

Digest

Supports digestive health and comfort. ∞

Traditionally used to descend stomach fire and calm irritated digestion. ∞

In Chinese Medicine we have a concept called “Pi”, often translated as “Glomus”. This describes a sensation of fullness or pressure right at the diaphragm, below the heart. I like to describe it as the feeling of a fist pushing into your abdomen right below your ribcage. If you’ve ever experienced this imbalance, that is an easily recognized feeling. This could happen chronically for some people, or it could come and go on occasion in relationship to stress, eating junk food, maybe even a stomach virus or food poisoning.

Because of this energy (qi) blockage creating pressure in the diaphragm area, often people will experience symptoms that look like heat in the upper body. Chinese Medicine teaches that the body temperature comes from the constant pumping of the heart that generates a huge amount of thermal energy, and we know that heat will naturally rise. When there is “stuckness” or qi blockage in the digestive system, below the heart, the body is unable to push that heat downward as it should, and as such the heat will easily rise to the upper body.

This can give off several different kinds of symptoms, depending on one’s constitution. One possibility is that heat becomes trapped above the diaphragm, causing the upper body to overheat. One might experience this as redness in the face, thirst, sweating from the head, mental restlessness or agitation, skin eruptions, or insomnia. Another possibility is that the qi blockage at the diaphragm may cause pressure/gas to build in the abdominal cavity and stomach. Because the diaphragm cannot push downward as it should, the diaphragm will be pushed upward and put more pressure on the bottom of the lungs and into the chest. The Chinese Medicine source texts describe these sensations as feeling like pressure in the chest, possibly creating a sensation of difficulty taking in a deep breath, heart palpitations, or rising digestive symptoms like reflux, belching, nausea or hiccupping.

Because this GI imbalance is one of mixed hot and cold it is a bit more complicated to treat. When the heat cannot move down from the heart and is trapped in the upper body, the digestive organs become cold, tight, and stagnant. This creates an interesting situation for the digestive system, because though it is truly cold and isn’t getting the functional warmth (yang) and blood flow it needs, it will begin to heat up due to this stagnation and can become inflamed. We call this “false heat”. Think of it like a compost effect. If you’ve ever created a compost pile for gardening, you’ll notice that as the plant matter breaks down and decomposes it gives off gas and heat. A similar effect is happening in the digestive system when it lacks enough good circulating blood flow, qi and yang. Because of this mixed temperature pattern, we use a combination of herbs and minerals that soften and move what is stuck at the diaphragm and help to descend the functional heat from the upper body and move it into the digestive system. This formula also employs specialized cooling herbs that help to soothe the GI tract while the body rebalances.

Imbalance addressed: Counterflow Qi, Glomus, Phlegm-glomus, dysregulation of Yangming and Taiyin

Formula Action: Harmonize center, descend counterflow, disperse glomus, transform phlegm, regulate Yangming heat & Taiyin cold

Base formula: Ban Xia Xie Xin Tang + Xuan Fu Dai Zhe Tang (Pinellia Drain the Epigastrium Decoction +Inula and Hematite Decoction)

Ingredients*: *Ban Xia, Sheng Jiang, Huang Qin, Huang Lian, Gan Jiang, Xuan Fu Hua, Ren Shen, Dai Zhe Shi, Da Zao, Zhi Gan Cao (pinellia rhizome, fresh ginger root, Baikal skullcap root, Chinese goldenthread root, dried ginger root, Japanese elcampagne flower, ginseng root, hematite clay, jujube fruit, honey stir-fried licorice root)*

Additional, symptomatic herbs: Zhi Shi (immature bitter orange fruit)

Classical Source Text(s): Shang Han Lun (Treatise on Cold Damage), Jin Gui Yao Lue (Essential Prescriptions of the Golden Cabinet)

Additional ingredients: Filtered water, Non-GMO cane sugar alcohol

*Organic, Non-GMO herbs are used whenever available, all herbs used undergo laboratory testing to ensure they are free from possible impurities or contaminants.

∞*These statements have not been evaluated by the Food and Drug Administration. The information in this article is for educational purposes only. This product is not intended to diagnose, treat, cure, or prevent any disease.*