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Gastric diseases semiology in Iranian Traditional Medicine (ITM)

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ABSTRACT

In the Iranian Traditional Medicine (ITM), several symptoms have been mentioned under the topic of gastric diseases, which shows the special attention of the ITM physicians to semiology. Symptoms such as color, smell and stool uniformity; the sound of gas passing and severity of its smell; thirst intensity and satisfaction of warm or cold water drinking; color and characteristics of the tongue; belching and its types; desire for particular types of foods, and amount and type of saliva, have been surveyed in ITM semiology, but there is a little information about them in modern gastrointestinal (GI) semiology. The preciseness of physicians such as Avicenna in history taking and physical examination of patients could be used to improve the method of history taking in modern medicine. It seems that some items that received attention in the ITM were eliminated from the medical knowledge in an unknown era of history. As a result, the natural trend of science evolution, which includes the knowledge upgrade and modification, of a generation by the next generation, was not passed. In this respect, further experimental studies are required to review the major ITM textbooks, and to determine the changes occurred in the gastric signs and symptoms in them, compared with those mentioned in the modern GI semiology. In the next step, analysis of pathophysiologic basis of the existing differences in clinical studies would be helpful. Furthermore, some comparison between these topics in the ITM and Traditional Chinese Medicine (TCM) were addressed in this paper.

INTRODUCTION

Semiology in Iranian Traditional (Persian) Medicine (ITM):

ITM is a local knowledge with several thousand years of history which, later has been collected in Greece [1,2]. In Islamic period it has been changed and brought forth by muslims researches and experiences, then it is known as the main school of medicine in Islamic and European countries[3]. Based on philosophical and reasoning foundation, ITM textbooks have been considered specifically to etiology, signs and symptoms, pathogenesis and mechanism of diseases and then relieving of signs and symptoms[4]. In fact the main axis for treating in ITM is etiology on which the treating has been established[4].
Gorgani said: Disease, complication and cause all three are abnormals and practitioner always intends to treat disease, but at first he disappears the cause, because disappearance of cause will lead to disappearance of disease[4].

Mohammad said: stomach is disease place and avoiding is treatment top[5].

Semiology in modern medicine:
In modern medicine symptom is defined as: any subjective evidence of disease or patient’s condition which is being felt by him. Also it is stating change of patient’s condition which indicating the psychosomatic state like: pain and itch[6].

Symptom which is a subjective perception is against sign which is objective perception that is receiving by practitioner like skin rash or sound of pleural effusion[6,7].

Based on what mentions as semiology and history taking in modern medicine the clinical approach to patients will start from the first moment of visiting. This process includes a database which will help to practitioner in direction toward targeted taught and understanding the approach to patient. This database contains several important parts:
  1-Chief complaints
  2-Abnormal finding, problem list
  3-Relationship between clinical finding and pathophysiologic and psychopathologic of underlying process
  4-Clearing up one or more scheme of hypothesis about property of patients problem [8]

By this method can obtain precise history taking and then more correct diagnosis too. In other wise registered finding in history taking will be worthy (precious) to employ in clinical research and evaluate correctness and preciseness of diagnosis and the measure of treating effect and incidence onset of complications.

Diagnosis of stomach disease in ITM:
This section is adapted from Cannon Medicina of Avicenna.

Stomach function:
If a moment the amount of eaten food or the amount of food that stomach can tolerate is lesser than before, then it can result the stomach deficiency or weakness. Otherwise it shows the potency of stomach. Based on ITM the stomach potencies (the power of stomach function) include 4 power or vital energy.

The power of (JAZEBEH) attractive that helps swallowing the food and moving it into the stomach. Power of (MASEKEH) retentive keeps the food within the gastric cavity to be done the digestion of food. The power of (HAZEMEH) digestion causes to digest the food and power of (DAFE-EH) expelling which to send out the remainder of digested food[9].

There are similarity between functional gstric symptoms and ITM gastric symptoms[10].

Digestion assessment:
The function of digestion is complete when there are not heaviness in stomach, no noisy in stomach, no belching accompanied by smoky smell or smell of sure, no hiccup, no feeling if stomach jerky movement or spasmodic or twitching (EKHTELAJ), no sense of distention of stomach (expansion, extension or TAMMADOD). In addition to these there are other factors to exhibit the best state digestion of food in stomach:
- A moderate time of stay food in stomach. (Neither too short nor too long)
- Food expelling be done in normal time of food digestion
- Plane sleep (perfect level of sleep) (Tranquility, neither light nor heavy and deep)

Waking up be done easily and without eyelid inflammation, no complain of heaviness of food and repulsing of stool. Before repulsing of stool, inflate under the stomach and be done smooth (gently) (these indicate the best accommodation of food in stomach which is desirable food proficiency, the best food function, quality and quantity too[9].

If stomach have not dominated to the food completely, digestion is not complete and these follow by successive noisy in stomach and belching and reminding the food in stomach for a long time or food expelling before normal time of complete digestion[9].

The presence turbid bilious (choleric) substance in stomach (solely) does not follow by complete or defect digestion, but it decay the food[9].

Turbid melancholic humor in it follows by prevention of digestion and to decay the food too. The phlegm humor (particularly sour phlegm) is responsible for decay of food. (To cause having turned sour of food in stomach that is primary stage of decaying the food). If there is not any inflammation and infection ulcer in stomach and the food is not bad but there is digestion defect, the cause is mal-temperament and the most common is cold and wet and in second order warm and in third order dry[9].
In TCM every unpleasant symptom in upper part of stomach accompanies by pain or distention (flatulence) or nausea or vomiting or diarrhea and reducing appetite or slack feces or constipation and thirstiness are suggesting that stomach digestive disorder[11,12].

The condition of tongue:
In the case of stomach disorder, the roughness and redness of tongue is suggesting of warm sanguinary mal-temperament or inflammation in stomach, yellowish color is caused by bilious (in stomach), black is caused by abnormal melancholic humor in stomach, white and milky color is due to wet humor in stomach and finally if tongue is true dry, then stomach dryness is the main reason[9].

Dry mouth is shown in two forms: true and false condition. True dryness is due to severe loss of mouth fluid, but false condition is due to dried thick fluid (lazej or Viscous) in mouth which is dried by heat steam that reached to mouth tissue (lazej is a form of fluid thicker than water but softer than jelly)[9].

The former leads to stomach dryness but latter leads to thick fluid (viscous) in stomach or descending from brain[9].

In TCM tongue body color, tongue coat color, coat thickness, swelling of tongue and teeth mark are important issues, the central part of tongue is related to GI and any GI disorder is accompanied by changes of this part. Tongue coat is completely showing the stomach disorder[11].

Saliva or mouth (water) secretion:
Whenever the amount of stomach fluid (wetness or ROTOOBAT) is higher than normal, it is transmitted to mouth and lead to increasing in the mouth fluid (ROTOOBAT) so true dryness or heat sensation of mouth is caused by stomach dryness or heat, (if other signs of stomach heat can be found)[9].

In TCM mouth secretion is in usual limit and less (dryness) secretion is caused by stomach fire or heat[11].

Taste of mouth:
A- bitter taste showing heat and bilious humor
B- sour taste showing cold (without effect on digestion)

It is common due to weak stomach heat accompanied by fluid. The weak heat boils the fluid but weak heat and incomplete digestion lead to sour. Whenever stomach sour taste is due to transmission of melancholic humor from spleen to stomach, leads to high appetite, distention, borborygmus, mal- temperament, frequent belching and sour belching.
C- No taste, showing no taste phlegm (BALGHAME BI MAZEH) in stomach.
D- Salty taste, showing salty phlegm in stomach.
E- Abnormal or bizarre taste showing abnormal or putrefied humor.

And in TCM:
A- Spicy taste, showing heart or liver heat.
B- Fixed spicy taste, showing liver fire.
C- Morning spicy taste after insomnia at night showing heart fire.
D- Sweating taste showing spleen deficiency or heat phlegm.
E- Sour taste showing food stagnation or liver invading stomach.
F- Salty taste showing KI Qi deficiency.
G- Spicy taste showing lung heat[11].

Hiccup:
If a patient is suffering from continuous hiccup and epigastria burning sensation, practitioner must think to sour, spicy or bitter humor in stomach and accompanied by feeling the stomach distention, the wind is cause but if don’t have any feeling of distention and also no thirsty then phlegmatic humor is the main cause[9].

The hiccup after fever or purging (PAKSAAZI) of stomach is indicating stomach dryness. (9) In TCM it should to looking for other symptoms.

Stomach pain:
Pain accompanied with stretching of stomach is due to wind (RYH). pain and heaviness sensation is due to over fullness of stomach (EMTELLAE), pain and burning sensation is due to abnormal humor (sour, spicy, bitter or infected) and all of them leading to material mal-temperament. [9]

In TCM stomach pain is due to:
- Liver Qi stagnation or stomach heart.
- Vague pain is due to food stagnation.
- Pain getting better after eating or warming is due to stomach cold.(heat Deficiency)
Pain worsening after eating may be due to stomach deficiency.
Pain accompanied with epigastria fullness indicating an excess pattern[11].

**Appetite:**
Appetite can have loss of and increasing of appetite. [9]
In human with healthy taste sensation (CHESHAIE) the sweet is the most desirable tastes so any appetite to another taste indicating stomach disorder. (Desirable means an interesting to something but appetite means much more desire). Appetite to a specific food or water can be different in various disorders as follow. [9]:
A- Appetite to salty, spicy and sour indicating to stomach deficiency leading to appearance of viscous (LAZEJ) phlegmatic humor. These three tastes disappear turbid humor in stomach. A strong stomach has desire to greasy food but not much appetite to this.
B- Appetite to soil or other bizarre things indicating unusual and corrupt (FASED) humor taken in stomach.
C- Increased appetite to greasy (Fatty) indicating constriction or stomach dryness. Increased appetite to cold food or cold nature means there is stomach heat and vice versa.
D- Appetite to sour and spicy indicating viscous (LAZEJ) humor in stomach.
E- In the case of stomach heat, the appetite to water is more than food. (Sometimes heat of stomach is so severe that cause to catabolism (TAHLIL) of the remained material in stomach and there is necessary to be replaced. The burning due to this serious heat can lead to severe hungry, which is sometimes intolerable and even lead to faint).
F- Many melancholic or sour phlegmatic humors are caused to loss or un-appetite. But if they are lesser than this level, they can be so appetizer which this appetite never is controlled. (SHAHVATE KALBIEH)

**TCM appetite definition:**
If appetite is controlled by food, there is a deficiency pattern. If appetite is worsen by food, there is an excess pattern. No appetite is due to SP qi deficiency. Hungry even after eating is due to ST heat.
Food stagnation causes fullness and distention after eating.
Desire to warm food indicating to cold pattern and desire top cold food is indicating warm pattern[11].

**Thirsty (desire to water):**
In warm mal-temperament of stomach desire to water (frequent thirsty) is more often than to food. In addition if there is (GHASSAYAN) feeling of nausea this means the being of bilious bitter humor or melancholic sour humor (Both are MERRA humor). In this case just cold water help to control thirst and warm or semi warm cause to worsen the thirsty state. If thirsty state is controlled by semi warm water the causing humor is salty phlegm[9].

**Definition in TCM:**
Desire to cold water indicates heat and desire to warm water indicates cold. Thirsty to cold water (severe) is a symptom of heat excess. No thirsty indicates cold pattern which is usually caused by SP/ST. Thirsty but no desire to drink indicates heat phlegm. Thirsty with desire to tasting water or warm indicates St or Qi Yin deficiency[11].

**Vomiting:**
Nausea without vomiting indicating abnormal humor penetrated into stomach tissue. (Well established humor)[9].

Easily vomiting indicates an abnormal humor which is moving in stomach cavity (Stomach body)[9].
If vomiting cannot prevent or control nausea indicate that both of them are presented. (of course the established humor in tissue can be the cause merely)[9].
The nausea can be due to both penetrated material into the stomach tissue and also excess of humor in stomach (for example in black bile or melancholic humor) can burn the stomach orifice (FAM - OL -MEDEH) or a little humor is in the bottom of stomach and by eating these humor will mixed with food and then move from bottom to the top of stomach (during stomach motility) and will burn the orifice. By these events several hours after taking food the patients will vomit and then have just nausea up to next time of meal[9].
The periodic nausea and (GHASSAYAN) indicates an abnormal humor originated from other organ gathered in stomach where by increasing amount cause to nausea and vomiting and by this the nausea subside up to next time[9].

But continuous nausea and (GHASSAYAN) indicates that an abnormal humor is produced in stomach[9].
The color and taste of vomited material is diagnostic which yellow (bilious) whitish and sour or salty (sour phlegm or salty phlegm) and transparent (glass) (transparent phlegm) are some of them[9].
In Stomach power deficiency and in the case over eating and stomach fullness with any movement the patients feels, is going to vomit. But in severe wetness of lower esophageal sphincter (LES) or upper part of
stomach in over eating fullness and even in condition of hungry the feeling of vomit with movement will suffer the patients. [9]

Definition in TCM:
Sour vomiting indicates liver invading stomach. Watery (clear) vomiting may be due to stomach cold and fluid stagnation. Vomiting after eating may be due to heat pattern. Sudden and huge vomiting may indicate an excess pattern but weak and slow vomiting indicates a deficiency pattern[11].

Belching:
Burping can include the following types
- With smoky smelling (DOKHANI)
- With sour smelling, it is sour
  - Is bad (infected)
  - The smell of rancid meat (SAHIKI)
  - Apart odor (smell of raw meat) to (ZOHI)
  - Foul smelling black mud to the bath (HOMMAE)
  - Is infectious (AFFENI)
  - Should Fish smell (SAMAKI)
  - If rust (Iron rust smell or TAFTYDEH)
  - Or similar to food which is eaten[9].
  - Or the wind is alone and has no odor and is the best burp. (The same burp because of air swallowing that modern medical literature, it is mentioned [10].
  - Some foods like eggs and halva cooked and baked by intense heat, smell will be similar to the smoke [9].
  
If burping is smoky and is not due fast-changing food to smoky (Like mentioned foods), then the cause of smoky belching is severe Stomach heat with material or simple[9].

Type of material mal-temperament is due to spilled hot material from the brain to stomach (NAZLEYE HAR), especially if temper is bilious or bile goes directly to the stomach[9].

Also if some food which hardly transformed to smoky belching, such as barely lead to smoky belching, the extreme heat of stomach is confirmed[9].

If the stool is dark yellow (Merary) and burning defecation, is due to stomach heat but the reverse is not true[9].

Sometimes the smoky belching is caused by long time waken up in which state the stomach did not have enough time to digest food and so the fire of stomach flamed and become heated[9].

Sour eructation (the smell rancidity) can be caused by eating sour food or if you indulge in eating the food that would be sour. In the absence of these two causes, the stomach cold can lead to sour eructation, especially in the case of eating the food that hardly become sour, like honey. Stomach cold can be due to simple or material mal-temperament of stomach. In the case of stomach cold accompanied with material mal-temperament, the patient will suffer from continuous heaviness of cardia (LES) or upper part of stomach [9].

Cold stomach often occurs in people with melancholic mal-temperament (cold and dry) or spleen disease, or that cold catarrh will pour into stomach. This is likely happened in somebody suffering from Meragh Diseases (peritoneal membrane surface). Sometimes disorder of Stomach heat is the cause of Sour eructation, in which weak heat (lesser than usual) cannot digest food and may affect the sweaty food to be sour, but sometimes strong heat can burn the sweaty food and in this case the other signs and symptoms like heat, inflammation, bitter mouth, thirsty and desire to cold water is accompanied with sour eructation.

Using the properties of the vomited material can lead to cause of sour eructation. (Which is explained in vomiting part)

If the bad odor is accompanied by burping, indicating infection in the stomach that causes bad breath and even sometimes implies infected gastric ulcers (GORUH)[9].

Sohaki, (Smell of sweat or smell rancid meat) and Samaky (fishy) and Hammasyy (smelling black sludge and stink) indicate the infected moisture in stomach(wet burp)[9].

Zanjary (RUST) type indicates the severity of the heat and the intense heat of this type implies stronger heat than smoky type[9].

Non-sour burp and the smell of eaten food one hour after food , may imply the weakness of stomach that cannot digest food[9].

Definition of Traditional Chinese Medicine:
Burping is usually due to stagnation of liver Qi[11,12],
Burping with foul odor indicates Damp-Heat in Spleen, Stomach Heat, or Stagnant Qi in the Small Intestine[11,12],
Burping without odor indicates Deficient Spleen Yang producing interior Cold[11,12].
Borburygmus:
Sound of abdomen is due to stomach power deficiency and lack of proficiency in food or clearly indicates that fecal moisture[9].
(Proficiency in food means the strong four forces of stomach, attraction, retentive, digestive and repulsion on the food)[9].

Definition of Traditional Chinese Medicine:
With loose stools indicates Spleen deficiency
With abdominal distention but no loose stool indicates Liver Qi Stagnation[11]

Edible patient preference:
After a person consumed the same food, it can be argued the compliance of patients with the stuff refrigerant (cooling) or drying or wetting food. [9]
In the same condition it should be noticed that the patients likes cold objects or drying out or humidifier food. [9]
For example sometimes by cold foods, the boiling of watery or salty phlegm humor will subside and we think the patients is benefiting, while humor causing disease is cold. Sometimes the heating or warming the stomach, lead to disappearance of warm humor in stomach and the patient improved temporarily, while it must recommend the cold food. So it must be noticed to other causes. [9].

Defined in TCM:
Almost the same meaning can be seen in Traditional Chinese Medicine. [11,12]
Reasoning from what stomach senses(Diagnosing algorithm):

Definition of Traditional Chinese Medicine:

It needs to another discussion.

Rerepulsive or Waste gases abdomen:

Sounded gas passing is one of the signs in the stomach and digestive tract debility; of course the weakness that produce excessive burping is more\[9\]. Loud passing gas is due to thick abnormal humor production in stomach or is due to the strong repulsive force. (Note that in Traditional Medicine, the concentration and dilution of abnormal humor production in stomach will help identify the symptoms and type of illness). But the thin and soft type materials does not produce any sound and voice and more than previous type shows the strong of stomach, especially in the case that gas passing is involuntary\[9\].

The cases that have involuntary vowels gas desorption, are mental disorders (some degree of decreased level of consciousness). Low odor of gas passing implies, good digestion, normal humor production. And no odor implies to indigestion but strong and severe smell implies the corruption of digestion which they imply abnormal humor production\[9\].

Stool:

Consistency, color or smell of stool can be sign of stomach disease\[9\].

Stool color indicates the type of normal or abnormal humor produced in stomach or other part of GI. Humor is the substance which produced in liver. The digested food after absorption into the liver will be converted into the humor. By liver digestion, the food will convert into humor, or humor is the first material which food is converted by liver digestion\[9\].

If the stool is smooth and the middle color (neither deep nor light color) and does not have pungent smell, have middle smell (neither pungent nor light smell), implies that the stomach digest the food perfectly\[9\].

Good and strong digestion implies the strong stomach and strong stomach implies perfect temperament\[9\].

Etymological sense of temperament is mixing action, but in Traditional Medicine means the new and same quality concept which is obtained by combination of elements and their interaction in a complex object. Arkan: arkan is the summation of element, and is the simple objects that are impossible to be analysis\[9\].

If the stool is foul odor but soft, it indicates that the incomplete digested food with early expulsion, which reflects the stomach deficiency in retentive force. But severe foul odor with solid stool implies the inability of the stomach digestion. \[9\]

Definition in traditional Chinese medicine:

The color and consistency of the stool should be noticed carefully. Normal color is light brown in color. Stool consistency is not loose, not tight. For example, pencil-shaped stool consistencies (thin) indicates Spleen weakness, but sometimes in cancer condition this form as been happened [11,12].

Body color:

Most of the time the body color is changed in the stomach and liver diseases in Traditional Medicine. (Body color change, in Traditional Persian-Iranian Medicine, means the face color and the face is the first and most important point which is seen during an examination by a physician). Most of the stomach disease is cold and wet; the face color of patients is Rasasy color (paint tin). If the face color of patient has been already yellow, by Stomach disease this will be tended to white color \[9\].

Definition in Traditional Chinese Medicine:

Face color which is similar to body color, means the same meaningful and in Gastrointestinal disorder the common color is sallow\[11,12\].

Etiology with other organs:

These organs are called Mosharek and are organs which their disorder can affect the stomach and vice versa.

PND ( Nazle of brain), bilious production of liver, spleen deficiency in absorption of melancholic material which lead to melancholic increasing in blood, \[9\] are some example. But there are some signs or symptoms which must be asked from patients to diagnosis this sharing disorder. Eye floating, headache accompanied by stomach fullness, obsessive thought accompanied stomach fullness which is relieved by hungry, vertigo, tight lung with hungry or with stomach fullness, time of faint and or convulsion are some of them.

If stomach fullness produces the obsessive thought, headache, various dreams, tight lung, deep sleep, means that the stomach if full of abnormal humor (fullness) and there is mal-temperament \[9\].
And if during hungry, (chest stuffy sensation) Palpitation, headache and faintness occurs, the stomach can be involved either to Melancholy humor (dark yellow and burned), or burning humor (melancholic or cold humor) which during hungry can be shed to cardia (LES) or upper part of stomach. Of course by other signs and symptoms can be reach to exact etiology.

If these causes are at the bottom of the stomach, they are not so major to cause headaches, epilepsy, fainting and seizures.

Sometimes the abnormal humor can transmit from stomach to brain or heart. If these are transmitted to brain, Incorporation of mind, deep sleep, rigor, and obsessive behavior are likely to come, but if are transmitted to heart, some other like faint, palpitation and pulse disturbance are mostly occur. Shared symptoms between both are respiratory symptoms (such as shortness of breath, respiratory apnea and other respiratory symptoms)[9].

Semiologic adaptation in Iranian traditional medicine and traditional Chinese medicine [11,12].

* The following table compares the data which has been gathered from observing and interviewing patients. The question mark signals the need for further investigation and is not yet completed.

<table>
<thead>
<tr>
<th>NO</th>
<th>SIGN</th>
<th>IN ITM</th>
<th>IN TCM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Stomach function</td>
<td>If the amount of food for a meal which patients can swallow is less than amount that the stomach could accepts, it means that stomach is deficient otherwise stomach forces are normal.</td>
<td>Any change in the amount of or type of imported food into the stomach, is indicating stomach dysfunction.</td>
</tr>
<tr>
<td>2.</td>
<td>How to evaluate digestion</td>
<td>If the food is not completely surrounded by the stomach and digestion is not complete, a burp noise and borborygmus is continuous, food remains in the stomach for long time and before complete gastric digestion will expulsion occurs.</td>
<td>Any unpleasant symptoms associated with pain or bloating in the stomach or nausea, or vomiting or diarrhea, loose stools or constipation, and decreased appetite or thirst for water is evidence of impaired gastric digestion.</td>
</tr>
<tr>
<td>3.</td>
<td>Tongue condition</td>
<td>When the Tongue is extremely coarse and red this implies on stomach mal temperament of heat sanguine Damavi (due to blood stagnation). And if this intended to the yellow bile, this is due to the presence of bile in the stomach. If the tongue is prone to dark matter, the disease is caused by abnormal melancholic or soda (caused a lot of soda material in the stomach) If the tongue is inclined to milky white substance the disease is due to the damp in stomach. If it is real dry the disease is due to stomach dryness.</td>
<td>Tongue is important in body color, color of coat, swelling, tooth mark must be carefully noticed. In Middle part of tongue is associated with disorders of the gastrointestinal tract, and any changes in these areas of tongue indicates them. Generally speaking, each time with a stomach problem species at this time, a gastrointestinal disorder brings.</td>
</tr>
<tr>
<td>4.</td>
<td>Saliva condition</td>
<td>Much saliva or its viscosity implies in gastric wetness which is sent to mouth in the form of watery saliva moisture.</td>
<td>Saliva should be normal. However, dry month evidence implies in stomach fire or Heat</td>
</tr>
<tr>
<td>5.</td>
<td>Mouth taste</td>
<td>The bitter mouth indicates Heat and bile. The sour mouth implies coldness in stomach (in most cases). And in many cases weak heat and accompanied with humidity are implicated. And sometimes sour mouth is due to shedding of material melancholy from spleen to stomach. Tasteless mouth marks the watery (Bimazeh) phlegm in stomach. Mouth tasted salty is due to salty phlegm in the stomach. Strange and unusual taste implicates abnormal and infected humor in the stomach.</td>
<td>Bitter taste is usually due to an Excess Heat pattern (Liver or Heart) A constant bitter taste in the mouth is usually due to Liver Fire A bitter taste in the morning after no sleep is usually due to Heart Fire A sweet taste may indicate Spleen Deficiency or Damp Heat A sour taste is usually due to retention of food in Stomach or the Liver invading the Stomach A salty taste is usually due to Kidney Yin Deficiency A pungent taste is usually due to Lung Heat</td>
</tr>
<tr>
<td>6.</td>
<td>hiccup</td>
<td>If patients complain of hiccups consecutively and complaining of heart burn, then bitter or sour or pungent humor may be the cause. In addition to these, If there is a feeling of stretch along the stomach, then wind can be cause. But if there is not any thirst to water and no other above symptoms, the phlegm humor is present. If hiccups occurs after clearing the stomach is accompanied with fever, the stomach dryness can be implied.</td>
<td>???</td>
</tr>
<tr>
<td>7.</td>
<td>Stomach pain</td>
<td>Stretching pain of stomach is due to wind, heaviness stomach pain is due to fullness of stomach (may be food) and burning stomach pain implies in sour or pungent or infected or bitter humor.</td>
<td>-Can be due to Liver Qi Stagnation or Stomach Heat. -If the pain is dull, it may indicate retention of food in the stomach. -If the pain is better after eating or applying heat it may indicate Deficient Cold in Stomach.</td>
</tr>
</tbody>
</table>
8. Appetite to drink and food.
   Appetite to taste salty, spicy and sour implies the weakness of stomach (after high accumulation of viscous humor in the stomach). When there is an abnormal appetite to spoiled foods (such as soil, etc.) the cause is bizarre humor taken place in the stomach. If the man has healthy taste, prefer nothing tastes except sweetness. (i.e. the sweetness is desired) A fierce appetite for something unusual would indicate a disorder and illness. Strong appetite for salty and pungent indicates sticky (LAZEJ) humor in the stomach. Appetite of warm stomach to water is more than food.

9. thirsty
   In a person with hot temperament desire to cold water or thirst (dry lot) is more than desire to food. In addition if it is Ghasayan (feeling of nausea and stomach upset), it may be due to the Merary humor (Bilious and bitter humor and or melanchonic sour humor) or phlegmatic and salty humor in stomach. If the thirsty is calm with drinking semi-warm water, then the salty phlegm in most probable. If by drinking semi water, the thirsty will be more or even not be resolved. Merary humor is most probable and it will be resolved with cold water.

10. Vomiting
    If only you had nausea, is indicating an abnormal humor deep in the stomach tissue and replaced in it. An easily vomiting implies an abnormal humor flowing in the stomach. Nausea not relieving by vomiting implies in both of above cause. Also it can indicate an abnormal humor deep in stomach tissue.

11. Burping or belching
    Burping can include the following types: The smell is smoke (smoking or tobacco) Is has bad odor (infected) Apart raw meat smell would (ZOHMY) Foul smell of black mud (mud) in the bath (HOMMAE) Is infectious (AAFAN) can have Fish smell (SAMMAKI) If rust (from rust (TAFTYDEH) Or has odor similar to food which is eaten Or the wind of burping is alone and has no odor. (This type of burp is due to air swallowing)

12. borburygmus (GHARAGHER)
    Sound of abdomen or borburygmus is due to stomach weakness and lack of proficiency in food. But it can clearly indicate moisture of stool.

13. Food desire
    After a person consumed the same food, it can be argued the compliance with the cool food, drying food or wetting food.

14. Stomach feeling
    No burning but stomach heaviness is due to glassy or transparency humor. If there is irritation and inflammation, Mereth humor (bile) or salty (salty phlegm) is the cause. Inflammation but irritation-free is due to sour substance (phlegm). If there is a light sensation and accompanied with burning (irritation), it implies little or light humor but if there is heavy sensation and accompanied with burning (Irritation), it implies thick and or heavy humor.

15. Repulsive or Waste gases
    Loud gas passing is due to abnormal humor production in stomach or is due to the strong repulsive force. Low odor of gas passing implies, good digestion, normal humor production. Strong and severe smell implies the corruption of digestion which they imply abnormal humor.
production.

| 16. | Stool | Stool color indicates the type of normal or abnormal humor produced in stomach or other part of GI. If the stool full smell but is soft, indicates stool is expelled before completely to be digested which implies stomach deficiency retentive force. (Masekeh) But if the stool is full smell and hard (not soft) implies to stomach digestive deficiency force. | The color and consistency of stool must be noticed. Normal stool color is light brown. Stool consistency is neither loose, not hard. The shape of stool in the shape of pencil (thin) indicates the spleen deficiency. But it may be sawn in the cancer too. |
| 17. | Body color | The colors are often changed in the stomach and liver disorder. Most of the stomach disorder is cold and wet and body color (or face color) is Rassasy color (paint tan). If the body color (face color) of patient is already yellow in the case of stomach disorder became intended to white. | Face color which is similar to body color, means the same meaningful and in Gastrointestinal disorder the common color is sallow. |
| 18. | The condition of other organs | The Nazle of brain (PND), bilious production of liver, spleen deficiency in absorption of melancholic material which lead to melancholic increasing in blood, are some example. Eye floating, headache accompanied by stomach fullness, obsessive thought accompanied stomach fullness which is relieved by hungry, vertigo, palpitation with hungry or with stomach fullness, time of faint and or convulsion are some of them. | It needs to another discussion. |

REFERENCES

[10]www.sacredlotus.com/diagononis/asking/cfm#top