

Spleen and Stomach Meridians—Function of Digestion and Zymosis

Function of the Spleen Meridian		Digestion and process of fermentation. Spleen is considered to be the pancreas in modern terms and governs general digestion including saliva, gastric bile; secretions from the small intestine; reproductive hormones related to the breast and ovaries. Mental fatigue adversely affects the spleen and lack of exercise causes malfunctioning digestion and hormone secretion.	
		Psychological	Physical
Spleen Meridian	<i>Kyo</i>	Overconcern for details; restless with anxiety; always dissatisfied; tendency to overeat and eat quickly; overuse of the brain; loss of memory; sleepiness.	Lack of gastric acid causing anemia; lack of saliva; sticky and dry taste in the mouth, thirsty; unable to consume food without liquid; inability to taste food; continual eating; brownish color in the face, lack of exercise resulting in poor circulation in the legs and feet; poor digestion; stiff sensation deep in the navel; frequently breathing the air; pale color in gums, pain in the spine.
	<i>Jitsu</i>	Tendency not to talk to others and remain alone; hesitant and timid; tendency to think too much. Cautious and anxious; eats quickly or out of obligation in spite of no exercise; mental unrest, craving for sweets.	Thirsty, sticky feeling in mouth, no appetite, no appreciation for tasting foods, gastric hyperacidity, nervous stomach inflammations, overeating, obesity, heaviness in the legs, no strength, stiffness in the arms, tight feeling in navel area, shallow skin, hesitancy in movement, stiff shoulders, tendency to round back, coldness in the back and the hip area.
Function of the Stomach Meridian		Related to functioning of stomach, esophagus, duodenum, as well as functioning of reproductive, lactation, ovary, and appetite mechanism. Also related to menstrual cycle.	
		Psychological	Physical
Stomach Meridian	<i>Kyo</i>	Tendency to recline and rest, craving for cold and soft food, appetite influenced by mood and quality of food, consumption of food without thorough mastication, tendency to eat while doing something, irregular meals, thinking too much.	Bad stomach, chronic gastric problem, hanging stomach, eating with no appetite, coldness in stomach and intestines; shoulder pain due to ovary problems, yawning, fat legs, easily fatigues; tendency to develop empyemas; coldness felt in the front part of body; lack of flexibility in the muscles.
	<i>Jitsu</i>	Tendency to think too much; nervous about details; frustrated, lacking in affection; big eater, always in a hurry, over working; neurotic.	Overeating; heaviness in the stomach, vomiting, gastric hyperacidity, cold sores, poor appetite, thirsty, stiffness in the shoulder, pain and stiffness in the solar plexus and the heart. Symptoms of catching a cold or the flu, poor circulation in the leg; rough skin, dry complexion, belching and yawning, nasal stagnation, redness on top of the nose, tendency to be anemic, malfunctioning of female organs.