

Morning Sickness (Ren Shen E Zhu)

Spleen and Stomach Deficiency

Liver and Stomach Disharmony

Overview

Morning Sickness:

Refers to patterns of nausea and vomiting during the first trimester of pregnancy (12 weeks or 3months) especially during the morning hours. Occurs in 50% of pregnancies and if mild, then this is a normal pattern not a pathology. Occurs with a sudden onset. Mostly with an empty stomach. When severe this condition can lead to Dehydration. Possibly Acidosis (electrolyte imbalance).

Cause (Western): Not clearly determined, increased Beta HCG, increased Estrogen, decrease stomach acidity, lower tone of muscle motility to the digestive tract.

Psychological factors: 50-80% experience nausea or vomiting.

Dietary management: Crackers, broth, fruit juice, hard candy, dry toast, eat immediately upon wakening.

Avoid: drugs during first trimester of pregnancy.

During Pregnancy: Blood sugar levels 10% below normal. Glucose is the principle substance for the Fetus.

Channels: Ren and Chong

Time:

7:00 - 9:00am Stomach

9:00 - 11:00am Spleen

Notes:

General Points:

P6, St36, Sp4, Ren12 (GB21 is good for vomiting but not good for Morning Sickness.)

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Pathologies	Indications	Tongue/Pulse	Tx Method	Formulas	Points
Spleen And Stomach Deficiency	Nausea and vomiting, or vomiting upon indigestion of food during the first trimester of pregnancy; vomiting of clear mucus, bland sense of taste, fullness and distention of the epigastrium and abdomen, tiredness, drowsiness	T-pale with moist white coating P- slippery, forceless	Fortify the spleen, harmonize the stomach, downbears qi, relieve vomiting	Xiang sha liu jun zi tang	St36, Ren13, Ren12, Sp4, Pc6
Liver and Stomach Disharmony (Liver Invading the Stomach)	Vomiting of acid or bitter fluids during early pregnancy, fullness of the chest, costal pain, belching, frequent sighing, distended sensation of the head, dizziness and vertigo, mental depression, thirst, bitter taste in the mouth	T- slightly yellow coating P- slippery, wiry	Soothe the liver, harmonize the stomach, downbear qi, relieve vomiting	Su Ye Huang Lian Tang	Pc6, Lv3, St36, Ren12 Sp9 St40 GB34

Notes: