



The Spleen - many-sided and indispensable

Tasks, Illnesses and Therapeutic Possibilities

by Anita Kracke, DVS, Naturopath



Within the field of medicine, the spleen tends to be accorded little attention. Although we know an outstanding amount about the anatomy, physiology and pathology of our bodies, there is a paucity of information to be found regarding the spleen, particularly when compared with other internal organs, such as the liver, for instance.

In 460 BC, Empedocles ascribed to the spleen the origin of black bile and melancholy. In Roman antiquity (60 AD) this organ was regarded as the source of laughter: because it cleanses the body of black bile, happiness and laughter can appear. Hints of the doctrine of the four humours have been preserved right up to our times. In English usage the word "spleen" is used in two senses, for instance; on the one hand it refers to the organ called "spleen", and on the other hand it refers to an illness. In 18th-Century England, the "spleen" was a particular emotional illness, and those who suffered from it were irritable, angry, hypochondriacal, gloomy and especially concerned for their health. These "spleeny" qualities were considered as an outstanding quality of the English, which distinguished them from other nations and, at the same time, as an especial attribute of social superiority. Later people would speak of an "attack of spleen", denoting an attack of melancholy, with an excess of black bile being considered responsible for this change of mood. Nowadays the term is used to denote an attack of rage. In this way aggressive impulses can be externalised

which might otherwise result in depression.

From antiquity up to the present day the notion has persisted that removal of the spleen allows the person concerned to run better. "Getting a stitch" in one's side when running was attributed to irritation or enlargement of the spleen, which is why removal was recommended and in some cases actually performed.

For a long time the spleen was regarded as unnecessary for life and its function was unclear.

Embryology

In the fifth week of embryonic development, between the two leaves of the mesogastrium, the site of the spleen is already apparent; two dark-coloured hæmopoietic foci merge, giving the spleen its brown colour. In the first months of development the spleen is an important hæmopoietic organ. After birth only monocytes and lymphocytes are produced in it. In spite of this, for the whole of its life it retains the capability to produce all kinds of blood cell under certain circumstances.

In the seventeenth week of pregnancy lymphocytes settle around small arteries, and later, in the twenty-fourth week follicles are formed, and at that stage it is already possible to identify B- and T-lymphocytes. The tasks of the spleen are closely tied up with the development of lymphocytes, as these ripen particularly in the spleen.

Anatomy and Histology

The spleen weighs c. 150g, is c. 7 cm wide, 11 cm long, with a thickness of 4 cm. It is found in the left upper quadrant of the abdomen behind the stomach and below the diaphragm, which it follows with every respiratory movement. As well as this, it is in contact with the tail of the pancreas, the splenic flexure of the colon and the pole of the left kidney. When one is in a recumbent position, its longitudinal axis is more or less in line with the tenth rib. In a healthy person it cannot be palpated below the rib-cage. If it can be palpated, then it is either pathologically enlarged, or else it has been displaced downwards by changes in the thoracic cavity. There are accessory spleens, and these occur, singly or in numbers, near to the hilus of the spleen. An additional spleen may also be embedded wholly or partially in the tail of the pancreas or in the gastrosplenic ligament. Such accessory spleens occur in c. 10% of the population. They usually have a diameter of c. 1 cm.

The spleen is the only lymphatic organ that is linked directly into the blood circulation, and although it makes up only 0.3% of the body's weight, it receives 3-5% of the body's entire blood supply.

The Splenic Artery, served by the Celiac trunk supplies the spleen arterially. After branching into arterioles and capillaries, the blood flows through the red pulp and collects in the splenic vein, which again exits via the hilus of the spleen and discharges its blood into the liver via the portal

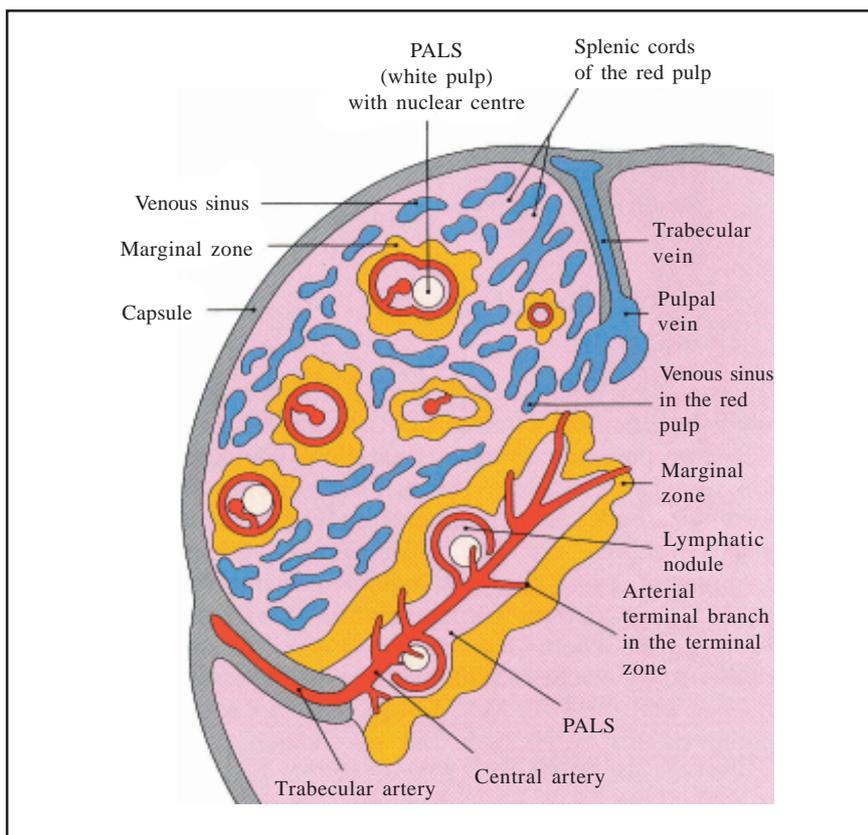


Fig.1: Organisation of the lymphatic tissue in the spleen. From: *Concise Manual of Immunology* („Kurzes Lehrbuch der Immunologie“), by Roitt I.M., Brostoff J., Male D.K. Third revised edition, Thieme Verlag.

vein. The nerve supply of the spleen is sympathetic, there is no nerve-input from the parasympathetic. The nerve fibres of the Sympathetic regulate the blood vessels and, via fine branches, the T-cell areas of the white pulp. The B-cells of the nuclear centres are left out. The splenic capsule and some of the immune cell areas have an additional sensory nerve-provision.

Splenic tissue is spongy and covered with a delicate capsule of connective tissue, which protects the organ, and also with fine trabecula with delicate myofibrils, extending inwards and - together with reticular connective tissue - forming a three-dimensional rigid framework.

Embedded in this is the parenchyma, which is formed from the red and white pulp. The white splenic pulp consists of a central artery, around which lymphatic tissue is arranged like a sheath. Thus this part of the pulp is also called peri-arteriolar lymphatic sheath (PALS), with B- and T-cells, there being a particularly large concentration of T-cells directly around the arteriole. The B-cells form nuclear centres, Malpighian corpuscles, with so-called primary ("non-stimulating") and secondary ("stimulating") B-cells. Within these nuclear centres we also find dendritic follicular cells and macrophages. In the marginal zone of such a PALS specialised macrophages are situated. Along with the

dendritic follicular cells of the primary follicles, these present the antigens to the B-cells. In the above-mentioned marginal zone of these PALS the arterioles of the white pulp branch off and finally end up as open capillaries in the nodes of the red pulp. In the marginal zone we find both B-cells and T-cells. Plasmablasts that are in the process of ripening are able to cross the marginal zone using certain bridges and migrate into the surrounding red pulp. This is characterised by venous sinuses and nodular accumulations which contain phagocytising macrophages, erythrocytes, thrombocytes, granulocytes, lymphocytes and plasma cells. Volume-wise the proportion of red pulp to white pulp is about 3:1.

The spleen develops its main activity during puberty; thereafter it declines, so that by the age of 50 its activity is like that of a one-year-old child.

Functions

The spleen carries out a wide variety of tasks in the body and, as it develops, it goes through a change of function:

- Hæmatopoiesis: during the foetal period and in early childhood blood-cells are formed in the spleen; later this task is taken over by the liver, bone marrow and other lymphatic tissue; however, it retains this ability into advanced age;
- Formation of antibodies by plasma cells, particularly IgM;
- Maturation of reticular cells;
- "Milking" young erythrocytes



of residual chromatin in the red pulp, if the spleen malfunctions or is absent, increased number of "Howell-Jolly corpuscles" in mature erythrocytes; the same can happen to intra-cellular pathogens (e.g. malaria pathogens) while passing through the red pulp;

- Recognition and breakdown of blood-cells, "moulting of the blood": in the nodular cell-agglomerations of the red pulp, old or abnormal blood-cells or platelets that cannot be rehabilitated are "fished out" by macrophages and phagocytised, whilst the remaining cells pass through the open walls of the venous drains (sinus) and can flow off along with the plasma;
- Catching and breaking down any products of clotting (minor blood-clots);
- Removal of antibodies from encumbered erythrocytes and thrombocytes during illness or elimination of such cells, which can result in anæmia or thrombocytopenia;
- Presenting as many antigens as possible to as many lymphocytes as possible in the white pulp, so as to guarantee optimum recognition and formation of antibodies;
- Breaking down of immune complexes, especially in Type III allergies;
- Phagocytosis: macrophages pick up degenerate or attacked lymphocytes and foreign substances (e.g. antigens, micro-organisms), and break them down;
- Blood storage: during rest periods cellular blood components are stored in the spleen.

Thus it contains, e.g., 30% of all thrombocytes. However, the storage function of the spleen is much more pronounced in animals than in humans. Cells that are "resting" in the spleen can be mobilised by excretion of adrenalin.

- "Brain" or "guardian" of the immune system: since the spleen is the only lymphatic organ to be included in the blood circulation, by means of the bloodstream it comes into contact with all the groups of organs and cells in the body and receives intelligence from every compartment of the body because of the psycho-neuro-autonomic networks. In the spleen we find the memory-cells of the immune system and $\frac{3}{4}$ of all the natural killer cells. As well as this, 50% of all the lymphocytes leave the blood-flow in the region of the splenic marginal zone and migrate into the white pulp. Then, after a few hours, they return to the circulation via the red pulp. Others make use of the lymphatic drainage pathways to leave the spleen, and are routed back into the bloodstream via the thoracic duct;
- Immunomodulation: the autonomic nerve fibres of the sympathetic system innervate the blood-vessels and, moreover, are in direct contact with immune-competent cells of the defence system (lymphocytes, macrophages, epithelial cells). These cells accumulate at the nerve-endings and there they "read" incoming signals or themselves impart immunologi-

cal information to the nervous system. In the spleen, this neural immunomodulation takes place solely via sympathetic nerve-fibres;

- Hormonal regulation: cytokines, especially interleukin 2, are capable of releasing ACTH from the pituitary, thus markedly reinforcing the humoral immune defences by means of TSH. The impulses to do so occur via contacts between the hormonal, immune and nervous systems in the spleen. Because of its sympathetic innervation, the spleen reacts very strongly to any excretion of adrenalin, which gives rise to lympho-cytosis, among other things.

Chinese Medicine

Chinese Medicine is an integral and independent system of thinking and practice. It ascribes the following functions to the spleen:

- "The spleen governs change and transport". As Traditional Chinese Medicine sees it, the spleen (and pancreas) is the primary organ of digestion, because it extracts the pure nutritional essences from food and drink, transporting them upwards to the lungs, where they are transformed through contact with the "clear" air. The spleen ensures that sufficient Qi and Xue (blood) are present to form the basis of existence following birth. It clarifies, separates and moves upwards. The spleen is responsible for harmony in the body. If it is working at its best, then Qi and blood are present in abundance and flow

well and the digestive energies are strong. Disharmony leads to shortage, and if the digestive energy is affected, then according to this view there are abdominal tension and pain, diarrhoea and loss of appetite (anorexia). Fluids are not properly changed and transported, which is why they accumulate in the form of wetness and mucus.

- "The spleen leads the blood". Thus, in the view of Chinese Medicine too, the spleen is closely related to the blood. Not only does it take part in the formation of blood, but it also keeps it on the right track. If the spleen is weak, the blood may step out of line and move in an "unbridled" way, as manifested in hæmoptysis, blood in the stools or urine, blood under the skin (petechiæ), menstrual flooding and uterine bleeding.
- "The spleen controls the muscles". The spleen is not only the source of Qi and blood, it conveys these substances to the muscles too, thus giving the extremities their power. Thus muscle tone and strength, or muscular weakness and even atrophy depend on the state of the spleen.
- "The spleen issues into the mouth and its sheen may be seen on the lips". If the spleen is weak, not only the taste sensations become pale, but the lips too, whereas a spleen that is harmonious makes the qualities of taste emerge clearly. Moreover, splenic weakness finds expression in dry lips, lack of appetite and a sticky taste in the mouth.

- "Seat of thinking". Not only material substances are changed by the spleen, but also im-material influences, with which we are bombarded in great quantities. It leaves its mark on our cognitive abilities, thinking, learning, memories and mental concentration. Difficult concentration and reduced memory capacity suggest disharmony in the spleen/pancreas/stomach meridian.
- As for the emotions, brooding is allocated to the spleen; thus excessive thinking and worry weakens the spleen. According to the five elements, brooding is the daughter of joy and the mother of mourning! In a state of harmony the spleen gives the emotions evenness and peace; it grounds us and calms

the waves. A strong desire for sweet foods often indicates disharmony.

According to TCM, the tasks of the spleen/pancreas may generally be described as follows: They are the central location of all energetic processes, of assimilation and integration; they are the root of the acquired constitution, the seat of constructive energy, the origin of Qi and Xue, and responsible for the extraction of clear juices. If that fails, then "unclarified potentials" remain behind, making their presence felt as humour (moisture), thickening and forming burdensome "mucus" (pituita). The yang of the spleen, as warming energy, is prepared by the yang of the kidneys which, according to this view, stores the pre-natal original Qi.

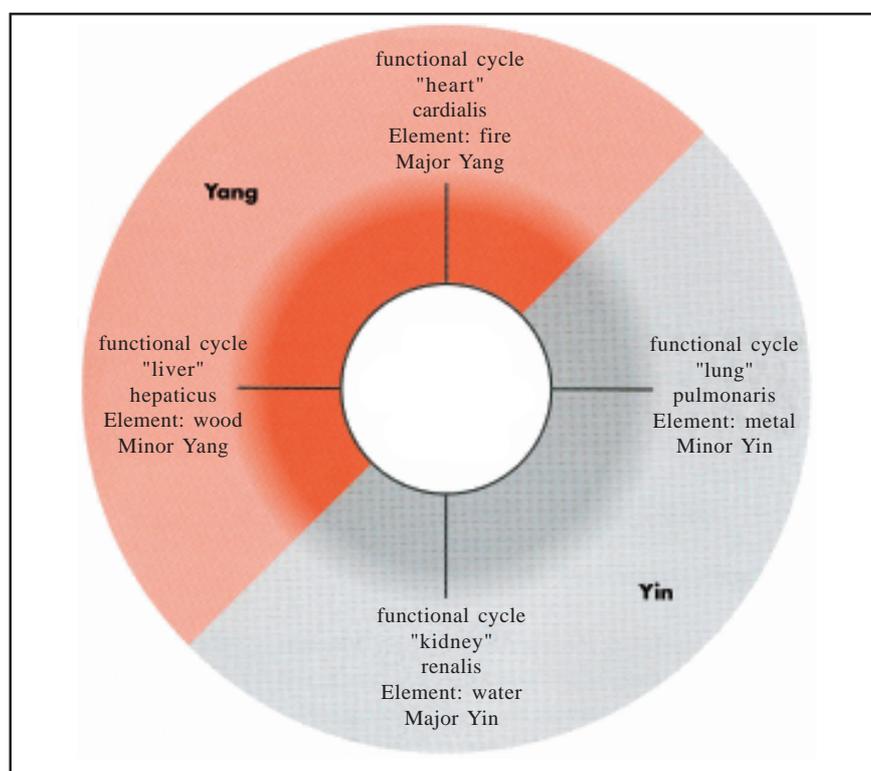


Fig. 2: The five Yin functional circuits. From: *Chinese Dietetics, Principles and Practical Application (= Chinesische Dietetik, Grundlagen und praktische Anwendung)* by Engelhardt U., Hempen C.-H., 3rd edition, Urban & Fischer.



Anthroposophy

According to anthroposophical understanding, the spleen is quite closely associated with the pancreas. Particularly the tail of the pancreas, with the more incretory part as the "sensory pole", is in direct contact not only with the spleen but also with the left adrenal gland and kidney. Functions of the person's ego-organisation and sensory perception are allocated to these organs. According to this way of thinking, the organs liver, kidneys and heart represent the physical life-centres of the ætheric body. By means of their work and mediation, protein can be formed in the body. However, lurking in the background of this formative process, there is the spleen, because its influence extends throughout the mesenchymal fluid spaces of the interstitium. According to this teaching, also, the spleen is therefore the fifth regulating and balancing power, to which sulphur is associated. Once again this emphasizes the importance of warmth to this organ. The spleen is regarded as a kind of mother to the other organs of the body. Its structure is very undifferentiated, as are its metabolic achievements likewise. It does not have any parenchyma with a specific action, which makes it quite "archaic". Naturally, because of its multiple connections and reciprocal relationships to other organs and fluid systems, the spleen is the "touchstone" for recognition and conquering of alien influences from metabolism and sensory perception. The spleen and the liver are likewise in close contact, because the liver

builds up proteins from fragments, but obtains its influx from the spleen, whilst the spleen's activity of breaking down the blood is brought to completion in the liver with the formation and excretion of bile.

Summary of the various perceptions

If we include in our observations regarding the spleen the discoveries from research into Pischinger's basic regulation, particularly those of Prof. Hartmut Heine, we find a great degree of agreement in the evaluation of this organ's functions and importance. Prof. Heine says: "The system of basic regulation represents the scientific basis of biological medicine (holistic medicine). The concept of holism is found in the smallest functional denominator in the organism, to which everything can be traced back: the triad of microcirculatory terminal vessels (capillaries, lymphatic vessels), the molecular sieve of the ECM (extra-cellular matrix - Author's annotation), and downstream cells. The endocrine glands are linked in via the terminal vessels, and the central nervous system is linked in via the auto-nomic nerve fibres which terminate blind in the ECM. Both systems are linked together within the CNS. In this way the unity of body, mind and spirit is given." Since the spleen is linked into the bloodstream, it receives information from all areas of the body and can exert a corresponding influence on the "juices". This means that "emotional" illnesses, such as resentment,

anger, discontent, as well as hormonal imbalances, for instance during the change of life, can be addressed via treatment of the spleen.

Pathological Processes in the Spleen

It is unusual for the spleen to fall ill in isolation; however diseases of the lymphatic system, such as tuberculosis, sarcoidosis (Bœck's disease), lymphogranulomatosis and non-Hodgkin's lymphoma, may initially be confined to the spleen. Because of its inclusion in the circulation and being a lymphatic organ, not to mention its position, it can be implicated in numerous diseases. In such cases the spleen frequently becomes enlarged, splenomegaly. A distinction is made between primary and secondary diseases of the spleen:

1. Primary diseases of the spleen
 - Splenic infarction: Occlusion of the splenic artery or its branches, which can result in necrosis of the organ (acute abdomen);
 - Thrombosis of splenic vein: initially painless; later a dull pain caused by severe tension of the capsule;
 - Cysts in the spleen;
 - Asplenia: spleen absent, either congenital or from surgical removal;
 - Ruptured spleen: mainly caused by trauma from blunt instrument with shock symptoms, local abdominal rigidity;
 - Splenitis: inflammation with enlargement, e.g. from strep-



- tococcal infections;
- Splenoma: rare, benign tumour of the spleen; malignant tumours are extremely rare on account of the abundant lymphatic tissue in the spleen, metastases at most;
- Wandering spleen: inherited or acquired downwards movement of the spleen with dislocation; as a complication, torsion of the stalk may occur, with thrombosis even to the point of necrosis of the organ.

2. Secondary diseases of the spleen

- All the infectious diseases that are accompanied by leucocytopenia can cause a tumour of the spleen, e.g. anthrax, malaria, etc.;
- Rheumatic diseases and collagenoses (Felty's syndrome, lupus), possibly ME/CFS;
- Granulomatoses and hæmopoietic neoplasias (various forms of leukæmia, Bœck's disease), chronic myeloproliferative syndrome (polycythæmia vera, osteomyeloclerosis);
- Portal congestion (diseases of the liver resulting in congestion in the portal vein, e.g. hepatitis, cirrhosis, thromboses) or circulatory disorders (organic heart defect), weight of spleen exceeding 200g;
- Storage diseases (hæmochromatosis, amyloidosis and others);
- Raised blood-cell turnover (hæmolytic anæmias, e.g. thrombopænic purpura, congenital anæmias: sickle cell anæmia, thalassæmia; burns, blood transfusions);

- Hypersplenism: hyperfunction of the spleen with blood-cell deficiency, either as pancytopenia or as a deficiency of individual fractions (granulocytopenia and/or thrombocytopenia).

Diagnostic possibilities

- Case-taking and physical examination, visual inspection (checking for jaundice, pallor, cyanosis etc.), palpation, etc., food desires and aversions (Hildegard von Bingen's method), lack of appetite;
- Imaging procedures (X-ray, NMR tomography, computer tomography, MRT, ultrasound, angiography);
- Blood investigation (differential blood picture, BSG, reticulocyte determination, GOT, LDH);
- Facial diagnosis (Spleen lines, purplish discoloration of the chin, lack of colour in the mouth-chin triangle);
- Tongue diagnosis (purplish discoloration, dark blue or reddish stripes at the edge of the tongue);
- Irisdiagnosis (spleen pigmentation sandy-coloured, ochre to light brown, mostly topstable in the spleen sector at 4-41/2 in the left iris; radial looseness, congestive transversals).

Possibilities for Treatment

a. Natural Therapy

The broad spectrum of tasks performed by the spleen makes treatment with Natural Therapies appear important and

necessary, from whichever aspect one regards it. Clearly regulation must take place, particularly of the basic tissue, the acid-alkaline balance and the diet. The spleen must also be treated directly. It is noticeable that, compared with other organs, there are not many specific remedies for the spleen. However, the palette is extended if we bear in mind that a third of all liver diseases exhibit a splenic involvement, which is why both organs should be treated.

Among the preparations available from SANUM-Kehlbeck, PINIKEHL in particular has a direct relationship with the spleen. As well as this, MUCOKEHL is the remedy of choice in all illnesses, because it helps the blood to flow better and frees up the erythrocytes from adhering proteins. NIGERSAN is indicated for cystic degeneration. Both MUCOKEHL and NIGERSAN are outstandingly appropriate for blood formation and the regulation of a superfluity or deficiency of cells or proteins (immune bodies) in the blood. The remedy MUCEDOKEHL takes account of the connections between the neural and hormonal systems. Before starting treatment the teeth should always be checked out - particularly those on the affected meridian - and possible disturbance foci or toxic and heavy metal pollution.

SANUM Treatment - following Dr. Werthmann's Four-Step Plan:



For the whole duration of the treatment:

1. De-acidify and detoxify: in the mornings suck 2 SANUVIS tablets and in the evening 1 CITROKEHL tablet; 1-3 times a day 5 drops CERIVIKEHL (for loss of appetite), or FORMASAN 5 drops 1-3 times a day (if the connective tissue is severely clogged with metabolic waste), or OKOUBASAN 2X, 1 tablet 1-2 times a day (for digestive problems); bathe feet, arms or whole body, adding ALKALAN to the water.;
2. FORTAKEHL 5X, twice a day 2-8 drops orally and/or massaged in (in acute pancreatitis NOTAKEHL 5X, 10 drops twice a day or 1 tablet twice a day), for 2 weeks, then
3. General regulation:
In the mornings, MUCOKEHL 5X, 5-10 drops, in the middle of the day PINIKEHL 5X, 5-10 drops, in the evenings SANKOMBI 5X 5-10 drops; all of these massaged in and/or orally; where there are splenic cysts the drops should, at least partially, be massaged into the skin over the spleen, with some deviation to SANKOMBI 5X drops in the mornings and NIGERSAN 5X drops in the evenings.
4. Immunomodulation from the third week of treatment: LATENSIN 6X drops, 5 drops to be massaged in once a day, and additionally, in daily alternation, SANUKEHL Pseu 6X and SANUKEHL Strep 6X, 5 drops massaged in or orally once a day.

Additionally:

- Injections: once a week 1 ampoule of TARAXAN 3X, to detoxify the liver and kidneys;
- Where there are inflammatory changes a weekly injection is given of 1 ampoule NOTAKEHL 5X or FORTAKEHL 5X;
- In anæmic states, once or twice a week 1 ampoule of Vitamin B complex SANUM is to be injected;
- SILVAYSAN 1-2 capsules once a day, and HEXACYL 2-5 drops twice a day, support the detoxification of liver, kidneys or gut. These two preparations can be taken daily or on alternate days.

Nutritional Therapy

To ensure success in treating disorders in Pischinger's space, such as deposits of metabolic waste, accumulations of fluid, inflammatory changes and weakness of connective tissue, a diet is required which is balanced and natural, with plenty of vital substances, minerals and vitamins. So far as possible it should stimulate all the sensations of taste, according to Chinese medicine a bit sweet and also quite bitter. The sweetness is achieved by thorough chewing, since in doing so the carbohydrates are split into disaccharides; bitter substances are plentifully present in vegetables, fruit, and especially in herbs. The spleen is strengthened by warm food, which is why the Chinese recommend cooked food with wholefood porridges made from wheat, oats, barley, rice, millet,

maize and sweet chestnuts. Also suitable, in their view, are mainly legumes and nuts, lean meat from chicken, pheasant, sheep, goat, cattle and deer, plus some fish. Among legumes, as is well-known, beans are best equipped to disperse fluids. Among the spices, the following are especially recommended: fennel, coriander, cloves, star anise, nutmeg and cinnamon. According to Hildegard von Bingen, roasted chestnuts and spelt porridge are optimum foods for a weakened spleen, and she also generally recommends cooked food.

Phytotherapy

In Western Herbal Medicine there are only a few plants that are credited with a strong affinity for the spleen. These plants can be taken as herbal infusions, or in medicinal preparations, and also in homœopathic potency.

Ceanothus americanus (New Jersey Tea): is regarded as the main remedy for the spleen, particularly following Burnett's discoveries;

Fœnum græcum (Fenugreek seed): powdered or as tea (2-3 cups unsweetened) internally, daily to purify the body's juices and in all illnesses affecting the lymphatic system, for proliferation of erythrocytes; lowers cholesterol and sugar levels;

Rhamnus frangula (European Buckthorn): laxative action; as the spleen is responsible for the clarification of the juices, Buckthorn bark can support it;

Galeopsis (Hemp nettle): combats emaciation and TB, but the treatment requires great stamina



on the part of the user;
Grindelia (Rosin-wood): for swelling and pain of the spleen, catarrh of the upper respiratory tract, lymphatic diseases (particularly of the spleen);
Scolopendrium (Hart's-tongue fern): for swelling of the spleen; used in conjunction with ash, maple and linden it is a favourite for healing of wounds and generally as a spleen remedy;
Hildegard recommends Hart's-tongue elixir for chronic bronchitis, chronic liverish cough, asthma with hepatic involvement, disorders of hormonal regulation, disorders of hepatic metabolism. (Attention should be paid to the links between lung/liver and spleen, both in Hildegard and according to TCM);
Calamus (splenic congestion), Gentian, Ginger, Angelica and Wormwood: all these promote the flow of juices in the salivary glands, bile, pancreatic juices and improve the motoricity in the stomach (all of this in the context of regulation of the splenic juices);
Centaury, Artichoke, Cinnamon bark, Cinchona bark and Condurango bark, Dandelion, Yarrow, Bitter Orange peel: these are particularly effective via their bitter substances and, at the same time, they have a partially warming action; their main focus is without doubt the stimulation and detoxification of the liver.

TCM, western plants combined with SANUM remedies

There are some authors who are at great pains to establish a link between TCM and western plants. They recommend different plants, depending on the syndromes of

the disorder of the spleen-pancreas-stomach meridian.

They suggest the following plants for a Qi deficiency („Internal deficiency syndrome“) with loss of appetite, soft stools, postprandial unwellness, weariness, remains of undigested food in the stools and muscular weakness: Eleutherococcus, Angelica, Melissa, Fennel, Rosemary, Agrimony, Mugwort, St. Mary's Thistle. If both spleen and stomach show such a deficiency, they particularly recommend Angelica, Centaury, Fennel and Chamomile.

In this context, in addition to the above-mentioned SANUM treatment plan, one could drink a cup of the following blend of tea 10 minutes before every meal-time: Angelica root, Agrimony, Mugwort and Fennel in equal parts. One teaspoonful of the herbal mixture is steeped in 250 ml of boiling water, covered and left to infuse for 10 minutes, and then sipped. As well as this, the patient should take, once a day before eating, 8 drops of LARIFIKEHL 5X. This treatment should carry on for several months. When the stools are soft, a tincture of Potentilla, Savory and Chicory is recommended. The prescription is for 30 drops 3 times a day in lukewarm water after meals.

A Yang deficiency of spleen and stomach („internal emptiness-coldness syndrome“) expresses itself in pancreatic insufficiency, indigestion, chronic pancreatitis, irritable bowel, lack of energy, mental and physical weakness,

inflammatory intestinal illnesses, diarrhoea, oedema and internal coldness. The following plants are suited to this: Ginseng, Purple Loosestrife, Chamomile, Walnut, Angelica, Fennel, Hyssop, Scabwort (Inula), Buckbean (Bogbean), Chicory, Galangal. To energise this lack of energy a powder can be made of fruits of St. Mary's Thistle, Chicory root, Galangal root and Liquorice root blended in equal parts, and a teaspoonful eaten 3 times a day.

Oil compresses or massages over the whole upper abdominal area strengthen the spleen. (For recipe, see section on "Aromatherapy".)

According to some authors, Purple Loosestrife (*Lythrum salicaria*) is particularly significant, but no monographs have been issued on this so far.

If, as well as the Qi deficiency, there is also a sinking tendency, then the patient is exhibiting symptoms of severe weakness of the connective tissue with prolapse of organs (bladder, womb), urinary incontinence, haemorrhoids, varices, ptosis, chronic diarrhoea.

SANUM treatment offers some very successful treatment initiatives. The main remedies are MUCOKEHL and NIGERSAN. In the case of haemorrhoids, in the third step of the treatment plan MUCOKEHL 3X suppositories are given, 1 per evening rectally. If there is severe burning and itching in the anal area, then at the same time



SANUVIS 1X ointment may be applied locally several times a day, possibly alternating with NOTAKEHL 3X ointment where there are inflammatory changes. The patients need Silica, to build up and structure the supportive substance, e.g. 2 tablets 3 times a day of the Biochemic tissue salt No.11.

The tea that is best indicated here is a blend of Agrimony, Mugwort, Calamus and Burnet Saxifrage, particularly where the stomach has dropped. Where there are prolapses in the abdomen, sitz baths may be taken, using a tea blend of Horsetail, Agrimony, Lady's Mantle and Oak bark. For hæmorrhoids the bath should be on the cool side, however. In all cases, Kneipp affusions are indicated to firm up the vascular walls and to stimulate circulation and get rid of metabolic waste.

The spleen cannot hold the blood = "internal emptiness syndrome": the symptoms are the same as those of Qi deficiency, but there are also hæmorrhages, e.g. as a result of over-work, irregular mealtimes, constitutional weakness of the digestive organs, exposure to cold and damp. Western plants suited to this are: Hamamelis (Witch Hazel), Sweet Clover, Yarrow, Potentilla, Horse Chestnut, Buckwheat, Juniper berries, Walnut, Fennel, Angelica, Liquorice; also healing earth.

With constituents of Witch Hazel, Horse Chestnut and Sweet Clover very effective ointments for external treatment can be made, and also tinctures and teas for

compresses, internal treatments and adding to baths. Buckwheat should be eaten as a warm porridge with a few pinches of cinnamon, ginger or vanilla. Nuts are a welcome food.

From the palette of SANUM remedies CALVAKEHL and USTILAKEHL are indicated. Both match the different pictures of plenic weakness with hæmorrhagic tendency and hormonal disorders. Depending on the symptoms we prescribe CALVAKEHL 3X, 5-10 drops 1-3 times a day or CALVAKEHL 4X, 1 tablet 1-3 times a day. With USTILAKEHL 5X drops, 8 drops are taken once a day, or 1 suppository once a day before bedtime, depending on the state of the patient.

"Internal fullness-heat syndrome" is characterised, in the Western view, by dyspepsia arising from fermentation and decay, indigestion, food intolerances, pancreatitis, inflammatory bowel disorders and fungal infestation in the gut. From an Isopathic point of view, FORTAKEHL, PEFRAKEHL, ALBICANSAN, or the combination remedy EXMYKEHL, are the ideal remedies. Alongside a strict diet which, apart from pork and cow's milk products, also excludes sweet things, onions and nuts, the following are therefore prescribed during the second step of the SANUM treatment plan:

FORTAKEHL 5X, 2-10 drops in the mornings, ALBICANSAN 5X, 2-10 drops in the middle of the day, and PEFRAKEHL 5X

in the evening, 5-10 drops massaged in and/or orally, or 1 suppository of EXMYKEHL 3X in the evening, rectally. These medicines must be taken for a fortnight, and then Step 3 follows.

In the fourth step SANUKEHL Cand 6X and SANUKEHL Myc 6X, 2-8 drops in daily alternation are used, massaged into the hollow of the elbow and/or taken orally. In addition we prescribe, in weekly alternation, RECARCIN 6X capsules or else UTILIN "H" 5X capsules. The symptoms are nicely ameliorated by giving OKOUBASAN 2X drops, 5 drops 1-3 times a day, or 1 tablet 1-3 times a day. USNEABASAN is indicated for the elimination of heavy metals or for concomitant crampy states and headaches. In acute events the patient takes 5 drops of each every hour; in chronic complaints 5 drops 1-3 times a day. As for western plants, particularly suitable ones are Yarrow, Chamomile, Agrimony, Artichoke, Mallow, Sage, Savory and Fumitory. Teas can be prepared from these, either individually or blended together, or they can be chewed dry, or else they can be obtained in medicinal form (e.g. Myrrhinil-Intest, made from Chamomile, Myrrh and Coffee Charcoal).

A tea brewed from Sage, Oregano, Dandelion and Chicory roots supplies the necessary bitter substances, eliminates, has an antiseptic action and supports the spleen. 1 dessertspoonful of this mixture is steeped in 1 litre of boiling water, left for 10 minutes



to infuse, and then drunk warm over the course of the day.

Homœopathy

The plants mentioned above may be used, either individually or blended, in homœopathic potency. Burnett in particular made use of *Ceanothus americanus*, generally in the 3X or 1C potencies.

Rademacher had good results from wood charcoal (*Carbo veg.*), *Squilla maritima* (Sea onion), Acorn water, Juniper berries, Oil of Amber, Hemlock and *Magnesia tartarica*.

There are various homœopathic complex remedies on the market, e.g. Hausmann's complex, *Infi-Momordica* drops, *Grindelia F* complex, *Presselin MZ*.

Uses of Kneipp (Hydrotherapy) cures

Warm packs over the spleen area, preferably made with an infusion of *Ceanothus* (New Jersey tea) and Hart's-tongue fern; Kneipp affusions to stabilise and detoxify the connective tissue; breathing exercises and movement; balanced lifestyle.

Aromatherapy

Essential oils have a powerful action on the basic tissue. They can be put into carrier oils and massaged in, or they can be applied to the skin, e.g. as oiled cloths; in either case they have both a local and a systemic action.

The following recipe for oil applications with cloths or for massage over the whole upper abdominal area has particularly

proved its worth in cases of "Internal emptiness-coldness syndrome":

50 ml Jojoba
5 drops essential oil of Rosemary
2 drops essential oil of Mandarin
1 drop essential oil of Clove
3 drops essential oil of Laurel
5 drops essential oil of Lavender
(all obtainable from the BIOFRID company)

If the liver has been toxically damaged, resulting in a weakened spleen, then this recipe is recommended:

50 ml *Hypericum* oil (St. John's Wort) or Jojoba liquid wax as a carrier
10 drops essential oil of Lavender
15 drops essential oil of Cedar
(obtainable from the BIOFRID company)

The effectiveness of oil applications with cloths can be improved if the blended oils are carefully warmed, or if warm compresses and/or hot water bottles are applied.

Biochemic Tissue Salts (Schüssler)

Of the range of Schüssler tissue salts, No. 5 (*Kali phos.*) acts particularly well on the spleen, but others which are worth emphasizing are No.3 (*Ferrum phos.*), No. 22 (*Calc. carb.*), No. 10 (*Nat. sulph.*) and No. 11 (*Silica*, as a connective tissue remedy). Basically all of Dr. Heinrich Schüssler's tissue salts can be considered, if the composition of the body's juices and the supply to the basic tissue are disordered.

[*Transl. note: Tissue Salts beyond No. 12 are not generally available in the U.K., but Calc. carb. 6X can be obtained from a homœopathic pharmacy.*]

Orthomolecular Therapy

The spleen's performance can be markedly improved by vitamins, especially those of the B-group, minerals and trace elements (*ZINKOKEHL 3X*), *SELENOKEHL 4X*, plus amino-acids (*Taurine* and *Arginine*).

Hildegard's Medicine

Spindle tree fruits (*Euonymus*): boil the fruits in wine and drink this after meals;

Topaz in mulberry wine;

Hart's-tongue elixir (see above under *Phytotherapy*);

Cedarwood electuary to combat "spleenishness": pulverise a handful of cedarwood that is green and still moist, mix it with 500 g honey, and eat a little after meals;

Sweet chestnuts/Marrons: roast them and eat while still warm;

Chervil-Dill-Spelt dumplings: for the "big spleen cure", in leukæmia, polycythæmia, ill-effects of raw food (flatulence), dietary errors.

Anthroposophic Medicines

Common chicory (*Cichorium intybus*) acts like *Chelidonium* on bile production, and this again is strongly dependent on the activity of the spleen. *Cichorium* regulates the entire function of the organs spleen, pancreas, liver and gallbladder.

Carduus marianus (communicating, concentrating principle, from the plant's signature) = *SILVAYSAN*.



Lycopodium, Berberis, Sulphur: all three are spleen remedies and available in combination as the preparation called HEXACYL from SANUM.

b. Surgery

Blood-letting in polycythaemia, to relieve the excess blood.

Splenectomy

A ruptured spleen constitutes an indication for surgery. However, an attempt can be made to close the tear with clamps, sutures and coagulation, thus saving the organ. Since orthodox medicine regards the spleen as not essential for life, the organ is surgically removed in many cases of hypersplenism, splenomegaly and thrombosis, etc. It may be assumed that liver, lymphatic system and bone marrow will take over the tasks of the removed spleen after the operation. However, complications frequently arise in the shape of increased clotting tendency, lack of energy in the patient and an increased susceptibility to infections. Often generalised lymphocytosis and thrombocytosis occur, persisting for years. Erythrocytes contain an increased quantity of "Howell-Jolly corpuscles", or even cell nuclei. However, OPSI may also develop (overwhelming postsplenectomy infection syndrome). This entails a galloping bacterial infection with a high mortality rate. For such patients pneumococci and hæmophilus influenzae infections are particularly hazardous; especially in children these can terminate rapidly in death.

Summary

The spleen is indeed a very many-sided organ, and certainly there is still a great deal to investigate so far as its functions are concerned. It may be said that diseases of the spleen very frequently go undetected. The spleen should be thought of far more than it is as a balancing, regulating organ, and treated as necessary, in all disorders of the blood-cells and immune system, and also in eating disorders, mild nausea, tension and inflammation in the digestive area, in heart problems, coughs, difficulty in lying on the right side, diseases of the connective tissue, stitch in the side or desire for sweet foods.

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