating and a slippery pulse. Dietary Therapy should be directed at warming and dissolving Phlegm retention, harmonizing the Stomach in order to send down the Counterflow Qi.

The recommended food is a tea made with ginger 9 g and dried orange 100 g, sliced and mixed with boiling water for drinking liberally.

Fresh ginger is pungent in taste and Warm in nature. It has the effects of harmonizing the Stomach, dispersing fluid retention and arresting vomiting. Dried orange has a sweet taste and a slightly Warm nature. It has the effect of reinforcing the Spleen, sending down the Central Qi and dissolving Phlegm. The two used together can disperse the retention of Phlegm, harmonize the Stomach, send down the Counterflow Qi and arrest vomiting. Dried orange can also be eaten by itself.

Liver Qi invading the Stomach

Symptoms include vomiting, regurgitation of acid, frequent belching, stuffiness and pain in the chest and the hypochondrium, a tongue that is red at the edges with thin greasy coating and a taut pulse. Dietary Therapy should be administered to regulate Qi, harmonize the Stomach, send down the Counterflow Qi and arrest vomiting.

The recommended food is a drink made with orange peel, zhuru and dried persimmon 30 g each, with ginger 3 g, boiled in water twice over. Filter the decoction and add a suitable amount of white sugar.

Orange peel can regulate Qi, send down Counterflow Qi and arrest vomiting. Zhuru can clear up Heat and arrest vomiting. Fresh ginger warms the Stomach and arrests vomiting. The combination of Cold and Hot drugs is especially effective in arresting vomiting. Dried persimmon nourishes the Stomach.

The recipe can be used in conjunction with

Seville orange flower and plums to enhance the effects of easing the Liver and regulating Qi.

Deficient Cold in the Spleen and Stomach

Symptoms are vomiting which is easily triggered off by any immoderate diet, pale complexion, fatigue, dry mouth without desire for drinking, cold limbs, loose stool, a pale tongue and a soft and weak pulse. Dietary Therapy should be directed at warming the Middle Burner, reinforcing the Spleen, harmonizing the Stomach and arresting vomiting.

The recommended food is thick mutton soup (YSZY) made with mutton (or lean pork) 250 g, diced, tsako, dried mandarin peel, galangal rhizome, pepper and ginger, 3 g each, wrapped in a cloth bag and tied. Boil all the ingredients and add one sliced turnip when the mutton is about cooked. Boil further till the mutton is well cooked. Remove the cloth bag and add seasoning. Mutton can replenish Qi, warm the Middle Burner and tonify deficiency. Turnip assists digestion, sends down the Central Qi and harmonizes the Middle Burner. Tsako and dried mandarin peel can invigorate the Spleen and reinforce the Stomach. Pepper, galangal rhizome and fresh ginger can warm the Middle Burner, disperse Cold, send down the Counterflow Qi and arrest vomiting.

Deficiency of Stomach Yin

Symptoms include repeated vomiting, occasional dry vomiting, dry mouth and throat, poor appetite, a red tongue with little moisture and a thready and rapid pulse. Dietary Therapy should be administered to nurture Yin and harmonize the Stomach, send down the Counterflow Qi and arrest vomiting.

For the recommended recipe, take one snow pear (peeled). Insert five cloves into the pear. Steam the pear in a pan which is sealed with a lid. Remove the cloves. Melt 30 g of crystal sugar with water and pour the syrup onto the pear.

The snow pear is Cold in nature. It has the effects of reinforcing the Stomach and nurturing the Yin. Cloves activate Qi and harmonize the Stomach, send down Counterflow Qi and arrest

vomiting. Crystal sugar nourishes Yin and harmonizes the Stomach.

HICCUPS

Hiccups are due to accumulation of Cold Qi; excessive Dryness and Heat inside the body; stagnation of Qi and obstruction by Phlegm, or due to deficiency of Qi and Blood. These lead to malfunction of the vital organs and disturbance of Qi, culminating in Counterflow Stomach Qi rushing up to irritate the diaphragm.

Recommended foods

Diets recommended for patients with hiccups should vary with different types of symptoms. For cases due to Cold in the Stomach or deficient Cold in the Spleen and Stomach, it is desirable to have foods that are effective in warming the Middle Burner, dispersing Cold or reinforcing the Spleen and Stomach, such as fresh ginger, pepper, broad beans, crucian carp and mutton. For cases due to Heat in the Stomach or deficiency of Stomach Yin, use foods that can cleanse the Stomach, send down Fire or nourish Stomach Yin, such as loquats, red bay berries, pears, sugarcane and crystal sugar. For cases due to Liver Qi invading the Stomach, patients should eat foods that can assist the circulation of Qi and harmonize the Stomach, such as finger citron, broad bean and oranges.

Foods to avoid

Foods that tend to cause stagnation of Qi, such as sweet potatoes, beans and taro, should be avoided, as should raw fruits and melons, and foods that are pungent and Dry.

Diet recipes

Coldness in the Stomach

Symptoms include hiccups with a deep and vigorous sound, discomfort in the diaphragm and the upper abdomen which is alleviated by warmth but aggravated by cold, loss of taste and

thirst, white and damp tongue coating and a slow pulse. Dietary Therapy should be administered to warm the Middle Burner and send down the Counterflow Qi.

The recommended food is brown sugar 250 g, boiled in a little water till the liquid is condensed. Then add fresh ginger (chopped up) 30 g, and clove powder 5 g, and mix well. Boil further till the mixture makes filaments when picked up and is no longer sticky and then pour it out into a flat tin and let it cool a bit before cutting it into small pieces. Take 3–4 pieces at a time.

Cloves warm the Middle Burner, send down Counterflow Qi and arrest hiccups, Fresh ginger warms the Stomach and disperses Cold and brown sugar warms the Stomach as well as being a condiment. When the three are used together, the effects are enhanced.

Uprushing of Stomach Qi

Symptoms are vigorous hiccups, foul breath, thirst, scanty dark urine, constipation, yellow tongue coating and slippery and rapid pulse. Dietary Therapy should be directed at clearing Heat and arresting hiccups.

The recommended food is a gruel of fresh reed rhizome 30 g with persimmon calyx 10 g, decocted and strained. Make a thin gruel with non-glutinous rice in the decoction and add a suitable amount of crystal sugar for flavor.

Reed rhizome clears up Heat in the Stomach, persimmon calyx sends down Counterflow Qi and arrests hiccups while non-glutinous rice can reinforce the Stomach and harmonize the Middle Burner.

Liver Qi invading the Stomach

Symptoms include frequent hiccups which are triggered off or aggravated by emotional disturbance, accompanied by stuffiness in the chest, loss of appetite, fullness in the upper abdomen and hypochondrium, excessive bowel sounds, a white, thin tongue coating and a taut pulse. Dietary Therapy should be directed at regulating Qi and the Liver and sending down the Counterflow Qi.

The recommended food is a decoction of persimmon calyx 10 g and white plum blossom 5 g.

After it comes to the boil, remove the residue, add a suitable amount of crystal sugar for flavor and take from time to time.

Persimmon calyx sends down Counterflow Qi and arrests hiccups while white plum blossoms can regulate the Liver, relieve depression of the Liver, regulate Qi and harmonize the Stomach.

Deficiency of Spleen and Stomach Yang

Symptoms include hiccups with low and thin sounds, shortness of breath, pale complexion, cold hands and feet, loss of appetite, fatigue, a pale tongue with white coating, and a deep, thready and weak pulse. Dietary Therapy should be directed at warming and reinforcing the Spleen and Stomach, harmonizing the Middle Burner and sending down Counterflow Qi.

The recommended food is a soup made with one sizable crucian carp, gutted and scaled, stuffed with a suitable amount of ginger, garlic, pepper, orange peel and amomum fruit, stewed with salt. Drink the soup and eat the fish.

Crucian carp can warm and reinforce the Spleen and the Stomach to relieve hiccups. Ginger and garlic can enhance the effects of warming the Middle Burner and harmonizing the Stomach.

Deficiency of Stomach Yin

Symptoms are hiccups with a short sound, dry mouth and tongue, restlessness, a red tongue with little moisture, and a thready and rapid pulse. Dietary Therapy should be directed at reinforcing the Stomach, promoting the production of Body Fluids and arresting hiccups.

The recommended recipe is a Stomach reinforcing decoction (WBTB) made with amomum fruit, lilyturf root, fragrant solomonsal and rehmannia root, 10 g each, decocted and strained. Add a suitable amount of crystal sugar for drinking as a tea.

By using amomum fruit, lilyturf root, fragrant solomonsal, rehmannia root and crystal sugar together, this recipe is effective in reinforcing the Stomach, promoting the production of Body Fluids and relieving hiccups. A suitable amount of persimmon calyx can be added to send down the Counterflow Qi and arrest the hiccups.

DIFFICULTY IN SWALLOWING

Difficulty in swallowing is a disease characterized by obstruction of swallowing, inability to swallow and vomiting on attempting to swallow. In minor cases, there is only difficulty in swallowing but in serious cases, there is obstruction of food on swallowing.

The disease can be due to mental depression, excessive drinking, impairment by immoderate meals, fatigue or deficiency of Qi and Blood. The major mechanisms are stagnation of Qi, obstruction by Phlegm, Blood stasis and exhaustion of Body Fluids. Stagnation of Qi and obstruction by Phlegm often interact and lead to entanglement of Phlegm and Qi, or entanglement of Phlegm with stasis, which narrows the esophagus and causes obstruction.

Recommended foods

It is desirable for these patients to have foods that are rich in nutrition or have the effects of reinforcing the Stomach, nourishing Yin and dissolving stasis, such as cow's milk, soy milk, lotus rhizome juice, juice of sugarcane and juice of Chinese chives.

Foods to avoid

Pungent, spicy and irritating foods are to be avoided. It is also undesirable to have smelly, fishy or dry, hard foods.

Diet recipes*Exhaustion of Body Fluids and Blood stasis*

Symptoms include difficulty and pain on swallowing, dry mouth and throat, hot sensations and emaciation, dry stool which tends to be very hard like goat's droppings, dry skin, a red, dry or livid tongue and a thready and uneven pulse. Dietary Therapy should be directed at nourishing the Stomach, promoting the production of Body Fluids, activating the circulation of Blood and dissolving stasis.

The recommended food is a Middle Burner calming drink of five juices (ZYNKX) made with

pear juice and lotus rhizome juice 15 g each, the juice of Chinese chives and the juice of ginger 5 g each and cow's milk 250 g, mixed well and heated for drinking.

Pear juice, lotus rhizome juice and cow's milk can nourish the Stomach and promote the production of Body Fluids. The juice of Chinese chives can activate Blood circulation and dissolve stasis, while fresh ginger can harmonize the Stomach and send down Counterflow Qi.

Impairment of both Qi and Yin

Symptoms are difficulty in swallowing food, fatigue, emaciation, shortness of breath, hard dry stools, pale and barely moistened tongue and a thready and weak pulse. Dietary Therapy should be directed at replenishing Qi and Yin and promoting the production of Body Fluids to moisten Dryness.

The recommended food is the recipe for an electuary (LYYH) using cow's milk, juice of reed rhizome, ginseng, longan, juice of sugarcane and pear juice in equal amounts, plus a little juice of fresh ginger and some honey, boiled together into an electuary to be taken from time to time.

Cow's milk, ginseng and longan can replenish Qi and Blood and harmonize the Stomach, while the juice of reed rhizome, pear juice and the juice of sugarcane can clear up Heat, nourish Yin and promote the production of Body Fluids. Fresh ginger is used to harmonize the Stomach and send down Counterflow Qi. Honey is used for flavor, but it also has the effect of reinforcing the Middle Burner and moistening Dryness.

As for cases due to accumulation of Blood stasis or to Qi deficiency and Yang exhaustion, diet therapy is not so effective, so their treatment is not discussed here.

RETENTION OF DAMP (IN THE STOMACH AND SPLEEN)

Retention of Damp in the Spleen and Stomach is characterized by a general heaviness, fatigue, stuffiness in the chest and fullness in the upper

abdomen, loss of taste and appetite, with a greasy tongue coating.

Illnesses caused by Damp are classified into external Damp and internal Damp. The former is caused by the invasion of the Damp pathogen from outside, resulting in obstruction of the Middle Burner, while the latter is caused by malfunction of the Spleen and Stomach which fail to digest and absorb the essence of food, resulting in retention of fluids inside the body. The two types are also interrelated. When the external Damp causes disease, it manifests in the Spleen and Stomach; when the Spleen and Stomach fail to function normally, retention of Damp is more likely to occur.

After the Damp pathogen obstructs the Spleen and Stomach, in patients with constitutional Deficient Cold in the Spleen and Stomach the pathogen is more likely to turn into Coldness; in patients with accumulation of Heat in the Stomach and the Intestines or with hyperactivity of Fire due to Yin deficiency, the pathogen is more likely to turn into Heat. But Damp is a Yin pathogen with a sticky and sluggish nature. When Damp is excessive, Yang is weakened and the pathogen is more likely to turn into Coldness. Therefore, clinically, there are more cases of Damp retention turning into Coldness than turning into Heat.

Recommended foods

For patients with Damp retention, it is desirable to eat foods that are light in taste and have the effects of removing Damp. Examples are wax gourd, soya bean sprouts, cowpeas, red beans, water spinach, coix seeds, flat beans, fresh agastache and jasmine.

Foods to avoid

It is undesirable to have raw, cold, sweet, greasy foods and things that are not easy to digest. Alcohol is to be avoided.

Diet recipes

Damp obstructing the Spleen

Symptoms include fatigue in the limbs and the

body, severe headache, stuffiness in the chest and fullness in the upper abdomen, loss of appetite, stickiness or sweetness in the mouth, loss of taste, a white and greasy tongue coating and a soft and slippery pulse. Dietary Therapy should be administered to dissolve turbidity and relieve Damp.

The recommended food is a gruel made with flat beans 50 g and red beans 100 g, decocted by boiling in water. Add fresh leaves of agastache 6 g and round cardamon seeds 3 g. Boil twice over. Remove the agastache and round cardamon seeds and season with salt. Eat the beans and drink the soup.

Flat beans and red beans can dissolve Damp. Round cardamon seeds and agastache can dissolve Damp and harmonize the Middle Burner.

Damp and Heat obstructing the Middle Burner

Symptoms are a bitter taste and stickiness in the mouth, poor appetite, stuffiness in the chest and fullness in the abdomen, thirst without desire to drink, dark urine, or low fever, yellow greasy tongue coating and a soft rapid pulse. Dietary Therapy should be directed at clearing up Heat and relieving Damp.

The recommended recipe is a soup made with soya bean sprouts, 150 g, and a little ginger, adding 250 g sliced wax gourd when the soya beans are cooked. Boil further till the wax gourd is cooked and season with salt. Drink the soup and eat the soya bean sprouts and the wax gourd.

Soya bean sprouts and wax gourd can clear Heat and relieve Damp to remove the Damp-Heat which obstructs the Middle Burner. Fresh ginger can harmonize the Stomach. When the disease occurs in the summer a gruel made with lotus leaves is also effective.

Deficiency in the Spleen and obstruction of Damp

Symptoms are fatigue, lethargy, heaviness in the limbs, discomfort in the upper abdomen, loss of appetite, reluctance to eat oily or greasy foods, loose stool or diarrhea, pale and enlarged tongue with a thin and greasy coating, and a soft and slow pulse. Dietary Therapy should be directed at reinforcing the Spleen and dissolving Damp.

The recommended recipe is an eight-ingredient

ent gruel (FMZZ) using euryale seed, Chinese yam, poria, lotus seeds, coix seeds, white flat beans, pilose asiabell root and rhizome of large-headed atractylodes, 6 g each. Wrap the last two items in cloth. Boil everything in water, remove the bag of herbs after boiling and add 150 g of rice to the decoction to make a gruel to be taken in several servings.

The herbs used are effective in reinforcing and nourishing the Spleen, while poria, coix seeds and flat beans can also relieve and dissolve Damp.

EPIGASTRIC PAIN

Epigastric pain refers to pain in the upper abdomen around the xiphoid process. The pain is often accompanied by belching, regurgitation of acid and vomiting.

Epigastric pain is mostly due to intemperance of diet, Liver Qi invading the Stomach, a weak Spleen and Stomach, or invasion of the Stomach by external pathogens leading to stagnation and obstruction of Stomach Qi, malfunction of the Stomach in digesting and sending down, or even stasis, obstruction or malnutrition of collaterals in the Stomach, i.e. the Stomach organ itself may eventually be affected. The disease lies in the Stomach, but it is closely linked to the Liver and the Spleen.

Recommended foods

For patients with epigastric pain it is desirable to have foods that are fine, soft in texture and have the effects of reinforcing the Spleen and the Stomach, such as thin gruel, noodles, lotus rhizome powder, soya milk, cow's milk and oranges.

Foods to avoid

It is undesirable to have raw, cold, dry and hard foods. Alcohol and strong tea are also to be avoided. Persons with profuse gastric acid should not have foods that are too sour in taste. Examples are vinegar, lemons and plums. Meals should be taken at regular times and helpings should be moderate.

Diet recipes

Impairment due to food stagnation

Symptoms include pain in the Stomach, Fullness in the upper abdomen, eructation with fetid odor and acid regurgitation, anorexia and loss of appetite, or vomiting up undigested foods with the pain being alleviated after vomiting or passing wind; difficult stools, a thick and greasy tongue coating and a slippery deficient pulse. Dietary Therapy should be directed at assisting digestion and dissolving Stagnation of Food.

The recommended food is spiced betel nuts (LKZS) made with betel nuts 200 g, dried mandarin peel 20 g, cloves and katumadai seeds, 10 g each, boiled in water with some salt till the liquid is about to dry up. After it cools down, cut up the mixture into lumps roughly the size of soya beans. Take 5–10 lumps after meals and chew them well.

Betel nuts have the effects of assisting digestion and dissolving stagnation. Being cooked with dried mandarin peel, cloves and katumadai seeds, they have a stronger effect in reinforcing the Stomach, activating the circulation of Qi and relieving pain.

Another recipe is a gruel made with onion, which has the effects of reinforcing the Stomach, assisting digestion, sending down the Central Qi and dissolving stagnation.

Liver Qi invading the Stomach

Symptoms are abdominal fullness, pain in the upper abdomen extending to the hypochondrium, frequent belching, difficult defecation with the pain being aggravated by emotional disturbance; a thin white tongue coating and a taut pulse. Dietary Therapy should be directed at regulating the Liver Qi, harmonizing the Stomach and relieving pain.

The recommended recipe is an infusion made with finger citron (chopped) 5 g and roses 6–10 g, mixed with boiling water to be drunk as a tea.

Both items have the effects of easing the Liver, relieving depression, regulating Qi and relieving pain.

Accumulation of Heat in the Liver and the Stomach

Symptoms include burning heat and pain in the

upper abdomen, restlessness, discomfort in the stomach and acid regurgitation, a dry mouth, a bitter taste, a red tongue with yellow coating, a taut and rapid pulse. Dietary Therapy should be directed at purging Heat and harmonizing the Stomach.

The recommended recipe is balsam pear 150 g, cut into large chunks and marinated in salt water, Chinese olives 50 g and one pig's tripe. Boil them together till the tripe is well cooked. Eat the tripe and drink the soup.

Balsam pear and Chinese olives can purge Heat, while pig's tripe can reinforce the Spleen and Stomach. When the three are cooked together, they have the effect of purging Heat without impairing the Spleen and Stomach.

Cold invading the Stomach

Symptoms are sudden onset of pain in the upper abdomen, intolerance to cold with the pain being alleviated by warmth. Or there can be intolerance to cold, fever, pain in the head and the body. Tongue coating is white, and the pulse is taut and tense. Dietary Therapy should be directed at warming the Stomach, dispersing Cold and relieving pain.

The recommended recipe is a decoction of seven grains of pepper and ten dates (stoned), with a suitable amount of brown sugar added for flavor. Drink the decoction and eat the dates.

Dates can reinforce the Spleen and warm the Stomach, pepper can warm the Stomach, disperse Cold and relieve pain. Brown sugar can help warm the Stomach besides being a condiment. For cases that have such exterior symptoms as intolerance to cold, fever, aching in the head and the whole body, a drink of ginger, sugar and purple perilla can be used.

Stasis of Blood

Symptoms include stabbing pain in the upper abdomen at a fixed spot, a dark red tongue and an uneven pulse. Dietary Therapy should be directed at activating Blood circulation, dissolving stasis and relieving pain.

The recommended recipe is a gruel (SHF) made with peach kernels (skin and tip removed) 10 g and rehmannia root 10 g, decocted and

strained, adding 100 g of non-glutinous rice to make a gruel. When the gruel is cooked, add 2 g of cinnamon bark powder and 50 g of brown sugar. Take in two servings, one in the morning, the other in the afternoon.

Peach kernels and brown sugar can activate Blood circulation and dissolve Blood stasis. Cinnamon bark can warm and activate Blood Vessels and relieve pain. Rehmannia root can nourish Yin and replenish Blood. The addition of rehmannia allows the other ingredients to clear stagnation and move Blood without damaging the Blood or Yin.

Deficient Cold in the Spleen and Stomach

Symptoms are a dull pain in the Stomach, alleviated by warmth or massage; regurgitation of clear liquid, loss of appetite, fatigue, or loose stool, cold limbs, a pale tongue and a weak pulse. Dietary Therapy should be directed at warming the Middle Burner and reinforcing the Spleen.

The recommended recipe is soup (YSZY) made with barley 200 g. Mutton 500 g and five tsaoiko fruits are boiled till the mutton is cooked. Take out the mutton and tsaoiko. Mix the decoction with the barley soup and boil further till the barley is well cooked. Cut the mutton into small pieces, put them into the soup and season with salt. Take in several servings.

Mutton can reinforce deficiency and warm the Middle Burner, barley can replenish Qi and nourish the Stomach, while tsaoiko can warm the Middle Burner and activate the Spleen.

Deficiency of Stomach Yin

Symptoms are a dull pain in the Stomach, a hot sensation – like being hungry, a dry mouth and throat, dry stools, a red tongue with little moisture, and a thready and taut pulse. Dietary Therapy should be directed at nourishing the Yin and reinforcing the Stomach.

The recommended recipe is the Stomach nourishing soup (see Hiccups).

ABDOMINAL PAIN

Abdominal pain refers to the symptom of pain in

the lower abdomen, below the Stomach. The causes of abdominal pain are varied. Here we only discuss abdominal pain involving exposure to Cold, intemperance of diet, emotional disturbance and constitutional deficiency in Yang, leading to stagnation of Qi, obstruction of the Vessels and Collaterals and malfunction of the Channels.

Recommended foods

Different food recipes should be prescribed according to the patient's specific conditions. For cases caused by accumulation of Cold, use foods that can help warm the Middle Burner and disperse Cold, such as dried ginger, pepper and brown sugar. For cases involving deficient Cold, take foods that are warm and tonifying, such as mutton and maltose. For cases involving stagnation of Qi and Blood stasis, it is desirable to have foods which ease and activate the Qi, activate the circulation of Blood and dissolve stasis, such as mustard greens, egg, Chinese hawthorn and brown sugar. For cases due to Retention of Food or indigestion, it is desirable to control the amount of food intake and to eat foods that assist digestion and help dissolve Food Stagnation, such as onion, turnip, acanthaceous indigo, Chinese hawthorn and water chestnuts.

Foods to avoid

Persons with deficient Cold should not take Cool or Cold foods such as melons and raw fruits. Those with stagnation of Qi and Blood stasis should avoid foods such as beans and taro, while those with indigestion should not eat greasy, indigestible foods.

Diet recipes

Accumulation of Cold

Symptoms are acute abdominal pain alleviated by warmth but aggravated by cold; loss of appetite, no thirst, clear and copious urine, normal or loose stools, tongue coating that is thin and white, a deep and tense pulse. Dietary Therapy should be directed at dispersing Cold and relieving pain.

The recommended diet is common fennel gruel

(BCGM) made with non-glutinous rice 50 g. Add a suitable amount of common fennel shoots when the gruel is nearly cooked. Add salt and lard to season and take orally.

Another recommended diet is dumplings stuffed with common fennel shoots and pork or mutton.

Deficient Cold

Symptoms include dull and intermittent pain in the abdomen alleviated by warmth but aggravated by cold, hunger or fatigue, with the symptoms being alleviated after meals or rest, loose stool, lethargy, shortness of breath and intolerance to cold, a pale tongue with white coating, and a deep and thready pulse. Dietary Therapy should be directed at warming the Middle Burner and tonifying the deficiency, relieving the pain and spasm.

The recommended diet is the Middle Burner Reinforcing Chicken. Take one chicken thoroughly cleaned and stuff it with cinnamon twigs and fresh ginger, 9 g each, common peony root 12 g, seven dates, liquorice 6 g or maltose 100 g. The chicken should be steamed.

Cinnamon twig, common peony root, fresh ginger, dates, maltose and liquorice are ingredients of the Minor Decoction for Strengthening the Middle Burner as recorded in the *Revised General Treatise on Febrile Diseases*, which is effective in warming the Middle Burner, tonifying the deficiency, relieving pain and spasm. Chicken can warm the Middle Burner, replenish Qi and tonify deficiency.

Stagnation of Qi

Symptoms are fullness in the abdomen, a migratory pain extending to the hypochondrium and the lower abdomen, stuffiness in the chest, belching, thin and white tongue coating, and a taut pulse. Dietary Therapy should be directed at regulating the Liver Qi.

The recommended diet is Xiang-Sha Tang (BIFY) which is made by boiling white sugar 500 g, in water till the liquid is thickened. Add 15 g citron fruit powder and 10 g anommum fruit powder, well mixed. Boil further till the sugar

makes filaments when picked up. Cool down and cut into small pieces. To be taken twice a day, three pieces a time.

Citron fruit and ammonium fruit can regulate the Liver and relieve stagnation, regulate Qi and relieve pain.

Blood Stasis

Symptoms are protracted abdominal pain which is severe and has a fixed location, a dark and livid tongue, and a uneven and sticky pulse. Dietary Therapy should be directed at activating Blood circulation and dissolving Blood stasis.

The recommended recipe is peach kernel gruel (see Epigastric pain).

Indigestion or Food Stagnation

Symptoms include fullness, pain and tenderness in the abdomen, eructation with fetid odor and acid regurgitation, nausea and vomiting, constipation or diarrhea, a greasy tongue coating and a slippery pulse. Dietary Therapy should be directed at assisting digestion and harmonizing the Middle Burner.

The recommended diet is turnip gruel (BCGM) made with 100 g non-glutinous rice. When the gruel is half cooked, put in 150 g chopped turnips. Boil further till the gruel is well cooked. Add salt and some lard to season.

Turnip can assist digestion and send down the Central Qi. When eaten in a gruel, it is good for harmonizing the Stomach. Turnip and onion decoction is also an effective cure.

DIARRHEA

Diarrhea is a disease marked by frequent defecation of loose or watery stools. The disease is mainly due to exposure to external pathogens, intemperance of diet, emotional disturbance and weakness in the Vital Organs, leading to deficiency of the Spleen and excessive Damp and malfunction in absorbing and transforming. The disease lies in the Spleen, the Stomach, the Small Intestines and the Large Intestines and is also closely linked to the Liver and the Kidney.

Recommended foods

For patients with diarrhea, it is desirable to have foods that are easy to digest, such as liquid gruel, noodles and lotus rhizome powder. For serious cases, it is important to have sugar and salt water frequently (see recipe under 'Table Salt', p. 128). For cases with Heat syndrome, strong tea can be prescribed.

Foods to avoid

It is undesirable to have foods that contain crude fibers or greasy, raw and Cold foods that are difficult to digest. Examples are celery, Chinese chives, soya bean shoots, fatty meat, cold drinks and baked foods.

Diet recipes

Cold-Damp

Symptoms are loose or watery stools, abdominal pain and excessive bowel sounds, distension in the upper abdomen, loss of appetite; or fever and intolerance to cold, headache, nasal obstruction, soreness in the limbs and body, thin and white or white and greasy tongue coating, and a soft and slow pulse. Dietary Therapy should be directed at dispersing Cold and dissolving Damp.

The recommended diet is a drink made with fresh ginger 10 g, tsako 5 g and a suitable amount of brown sugar, decocted for drinking regularly.

Fresh ginger can disperse Cold and relieve an exterior syndrome, tsako can dissolve Damp while brown sugar can warm the Middle Burner besides being a condiment.

Damp-Heat

Symptoms include diarrhea, abdominal pain, urgent defecation or difficult stools which are yellowish brown and foul, a sensation of heat in the anus, thirst, scanty yellow urine, yellow and greasy tongue coating and a soft and rapid or slippery and rapid pulse. Dietary Therapy should be directed at clearing Heat and dissolving Damp.

The recommended diet is purslane gruel (SYX[a]) made with 60 g of non-glutinous rice. When the gruel is nearly cooked, put in 30–60 g

of purslane and bring to the boil. It may be eaten with salt or white sugar for flavor.

Purslane can clear Heat and remove toxins to arrest diarrhea. Non-glutinous rice reinforces the Stomach and harmonizes the Middle Burner. Purslane used as a vegetable is also an effective cure.

Stagnation of Food in the Stomach and Intestines

Symptoms are abdominal pain alleviated after passing stools; excessive bowel sounds, foul stool with the odor of bad eggs, fullness in the abdomen, a foul breath and eructation, loss of appetite, a turbid tongue coating, and a slippery and full pulse. Dietary Therapy should be directed at assisting digestion and dissolving stagnation.

The recommended diet is a drink made with rice crust 60 g and Chinese hawthorn 15 g, decocted together, adding a suitable amount of brown sugar to season for drinking.

Rice crust can reinforce the Spleen, assist digestion and arrest diarrhea, Chinese hawthorn can aid digestion and dissolve stagnation.

Deficiency of the Stomach

Symptoms include loose stool with undigested food in it, loss of appetite, fullness in the abdomen, lethargy and general weakness, a dry yellow complexion, a pale tongue with white coating, and a slow and weak pulse. Dietary Therapy should be directed at reinforcing the Spleen and removing Damp.

The recommended diet is lotus seed cakes (SCSS) made with roasted lotus seeds and glutinous (or non-glutinous) rice 200 g each, poria 100 g, ground together into powder. Add to the powder a suitable amount of white sugar, mix well and add some water to make a dough for steaming. Cut the cooked cake into small pieces when it has cooled down.

Lotus seeds can reinforce the Spleen and strengthen the Intestines and poria can reinforce the Spleen and remove Damp.

Deficiency or exhaustion of Kidney Yang

Symptoms are pain below the navel in the early

morning, excessive bowel sounds, diarrhea, symptoms being slightly alleviated after passing stools, intolerance to cold in the abdominal area, cold lower limbs, soreness in the back and knees, a pale tongue with a white coating, and a deep and thready pulse. Dietary Therapy should be aimed at reinforcing the Kidney to arrest diarrhea.

The recommended diet is psoralea fruit 15 g and one pig's kidney, washed clean and chopped, boiled together in water. Add some salt to season. Eat the kidney and drink the soup. Take the preparation once or twice a day.

Psoralea fruit warms and reinforces the Spleen and the Kidney and thus arrests diarrhea. Pig's kidney reinforces the Kidney.

DYSENTERY

Dysentery is a disease occurring mostly in the summer and autumn, marked by abdominal pain, a strong urge to defecate or urinate, red and white stools. The disease is due to exposure to Damp-Heat and epidemic toxic Qi from the outside, or due to a raw and cold diet affecting the Vital Organs from the inside. Damp-Heat, epidemic toxins and Cold-Damp may stagnate and accumulate in the Intestines, preventing the Intestines from transforming food, leading to stagnation of Qi and Blood, resulting in pus and bad Blood.

Of the different types of dysentery, the one caused by epidemic toxins is called toxic dysentery. It has sudden onset and dangerous symptoms and here we omit this type. When the disease is prolonged, there can be deficiency in both the Spleen and the Kidney.

Recommended foods

Patients with dysentery should have foods that are light in taste, easy to digest and contain little fibre. Examples are liquid gruel, lotus rhizome powder and noodles. For cases of frequent stools, it is desirable to have sugar and salt water (boiled) (see recipe under 'Table Salt', p. 128). Foods that have the effects of clearing Heat, removing toxins and relieving the dysentery

include purslane, houttuynia, onion, garlic, balsam pears, Chinese hawthorn, honeysuckle flower and tea. For cases of protracted dysentery with weakness in the Spleen and Kidney, foods that can reinforce the Spleen and Kidney and consolidate the Intestines include Chinese yam, lotus seeds, euryale seeds, crucian carp and plums.

Foods to avoid

It is undesirable to take foods that are greasy, raw and Cold and not easy to digest. For cases of the Damp-Heat type, foods that have a Warm and tonifying nature, such as cow's milk, chicken eggs and Chinese chives, are to be avoided.

Diet recipes

Dysentery of the Damp-Heat type

Symptoms include abdominal pain, a strong urge to defecate or urinate, pus and blood in the stools, frequent defecation amounting to some ten or more times a day, a hot sensation in the anus, dark and scanty urine, possibly a fever, a yellow and greasy tongue coating, and a slippery and rapid pulse. Dietary Therapy should be directed at clearing Heat and removing toxins. The recommended diet is purslane gruel (see **Diarrhea**).

Dysentery of the Cold-Damp type

Symptoms are a jellylike stool more white than red, accompanied by abdominal pain, a strong urge to defecate or urinate, loss of appetite, fullness in the abdomen, heaviness in the head and body, a pale tongue with white and greasy coating, a soft and weak pulse. Dietary Therapy should be directed at warming and dissolving Cold-Damp, removing the toxins and arresting dysentery.

The recommended diet is a soup made with dried ginger 6 g, garlic 15 g and a suitable amount of brown sugar, decocted till the garlic is cooked. Drink the decoction and eat the garlic.

Dried ginger can warm the Middle Burner and disperse Cold and Damp, garlic can warm the

Middle Burner and reinforce the Stomach and at the same time remove the toxins and arrest dysentery, while brown sugar adds flavor to the soup and warms the Stomach.

Another recipe is garlic soaked in sugar and vinegar.

Deficiency of both the Spleen and Kidney

Symptoms include protracted dysentery or recurrent episodes of the disease, with heaviness and distension in the anus, loose stool with pus and blood, a sallow complexion, emaciation, a pale tongue with white coating, and a deep and thready pulse. Dietary Therapy should be directed at reinforcing the Spleen, tonifying the Kidney and consolidating the Intestines.

The recommended diet is the immortals' gruel (SSBY) made with Chinese yam and euryale seeds, 50 g each, and non-glutinous rice 100 g, cooked together into a gruel with water, adding brown sugar or salt to season. Eat the gruel in two servings, one in the morning, the other in the afternoon.

Chinese yam and euryale seeds can reinforce the Spleen and tonify the Kidney, consolidate the Intestines and arrest diarrhea, while non-glutinous rice nourishes the Stomach Qi. For cases with persistent toxins, the recipe can be used alternately with purslane gruel.

CONSTIPATION

Constipation is a disease marked by obstruction of stools, prolonged intervals between stools, or difficulty in passing stools.

The disease is attributable mainly to Dryness and Heat accumulated internally, stagnation of Qi, deficiency of Qi failing to circulate, Blood deficiency causing a dryness of the Intestines, or to accumulation of Yin Cold, resulting in malfunction of the Intestines.

Recommended foods

Patients with constipation should have fresh and soft vegetables, such as spinach, carrot, tremella and wood-ears, fresh fruits such as peach, persimmon, bananas and figs; and foods that have