

Stools and Urine

Urine

- yellow heat
- clear
 - no heat
 - profuse cold
- cloudy dampness
- red heat injured vessels
- cystitis damp heat in urinary bladder
- dribbling/leaking/retention
 - deficiency kidney Qi / Yang
 - excess obstruction of Qi from blood stagnation or damp heat

Constipation

- excess yang severe
- heat
- extreme blood deficiency
 - elderly
 - after child birth
- Goat Stools (balls) Liver Qi Stagnation

Worse after BM

deficiency

Better after BM

excess

Flatulence

- Liver Qi Stagnation
- Smelly Damp Heat / Heat

Sticky

Damp with Spleen Qi deficiency

Loose or thin stool

frequent stools Spleen Qi deficiency

Watery and piecey

Spleen and Kidney yang deficiency

Cock Stool / 5 AM Diarrhea

kidney yang deficiency

tenesmus (urgency with out ability)

damp heat
Qi stagnation

Bloody Stool

damp heat in intestines