Diagnosis by Hearing in Complementary and Alternative Medicine

- Hiccup with a loud sound designates a “full” pattern (commonly, Liver Qi invades the Stomach)
- Hiccup with a quiet, low sound represents an “empty” pattern (often Stomach Qi or Stomach Yin deficiency).

Differential Diagnosis by Observation, Palpation, and Interrogation

- Retention of food
  Symptoms: loud hiccup, epigastric and abdominal distention, and anorexia
  Signs: thick, sticky tongue coating; rolling and forceful pulse.
- Stagnation of Qi
  Symptoms: continual hiccups, distending pain, and feeling of oppression in chest
  Signs: thin tongue coating; string-taut and forceful pulse.
- Cold in the Stomach
  Symptoms: slow and forceful hiccups relieved by heat and aggravated by cold
  Signs: white, moist tongue coating, and slow pulse; epigastric discomfort.

Complementary and Alternative Medicine Treatment

Reducing is advised for retention of food and stagnation of Qi, while both acupuncture and moxibustion may be used for “cold” in the Stomach.

- Common Points
  Geshu (BL 17), Zhongwan (Ren 12), Neiguan (PC 6), Zusanli (ST 36)
- Supplementary Points
  Retention of food: Juque (Ren 14), InnerNeiting (Extra)
  Stagnation of Qi: Tzanzong (Ren 17), Talchong (LV 3)
  Cold in the Stomach: Shangwan (Ren 13).
- Cupping
  May be considered in Geshu (BL 17), Gequan (BL 46), Ganshu (BL 18), Zhongwan (Ren 12), Rugen (ST 18).

REFERENCES


Michael T. Greenwood, MD, MB, BCHIR, CCFP, FCFP, DABMA, FAAMA
103-284 Helmcken Road
Victoria, BC, V9B 1T2 Canada
E-mail: michaeltgreenwood@shaw.ca

Table 1. Additional points to address Heat, Cold, Deficiency, and Phlegm

<table>
<thead>
<tr>
<th>CM Pattern</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stomach Cold</td>
<td>SP 21 and CV 12 with Moxa</td>
</tr>
<tr>
<td>Stomach Heat with upsurge</td>
<td>ST 44</td>
</tr>
<tr>
<td>Phlegm Stagnation with upsurge</td>
<td>LV 3,14, ST 40, BL18</td>
</tr>
<tr>
<td>Spleen/Stomach Yang Deficiency</td>
<td>CV 6, BL 20,21 with Moxa</td>
</tr>
<tr>
<td>Stomach Yin Deficiency</td>
<td>BL 17, SP 6</td>
</tr>
</tbody>
</table>