

Type of Focal Distention	Pathodynamic	Signs & Symptoms
Hot focal distention	Formless heat pathogen collecting in epigastrium	Squishy epigastric focal distention, floating middle position pulse
Hot focal distention with yang deficiency	Formless heat pathogen collecting in epigastrium with underlying yang deficiency	Squishy epigastric focal distention, a pulse that is floating in the middle position but may be overall submerged, chills, sweating
Focal distention from a combination of hot/cold and deficiency/excess	Cold/hot complex that disrupts the ascending/descending functions of the qi dynamic	Epigastric focal distention, vomiting, borborygmus, diarrhea
Focal distention from a combination of hot/cold and deficiency/excess with food stagnation	Stomach deficiency following inappropriate purging with disruption of the descending functions of the qi dynamic along with ascendant rebellious qi	Epigastric focal distention with a feeling of hardness, vomiting, borborygmus, diarrhea
Focal distention from a combination of hot/cold and deficiency/excess with more pronounced middle burner deficiency	Stomach deficiency following inappropriate purging with disruption of the descending functions of the qi dynamic	Epigastric focal distention, dry heaves, borborygmus, frequent diarrhea with undigested food particles, irritability
Focal distention from water buildup	Bladder qi does not properly transform leading to water buildup with pathogenic water harassing upward and blocking the qi dynamic	Epigastric focal distention, thirsty with a parched mouth, irritability, impeded urination
Focal distention from middle qi deficiency and thin mucus	Damaged middle burner yang from inappropriate treatment in patients with pre-existing phlegm and thin mucus	Epigastric focal distention with hardness, belching that continues as long as the focal distention does
Focal distention with commingled diarrhea	Exterior condition with interior deficiency cold	Epigastric focal distention and incessant diarrhea with an unresolved exterior condition
Focal distention from a combination <i>shào yáng</i> / <i>yáng míng</i> disorder.	<i>Shào yáng</i> heat entering the interior and obstructing the qi dynamic	Epigastric focal distention with hardness, exterior disorder not resolved by fever and sweating, vomiting, circumfluent diarrhea
Focal distention from suspended thin mucus	Pathogenic water and thin mucus that has stopped internally severely disrupting the qi dynamic	Focal distention, hardness, & fullness in the epigastrium that extends to pain below the ribs, periodic drizzling sweat, headache, dry heaves
Focal distention from obstruction of the diaphragm	Phlegm and thin mucus stagnating in the chest and obstructing the diaphragm	Focal distention & hardness in the chest with qi gushing up making it difficult to breathe

Table 1-11: Differentiation and treatment for focal distention in *Discussion of Cold Damage*⁵¹

Treatment Principle	Formula	Paragraph
Lightly clear and drain fire	Drain the Epigastrium Decoction (<i>xiè xīn tāng</i>)	154, 164
Drain heat and warm the yang	Aconite Accessory Root Decoction to Drain the Epigastrium (<i>fù zǐ xiè xīn tāng</i>)	155
Open the qi dynamic, direct rebellious qi downward, augment qi	Pinellia Decoction to Drain the Epigastrium (<i>bàn xià xiè xīn tāng</i>)	149
Open the qi dynamic, direct rebellious qi downward, disperse pathogenic water and thin mucus, as warm and tonify the stomach	Fresh Ginger Decoction to Drain the Epigastrium (<i>shēng jiāng xiè xīn tāng</i>)	157
Open the qi dynamic, direct rebellious qi downward, and stabilize the stomach qi	Licorice Decoction to Drain the Epigastrium (<i>gān cǎo xiè xīn tāng</i>)	158
Warm and transform the qi to disperse the qi stagnation	Five-Ingredient Powder with Poria (<i>wǔ líng sǎn</i>)	156
Tonify middle burner qi, dredge the liver, eliminate phlegm, and direct rebellious qi downward	Inula and Haematite Decoction (<i>xuán fù dài zhě tāng</i>)	161
Warm the middle and harmonize the exterior	Cinnamon Twig and Ginseng Decoction (<i>guì zhī rén shēn tāng</i>)	163
Harmonize and resolve while attacking the interior	Major Bupleurum Decoction (<i>dà chái hú tāng</i>)	165
Remove water & thin mucus from the chest & hypochondria, dispel phlegm	Ten-Jujube Decoction (<i>shí zǎo tāng</i>)	152
Induce vomiting to thrust out phlegm	Melon Pedicle Powder (<i>guā dì sǎn</i>)	166

Table 1-11, cont.