

**THE STUDIES OF TRADITIONAL CHINESE MEDICINE
SYMPTOMOLOGY ON IRRITABLE**

BOWEL SYNDROME

BY

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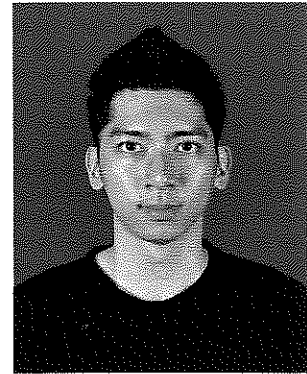
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DECLARATION

By this letter I declare that this project is entirely my own work except where due references are made.

Any information taken from publication or other data that were in close accordance with the meaning of those publications was cited. All sources referred are recorded in the references.



A handwritten signature in black ink, consisting of stylized characters, positioned above a horizontal line.

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ABSTRACT

Objective: The main purpose of this dissertation is to study the pathogenesis of IBS during remission and recovery stages. Furthermore, a different approach, method and theory were applied to identify a better way in treating IBS and the recurrence.

Method: Volunteers recruited were given 3 treatment options before being grouped. Control Group I had only modified BXXXT as main prescription to administrate daily. In Control Group II, acupuncture was performed on Ashi acupoint of HTJJX on back of volunteers. Purging manipulation was used mostly. They had at least 1 hour acupuncture treatment per week. In Research Group, volunteers had acupuncture and herbal medicine just like Control Groups did. All treatments last for two months while the third month was used to monitor the recurrence. Results were collected and analyzed by using pain-frequency-severity-duration scale and clinical global impression severity. Clinical therapeutic effect was evaluated based on standard of diagnosis and therapeutic effect of TCM disease and syndromes. Subsequent worsening of symptoms last for 3 days continuously during observation was considered recurrence.

Results: The treatment methods were effective in treating remission and recovery stage of IBS. Throughout the research, the average accumulative score of Control Group I, Control Group II, and Research Group were decreased for 54%, 69%, and 75% respectively. The total effective rate was 100%. Subsequently, Research Group has only 20% of recurrent cases. Control Group II recorded with 80% severe recurrent rate while Control Group I was neglected due to limited time. However, the score reduction for abnormal bowel movement always low which recorded with average of 59%. This suggests that the treatment method has space of improvement.

Conclusion: Based on TCM theory, the pathogenesis of IBS during remission stage is Spleen and Stomach weakness and gives rise to Qi obstruction and dampness formation. In recovery stage, pathogenesis proceeds to Spleen weakness and Liver malnourishment.

Keywords: Irritable Bowel Syndrome

Distention

Hua Tuo Jia Ji Xue Acupoints

Ban Xia Xie Xin Tang

TCM Spine Treatment

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