Pathogenesis of Spleen Damp

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Some degree of spleen damp occurs in everyone who lives above or below their Optimal Lean Zone. Excessive food intake or starvation are the fundamental causes of spleen damp.

Humans need a certain amount of body fat in order to be optimally healthy. This is measured in body fat percentages as well as one’s degree of hunger, and differs between men and women. When a man reaches 5-7% body fat and a woman reaches 7-12%, the spleen is dry and healthy, hunger is sharp, and the body is cleared of excessive body fat, impacted fecal matter, unwanted growths, and fat and cellular garbage that collect in the blood vessels. Your Optimal Lean Zone is a worthwhile goal to aim for.

The consumption of food past one’s comfort level will burden the spleen and lead to the accumulation of damp. If you feel full or stuffed after a meal, you can be sure you are increasing the size of your fat cells, and it really doesn’t matter what you eat because your body measures the density of food energy – *gu qi* – and lets you know right away.

And not only in the stomach area but in the mouth as well. When people keep eating food whose deliciousness factor begins to drop, they are adding damp to their systems and fat and other excess yin to their bodies.

When food is eaten past the comfort level, it doesn’t process very efficiently. It clogs the digestive machinery and its movement slows down and even stops, causing a sub-syndrome we call “food stagnation.” Constipation, flatulence, and disorders of the skin and sinuses are acute symptoms of food stagnation.

A spleen clogged with damp sometimes has difficulty handling certain foods that, for a dry spleen, can be very nourishing. The most common of these are sweets, dairy, fats, and grains. For a weakened spleen, even something as mild as rice porridge could produce damp.

Partially-digested food can sit around in and on the body for years and decades, eventually becoming a toxic waste dump, which we call “damp heat.” Technically speaking, toxic food stagnation and damp heat are apt descriptions for the chronic accumulation and storage of bloated fat cells, blood cholesterol, fecal sludge, and tumors, some of which can turn into really nasty cancers.

Spleen damp is sluggish, stubborn, heavy, and obstructive. It can result in watery discharges from any orifice. It will block the free flow of qi, blood, and normal body fluids, causing edema, chronic pain, general fatigue, and brain fog. Damp will also clog the pancreas and normal cells of the body and develop into diabetes 2.

Spleen damp can transform into phlegm. Sinus problems, watery asthma, skin diseases, dizziness, even deafness and sometimes blindness can be caused by phlegm. “Insubstantial phlegm” will block the heart holes and confuse the shen, which will dull the senses, emotions, memory, and cognitive abilities. ☯