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Standard and Specification

Expert consensus on TCM diagnosis and treatment of diarrhea (2017)

Spleen and Stomach Diseases Branch of Chinese Society of Traditional Chinese Medicine

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Diarrhea refers to the increased frequency of defecation, loose stool or diarrhea with undigested food, and even diarrhea such as watery stool. Diarrhea due to digestive organ function and organic lesions in Western medicine such as gastrointestinal disorders, chronic enteritis, diarrhea-predominant irritable bowel syndrome, functional diarrhea, acute enteritis, inflammatory bowel disease, malabsorption syndrome, endocrine and metabolic disorders such as hyperthyroidism, diabetes, systemic lupus erythematosus, uremia, tumors and drug-related enteritis can all be treated with reference to this disease syndrome differentiation^[1]. Many advances have been made in the study of the law of the disease and the treatment of the syndromes, but there has been no consensus on the diagnosis and treatment of diarrhea in TCM.

The Spleen and Stomach Disease Branch of Chinese Society of Traditional Chinese Medicine took the lead in establishing the drafting team of *Expert Consensus Opinions on TCM Diagnosis and Treatment of Diarrhea* in Hefei in August 2014. According to the principle of evidence-based medicine, the team members widely collected evidence-based data, and successively organized domestic experts in spleen and stomach diseases to summarize and discuss a series of key issues such as the classification of diarrhea, syndrome differentiation treatment, diagnosis and treatment process, and efficacy criteria, formed the first draft of this consensus opinion, and then conducted three rounds of voting according to the internationally accepted Delphi method. The first vote was held in Chongqing in September 2015, when this consensus opinion was modified based on expert opinion. A second vote was held in Beijing in December 2015. In June 2016, Spleen and Stomach Diseases Branch of Chinese Society of Traditional Chinese Medicine held a core expert review meeting in Xiamen. More than 20 well-known experts in spleen and stomach medicine from all over the country voted for the third time on this consensus opinion (draft) and fully discussed and revised it. At the 28th National Academic Conference on Spleen and Stomach Diseases in Harbin in July 2016, the experts discussed, modified and examined again the consensus opinion, and held a final expert finalization meeting in Beijing in September 2016 to complete the formulation of this consensus opinion. At the meeting, the voting options were: ① complete agreement; ② agreement but with some reservations; ③ agreement, but with major reservations; ④ disagreement, but with

reservations; and ⑤ complete disagreement. If ① is selected by $> 2/3$ of the voters, or ① + ② is selected by $> 85\%$ of the voters, this clause is adopted. The full text is published as follows for reference by domestic and foreign colleagues, and is expected to be continuously improved in application.

1 Overview

1.1 Diarrhea is a disease characterized by increased frequency of defecation, loose stool or diarrhea with undigested food, and even diarrhea such as watery stool as the main symptom

In ancient times, those loose stool slowly were called catharsis, and those with thin and watery stools were called diarrhea, which is now generally collectively referred to as diarrhea in clinical practice^[2].

1.2 Diarrhea discussion began in the Inner Canon of Huangdi, also known as "Sun Xie " and "defecation pours down like water"

Diarrhea, "Inner Canon of Huangdi" period to "discharge", Han and Tang Dynasties to "diarrhea" including it, after the Tang and Song Dynasties are collectively referred to as "diarrhea." It was first recorded in the Inner Canon of Huangdi that similar diseases, such as "Plain Questions · Qijiaobian Theory", "sloppy diarrhea and duck-stool diarrhea", "defecation and diarrhea" and "defecation pours down like water". "Nanjing · 57 Nan "from the perspective of zang-fu viscera put forward the "Five Diarrhea" theory. During the Han and Tang dynasties, dysentery and diarrhea were collectively referred to as "diarrhea" in *Treatise on Cold Pathogenic Diseases*. Through the Song Dynasty, Taiping Huimin Heji Ju Fang divided diarrhea and dysentery into "diarrhea disease syndrome and dysentery disease syndrome", but until Chen Wuzhe's *Treatise on Three Categories of Pathogenic Factors* that "diarrhea" began to be treated in a monograph. Doctors in the Ming Dynasty studied the Mingmen, and the idea of valuing the Shen Ming reflected the understanding of the name of the disease, that is, the origin of "kidney diarrhea" and "fifth-watch diarrhea". From ancient times to the present, various physicians have expressed their views, named liver diarrhea, kidney diarrhea, spleen and kidney diarrhea, kidney deficiency diarrhea by viscera, fulminant diarrhea and urgent illness by disease condition, exogenous cold evil diarrhea, heat diarrhea, summer heat diarrhea, alcohol diarrhea, dampness diarrhea, diarrhea, diarrhea, accumulation diarrhea, and drinking diarrhea by etiology, and lingering diarrhea (lingering diarrhea, intestinal diarrhea) and sloppy diarrhea and duck-stool diarrhea by symptoms. Through tracing the origin of ancient Chinese medical literature, we can see the relevant records and discussions of ancient physicians on the name of diarrhea.

2 Etiology and pathogenesis

2.1 Feeling exogenous pathogenic factors, injury due to diet, emotional disorders, physical deficiency after illness, and insufficient endowment are the main causes of diarrhea

All six climate exopathogens can cause diarrhea^[3], but mainly dampness pathogen, often complicated with cold pathogen and summerheat pathogen^[4], affecting the ascending and descending function of spleen and stomach; excessive diet, preferring fat and cold or unclean food by mistake injure the spleen and stomach; anger injure the liver, melancholy

impair the spleen; physical deficiency after illness, tiredness and old age, spleen and stomach weakness, insufficiency of kidney-yang; or insufficiency of natural endowment can cause the dysfunction of spleen in transportation and result in diarrhea.

- 2.2 The intestine is the location of the disease of diarrhea, and the spleen is the organ of its main disease, which is closely related to the liver and kidney ^[5]

If the main transport function and digestive function of the spleen is abnormal, then cause the dampness pathogen stagnation and dampness disturbing spleen, should not be raised, intestinal function loss, resulting in diarrhea. Liver qi stagnation for a long time, liver catharsis dysfunction, liver wood transversal, offending the spleen and soil, spleen loss caused by diarrhea. If the kidney qi insufficiency, or acquired disorders, hunger and satiety disorders, excessive tiredness and long illness and deficiency, etc., the spleen loss of health, spleen and soil anti-offensive liver wood, liver loss and catharsis caused by diarrhea. The spleen is the acquired basis, and the kidney is the congenital basis. The two promote each other and share the balance of water and fluid metabolism. Kidney yang is the fire of the door of life, kidney yang does not rise, the spleen loss warm, water wet betting caused by diarrhea. Deficiency of spleen yang, cold from which, kidney loss of temperature and nourishment, spleen and insufficiency of kidney-yang caused by diarrhea ^[6-7].

- 2.3 Insufficiency of the spleen with overabundance of dampness are the main symptoms of diarrhea, spleen and stomach transport dysfunction, intestinal differentiation of turbid, conduction dysfunction ^[8]

Spleen like dryness and aversion to dampness, for the acquired basis, the main transport of food and water, the spleen is clear, should not subside. Exogenous cold and dampness, long-term improper diet, tiredness and internal injury can cause spleen and stomach damage, dampness spleen and soil, spleen loss of health, spleen and stomach transport disorders, resulting in diarrhea. Diarrhea can occur when the small intestine is mainly affected by the content and differentiation of turbidity, the large intestine is mainly transmitted with dregs, the small intestine is affected by the conduction dysfunction of the large intestine, the small intestine is not able to distinguish the turbidity, the large intestine cannot be transmitted, the water valley is stagnant, and the contamination is combined ^[9-10].

- 2.4 In delay time, diarrhea from the real to the virtual, spleen disease and kidney, between the actual situation of mutual transformation and inclusion

Long time of diarrhea causes deficiency, but it is often clamped in deficiency, of which deficiency clips dampness evil is the most common. No dampness is not diarrhea, dampness traps the spleen, insufficiency of the spleen with overabundance of dampness, insufficiency of the spleen with overabundance of dampness, the two are mutually causal, resulting in diarrhea. Kidney reservoir congenital water and fire, water deficiency is dry, fire deficiency is wet. Kidney fire is not strong, cannot warm water, transpiration of cold, leading to intestinal water, and diarrhea. In addition, long diarrhea spleen deficiency, spleen deficiency for a long time can also involve the kidney, leading to insufficiency of kidney-yang, spleen and insufficiency of kidney-yang, Wanggu does not change, resulting in five more diarrhea. Emotional distress, liver depression lost in catharsis, long time will cross the spleen, liver

strong spleen weak, make up diarrhea. Spleen disease enters the collaterals over time, combined with emotional depression, and the condition can change to qi stagnation and blood stasis^[11-12].

3 Syndrome differentiation

3.1 Cold dampness syndrome

Main symptoms: 1) loose or watery stools; 2) abdominal pain and borborygmus. Secondary symptoms: 1) loss of appetite; 2) abdominal distension; 3) stomach cold. Tongue veins: thin white or greasy tongue coating; slow pulse.

3.2 Intestinal damp-heat syndrome

Main symptoms: 1) abdominal pain immediately diarrhea, diarrhea urgent; 2) fecal yellow-brown filthy. Secondary symptoms: 1) anal burning; 2) abdominal pain; 3) irritability Thirst; 4) short yellow urine. Tongue veins: yellow and greasy tongue coating; pulse number or slippery number.

3.3 Gastrointestinal syndrome of food stagnation

Main symptoms: 1) diarrhea stool stinky eggs, or with indigestible food; 2) abdominal distension pain, diarrhea pain reduction. Secondary symptoms: 1) abdominal fullness; 2) eruction; 3) poor appetite. Tongue veins: thick and greasy tongue coating; slippery pulse.

3.4 Spleen-qi deficiency syndrome

Main symptoms: 1) loose stool and diarrhea; 2) slightly greasy stool increased. Secondary symptoms: 1) abdominal distension after eating; 2) poor appetite; 3) fatigue. Tongue pulse: pale tongue, thin white fur; weak pulse.

3.5 Insufficiency of kidney-yang Syndrome

Main symptoms: 1) morning diarrhea; 2) loose stools, or Wanggu does not change. Secondary diseases: 1) umbilical abdominal cold pain, warm like to press; 2) cold limbs; 3) soreness and weakness of the waist and knees. Tongue veins: pale fat tongue, white fur; pulse sink.

3.6 Liver-qi multiplying spleen syndrome

Main symptoms: 1) diarrhea with borborygmus; 2) abdominal pain and pain after diarrhea. Secondary diseases: 1) often due to emotional distress; 2) chest distension and stuffiness; 3) loss of appetite; 4) fatigue. Tongue veins: thin white fur; pulse string.

Diagnosis: 2 main symptoms + 2 secondary symptoms, with reference to the tongue and veins, can be diagnosed.

4 Clinical treatment

4.1. To remove the cause of disease, relieve and eliminate diarrhea symptoms as the goal of treatment, eliminating pathogen and strengthening vital qi as the basic rule, to transport the spleen and dissipate dampness as the basic treatment

Diarrhea is often characterized by insufficiency of the spleen with overabundance of

dampness as the basic pathological changes, resulting in the loss of intestinal function. Spleen deficiency is abnormal transport, endogenous dampness, spleen for dampness, gas subsidence, so when the spleen dampness. Acute diarrhea is mainly dampness, heavy dampness, with profit, followed by the use of Qinghua dampness and heat and warming cold dampness treatment according to different cold and heat, both exterior evil, can be thinned; both injury food, can be eliminated. Chronic diarrhea to spleen deficiency, must be when the spleen, liver qi by the spleen caused by pain and diarrhea should be liver and spleen, insufficiency of kidney-yang should be warm kidney and spleen. However, when the condition is complex and the deficiency and deficiency are mixed, it should be discussed with the evidence. The nine methods of treating diarrhea in Essential readings for medical professionals can be used for reference in clinical practice.

4.2 syndrome differentiation

- 4.2.1 Cold-damp affecting spleen Treatment: aromatizing dampness, relieving exterior cold.
Main formula: Huoxiang Zhengqi Powder (Prescriptions of the Bureau of Taiping People's Welfare Pharmacy). Drugs: Huoxiang, Atractylodes, Poria, Pinellia, Tangerine Peel, Magnolia officinalis, Areca Peel, Perilla, Radix Angelicae Dahuricae, Platycodon grandiflorum, Costustoot. Addition and subtraction: patient with aversion to cold, plus Nepeta, Divaricate Saposhnikovia; patient with fever, headache, plus honeysuckle, forsythia, peppermint.
- 4.2.2 Intestinal dampness/heat pattern/s Treatment: clear heat and dry dampness, sweating prevents diarrhea.
Main formula: Gegen Qinlian Decoction (Treatise on Cold Pathogenic Diseases). Drugs: Kudzu vine root, Scutellaria baicalensis, Coptis chinensis, Glycyrrhiza uralensis. Addition and subtraction: patient with anal burning severe, plus honeysuckle, Ulmus, Sophora; patient with hiccups, acid reflux and stool sour smell, plus ShenQu, hawthorn, malt.
- 4.2.3 Food stagnation gastrointestinal syndrome Treatment: digestion stagnation, and antidiarrheal.
Main formula: Baohe Pills (Danxi Xin Fa). Drugs: ShenQu, hawthorn, Semen Raphani, Pinellia ternata, peel, Poria cocos, Forsythia suspensa. Addition and subtraction: patient with abdominal distention, add rheum officinale, immature bitter orange; patient with vomiting, add amomum villosum, perilla leaves.
- 4.2.4 Spleen deficiency syndrome Treatment: invigorate the spleen and qi, dissipate dampness and stop diarrhea.
Main formula: Shenlingbaizhu Powder (Prescriptions of the Bureau of Taiping People's Welfare Pharmacy). Drugs: ginseng, Atractylodes macrocephala, Poria cocos, licorice, Amomum villosum, peel, Platycodon grandiflorum, white lentils, yam, lotus seed meat, coix seed. Addition and subtraction: severe purgation, add red stone fat, chebula, chenpi charcoal, pomegranate peel charcoal; anal fall, add astragalus, codonopsis; fear of cold, cannon ginger.

- 4.2.5 Insufficiency of kidney-yang syndrome Treatment: warming kidney and invigorating spleen, hydroschesis for antidiarrheal.
Main formula: Sishen Wan (Standards of Diagnosis and Treatment). Drugs: *Psoralea corylifolia*, *Evodia rutaecarpa*, Nutmeg, *Schisandra chinensis*, Jujube, *Zingiber officinale*. Addition and subtraction: subsidence of middle qi, long diarrhea, plus astragalus, codonopsis, chebula, red stone fat; lower abdominal cold pain, cannon attachment, cinnamon; dark complexion, tongue ecchymosis, plus Puhuang, Wulingzhi.
- 4.2.6 liver qi spleen syndrome Treatment: liver and spleen. Main formula: Tong Xie Yao Fang (Danxi Xin Fa). Drugs: *Radix Paeoniae Alba*, *Rhizoma Atractylodis Macrocephalae*, *Pericarpium Citri Reticulatae*, *Radix Fangfeng*. Addition and subtraction: emotional depression, plus *Albizia julibrissin*, Yujin, rose; impatience, plus Tangerine Peel Moutan, fried Gardenia, *Scutellaria*; with insomnia, plus *Zizyphus jujuba*, *Polygala tenuifolia*, calcined keel, mother-of-pearl.

4.3 Commonly used Chinese patent medicines

- 4.3.1 Shenling Baizhu Granules (pills) invigorating spleen and supplementing qi. Used for tiredness, fatigue and loose stools.
- 4.3.2 Buzhong Yiqi Granules (pills) replenish qi and elevate yang. Used for diarrhea caused by weakness of spleen and stomach and subsidence of middle qi.
- 4.3.3. Shenbei Guchang Capsule solidifying the intestines to stop diarrhea, invigorating the spleen and warming the kidney. Used for chronic diarrhea, abdominal pain, limb lassitude, mental fatigue, cold limbs, little food intake, soreness and weakness of waist and knee caused by spleen-insufficiency of kidney-yang; for irritable bowel syndrome (diarrhea type), see the above.
- 4.3.4. Bupiyichang pill invigorating qi and nourishing blood, warming yang and promoting qi, astringent intestinal antidiarrheal. Used for diarrhea caused by spleen deficiency and qi stagnation.
- 4.3.5 Ginseng Jianpi Pills invigorate the spleen and qi, and stomach antidiarrheal. Used for diet failure, stuffy and noisy, nausea and vomiting, abdominal pain and loose stools, loss of appetite and weakness caused by weakness of spleen and stomach.
- 4.3.6 Guben Yichang Tablets invigorate the spleen and warm the kidney, astringent intestinal antidiarrheal. Used for diarrhea caused by spleen-insufficiency of kidney-yang.
- 4.3.7 Sishen pill warming kidney cold, astringent intestinal antidiarrheal. Used for diarrhea caused by deficiency of kidney-yang.
- 4.3.8 WeichangLing capsule Warm in the dispelling cold, spleen antidiarrheal. Used for middle burnt deficiency cold, cold and dampness, abdominal cold pain, loose stool or diarrhea; chronic gastroenteritis and chronic colitis, see the above.
- 4.3.9 Tongxiening Granules soften the liver and relieve urgency, soothe the liver and promote qi, and regulate the spleen and transport dampness. Used for abdominal pain, diarrhea, abdominal distension and abdominal discomfort caused by liver-qi invading spleen; for irritable bowel syndrome (diarrhea type), see the above.
- 4.3.10 Fengqiaochangkang Granules clear away heat and dampness stagnation. Used for acute gastroenteritis, belonging to injurious diarrhea type and damp-heat diarrhea type.
- 4.3.11 Keshuasha capsule detoxification filth, qi antidiarrheal. Used for diarrhea and dysentery.

Stop the disease and avoid long-term use.

- 4.3.12 Changshu Zhixie Capsule invigorating qi and invigorating spleen, clearing away heat and dissipating dampness. Used for acute and chronic diarrhea caused by spleen deficiency and damp-heat.

4.4 Acupuncture treatment

- 4.4.1 Acupuncture Multiple players foot Yangming meridian, foot Taiyin meridian points, with foot sun meridian points^[13-14]. The main points were Tianshu, Dachangshu, Zusanli, Qihai, Guanyuan, and Zhongwan; matching points: cold-damp drowsiness spleen plus Shenque, Sanyinjiao, and Yinlingquan; intestinal damp-heat plus Hegu and Xiaju; food stagnation gastrointestinal plus Zhongjianli; liver depression plus period door and Taichong; spleen deficiency plus Pishu; and insufficiency of kidney-yang plus Mingmen and Guanyuan^[15].
- 4.4.2 Moxibustion treatment Moxibustion multiple choice of abdominal Ren Mai Yu point, the most commonly used is Shenque, Qihai, Guanyuan, Tianshu; syndrome differentiation moxibustion, such as umbilical pain uncomfortable moxibustion Shenque; spleen deficiency fatigue, low voice lazy moxibustion Qihai; five more diarrhea moxibustion Guanyuan; cold dampness diarrhea moxibustion moisture. Flexible use of barrier moxibustion, such as diarrhea abdominal distension onion moxibustion, cold and damp spleen purgation frozen such as phlegm separated aconite moxibustion^[16].

4.5 External treatment

- 4.5.1 Acupoint application^[17] Acupoints: Tianshu, Dachangshu, Shangjuxu, Sanyinjiao, Guanyuan, Zhongwan, Zusanli. Preparation of Chinese herbal ointment: Take 1 portion each of white mustard seed, cinnamon, yanhusuo, and cannon aconite, and 0.1 portion each of kansui and asarum. 5 portions, a total of fine powder, mixed with fresh ginger juice into a thick paste, made into pellets of 1 cm × 1 cm, placed on an adhesive plaster with a diameter of about 5 cm, and fixed on the above acupoints. It was applied every 10 days for 4 to 6 h each time for 3 consecutive applications. This therapy is used for the treatment of diarrhea of spleen-stomach weakness type.
- 4.5.2. Umbilical therapy^[18] Umbilical therapy is a kind of external treatment of traditional Chinese medicine, which is a method to stimulate vital energy, open meridians, promote the circulation of qi and blood, regulate the function of yin and yang and viscera of the human body by sticking to the umbilicus, applying the umbilicus, applying the umbilicus, steaming the umbilicus and other methods by using the umbilicus (Shenque point) as the medication or stimulation site, so as to prevent and treat diseases. Commonly used drugs are clove, wormwood leaves, wood turtle seed, cinnamon, musk, garlic, Evodia rutaecarpa, and pepper.

4.6 Diagnosis and treatment flow chart

See Figure 1 for details.

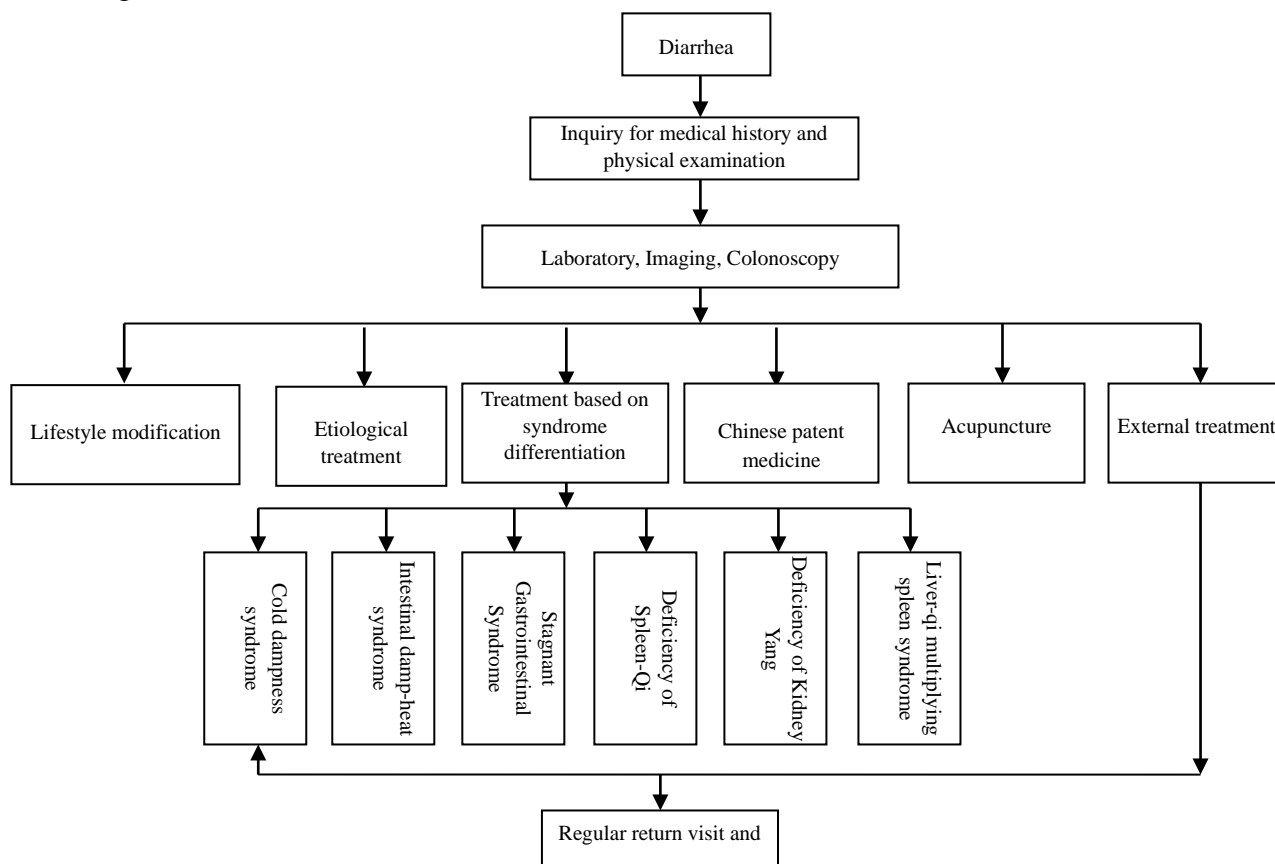


Figure 1 Flow chart of diagnosis and treatment of diarrhea

5 Efficacy evaluation

5.1 Efficacy evaluation criteria for main single symptom

5.1.1 For stool characteristics and defecation frequency, refer to the Bristol Stool Classification and defecation frequency scoring criteria [19], as shown in Table 1.

Table 1 Stool character and defecation frequency scoring criteria

Item	0 point	2 points	4 points	6 points
Stool shape	Like a sausage or snake with a smooth surface	Soft mass with smooth broken edges (easy to pass through)	Coarse, fluffy, pasty stool	Aqueous, no solid mass (complete liquid)
Defecation frequency (times/day)	Less than 3 times	3-4 times	5-6 times	≥ 7 times

5.1.2 Diarrhea calculation formula (nimodipine method): efficacy index = [(pretreatment score - post-treatment score)/pretreatment score] × 100%. The score is the sum of the scores of stool character and defecation frequency. 1) Clinical recovery: efficacy index ≥ 95%; 2)

Significantly effective: $70\% \leq \text{efficacy index} < 95\%$; 3) Effective: $30\% \leq \text{efficacy index} < 70\%$; 4) Ineffective: $\text{efficacy index} < 30\%$.

5.2 Efficacy evaluation criteria [20]

Nimodipine method was used: $\text{efficacy index} = [(\text{score before treatment} - \text{score after treatment}) / \text{score before treatment}] \times 100\%$, which was divided into 4 levels: clinical recovery, significant effect, effective and ineffective. 1) Clinical recovery: the main symptoms and signs disappear or basically disappear, the efficacy index $\geq 95\%$; 2) Significantly effective: the main symptoms and signs are significantly improved, $70\% \leq \text{efficacy index} < 95\%$; 3) Effective: the main symptoms and signs are significantly improved, $30\% \leq \text{efficacy index} < 70\%$; 4) Ineffective: the main symptoms and signs are not significantly improved, or even aggravated, $\text{efficacy index} < 30\%$.

5.3 Disease efficacy evaluation criteria [19]

Clinical recovery: stool frequency, quantity and character returned to normal, accompanied by symptoms and signs disappeared, physical and chemical examination of western medicine diseases related to diarrhea was normal; markedly effective: stool frequency 2 ~ 3 times a day, approximately formed, or loose stool and only once a day, accompanied by symptoms and signs of total score reduced by $\geq 70\%$ compared with before treatment, physical and chemical examination of western medicine diseases related to diarrhea was significantly improved; effective: stool frequency and quality were improved, accompanied by symptoms and signs of total score reduced by $\geq 35\%$ and $< 70\%$ compared with before treatment, physical and chemical examination of western medicine diseases related to diarrhea was improved; ineffective: did not meet the effective criteria.

5.4 Quality of life evaluation criteria

It can be evaluated with reference to patient report outcomes' (PRO) and SF-36 health survey scale.

6 Dietary adjustment

Diarrhea attack is mostly related to the feeling of exogenous pathogens, dietary injury, emotional disorders, physical deficiency after illness, lack of endowment, etc., so in the prevention should pay attention to the regulation of cold and temperature, diet, emotion, work and rest; light and easily digestible diet, avoid rough and multi-fiber diet, avoid strong tea, coffee, tobacco and alcohol and spicy and other predisposing factors; use salicylic acid, adrenocorticotrophic hormone and other western medicine with caution.

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