

Addendum

List of Patterns presented in The Paradigm Press Five Volume Series:

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Patho-Mechanisms of the Five Viscera

Volume I – **Heart** (2005)

Volume II – **Liver** (2007)

Volume III – **Spleen** (2009)

Volume IV – **Lung** (2011)

Volume V – **Kidney** (2012)

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Volume I – Xīn/Heart

Part I: Heart Repletion Patterns (28)

I. Qi Stagnation

- 1.1 Qi Stagnating in the Heart Vessels
- 1.2 Qi Blocking the Heart Spirit

II. Phlegm Obstructing

- 2.1 Phlegm Obstructing the Heart Vessels
- 2.2 Phlegm Clouding the Heart Spirit

III. Dampness Encumbering

- 3.1 Dampness Encumbering the Heart Vessels
- 3.2 Dampness Encumbering the Heart Spirit

IV. Water Invading

- 4.1 Water Congealing in the Blood Vessels
- 4.2 Water Qi Flooding and Spilling

V. Blood Stasis

- 5.1 Static Blood Obstructing the Vessels
- 5.2 Static Blood Blocking the Spirit

VI. Repletion Cold

- 6.1 Cold Evil Damaging the Heart
 - 6.1.1 Cold Damaging the Heart Yang
 - 6.1.2 Cold Congealing in the Heart Vessels
 - 6.1.3 Cold Blocking the Heart Spirit
- 6.2 Cold Rheum Invading the Heart

VII. Repletion Heat

- 7.1 Heat Evil Harassing the Spirit
 - 7.1.1 Heart Fire Harassing the Spirit
 - 7.1.2 Heat Falling into the Pericardium
 - 7.1.3 Heat Entering the Heart Construction (Ying)
- 7.2 Phlegm Fire Harassing the Heart
- 7.3 Heat Hurrying the Blood in the Vessels
 - 7.3.1 Thin Flow in the Vessels
 - 7.3.2 Frenetic Movement of Blood
 - 7.3.3 Heat Putrefying the Blood
- 7.4 Heart Fire Flaming Upward and Spreading Downward
 - 7.4.1 Upward Flaming of Heart Fire
 - 7.4.2 Fire Spreading Downward into SI

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Part II: Heart Vacuity Patterns (31)

VIII. Heart Qi Vacuity

- 8.1 Lack of Movement in the Heart Vessels
 - 8.1.1 Abnormal Heartbeat
 - 8.1.2 Blood Vessels Deprived of Fullness
 - 8.1.3 Blood Stasis due to Qi Vacuity
- 8.2 Heart Spirit Deprived of Nourishment
 - 8.2.1 Insufficiency of Spirit Qi
 - 8.2.2 Mental Derangement
 - 8.2.3 Dissipation and Desertion of Heart Spirit
- 8.3 Non Constraint of Heart Qi
- 8.4 Ancestral Qi Debility

IX. Heart Yang Vacuity

- 9.1 Heart Spirit Deprived of Nourishment
 - 9.1.1 Devitalized Essence-Spirit
 - 9.1.2 Disquieted Heart Spirit
 - 9.1.3 Fulminant Desertion of Heart Yang
- 9.2 Heart Vessels Deprived of Warmth
 - 9.2.1 Heart Vessels Deprived of Warmth and Nourishment
 - 9.2.2 Congealing Cold with Blood Stasis
- 9.3 Insecurity of Heart Yang
- 9.4 Water Collection and Liquid Obstruction

X. Heart Blood Vacuity

- 10.1 Heart Spirit Irregularities
- 10.2 Spirit-Qi Insufficiency
- 10.3 Spirit Failing to Keep to Its Abode
- 10.4 Blood Vacuity with Visceral Agitation
- 10.5 Blood Vessels Deprived of Nourishment
- 10.6 Blood Vacuity with Floating Yang

XI. Heart Yin Vacuity

- 11.1 Loss of Enrichment and Nourishment
 - 11.1.1 Irregularities of the Heart Spirit
 - 11.1.2 Heart Vessels Deprived of Nourishment
 - 11.1.3 Body, Offices, and Orifices Deprived of Nourishment
- 11.2 Vacuity Heat Arising Internally
- 11.3 Fulminant Desertion of Heart Yin

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Volume II – Gān/Liver

Part I: Liver Repletion Patterns (29+38=57)

I. Liver Qi Depression

- 1.1 Obstruction of Channel Qi
- 1.2 Irregularities of Affect-Mind
- 1.3 Liver Depression Complicated by Phlegm
 - 1.3.1 Depressed Phlegm in the Liver and Spleen
 - 1.3.2 Phlegm Binding in the Throat
 - 1.3.3 Phlegm Binding in the Neck
 - 1.3.4 Phlegm Binding in the Chest & Rib-side
 - 1.3.5 Phlegm Binding Under the Skin
 - 1.3.6 Wind-Phlegm Harassing the Upper Body
 - 1.3.7 Wind-Phlegm Obstructing the Network Vessels
- 1.4 Liver Depression Complicated by Food
- 1.5 Liver Depression Complicated by Dampness
- 1.6 Liver Depression Transforming into Heat
 - 1.6.1 Liver Channel Wind-Heat
- 1.7 Liver Channel Damp-Heat
- 1.8 Cold Congealing in the Liver Channel
- 1.9 Liver Blood Stasis Obstruction
 - 1.9.1 Stasis Obstruction in the Chest & Rib-side
 - 1.9.2 Stasis Obstruction Under the Rib-side
 - 1.9.3 Stasis Obstruction in the Lesser Abdomen
 - 1.9.4 Stasis Obstruction in the Sinews
 - 1.9.5 Liver Blood Stasis Bind
- 1.10 Liver Depression Complicated by Water
- 1.11 Liver Depression Jaundice
 - 1.11.1 Damp-Heat Jaundice
 - 1.11.2 Cold-Damp Jaundice
 - 1.11.3 Epidemic Toxin Jaundice
 - 1.11.4 Static Blood Jaundice
 - 1.11.5 (Liver Disease) Black Jaundice

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II. Crosswise Counterflow of Liver Qi

- 2.1 Liver Qi Invading the Lung
- 2.2 Liver Qi Exploiting the Spleen
 - 2.2.1 Liver Qi Exploiting the Spleen
 - 2.2.2 Liver Depression with Spleen Vacuity
 - 2.2.3 Liver Fire Exploiting the Spleen
- 2.3 Liver Qi Invading the Stomach
 - 2.3.1 Liver Qi Invading the Stomach
 - 2.3.2 Liver Fire Invading the Stomach
 - 2.3.3 Liver Cold Invading the Stomach
 - 2.3.4 Stomach Vacuity Exploiting by the Liver

III. Counterflow Ascent of Liver Qi

- 3.1 Liver Fire Flaming Upward
 - 3.1.1 Liver Depression Transforming into Fire
 - 3.1.2 Liver Fire Harassing the Head
 - 3.1.3 Liver Fire Harassing the Eyes
 - 3.1.4 Liver Fire Harassing the Ears
 - 3.1.5 Liver Fire Harassing the Diaphragm
 - 3.1.6 Liver Fire Harassing the Ethereal Soul (Hun)
 - 3.1.7 Liver Fire Harassing the Triple Burner (San Jiao)
 - 3.1.8 Liver Fire Stirring the Blood
 - 3.1.9 Liver Fire Disordering Menstruation (the Menses)
- 3.2 Ascendant Hyperactivity of Liver Yang
 - 3.2.1 Fulminant Expansion of Liver Yang
 - 3.2.2 Ascendant Hyperactivity of Liver Yang
 - 3.2.3 Hyperactivity of Yang due to Yin Vacuity
 - 3.2.4 Phlegm-Heat Harassing with Ascendant Hyperactivity of Liver Yang
- 3.3 Liver Wind Stirring Internally
 - 3.3.1 Liver Yang Transforming into Wind
 - 3.3.2 Extreme Heat Engendering Wind
 - 3.3.3 Damp-Heat Stirring Wind
 - 3.3.4 Phlegm-Heat Stirring Wind

IV. Downpour(ing) of Liver Qi

- 4.1 Harassment of Essence Gate
- 4.2 Downpour of Damp-Heat
- 4.3 Cold Congealing in the Genitals (Genitalia)

V. Evil Scurrying in the Sinew(s)

- 5.1 Wind-Damp Scurrying in the Sinews
- 5.2 Cold-Damp Scurrying in the Sinews
- 5.2 Phlegm-Damp Scurrying in the Sinews

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Part II: Liver Vacuity Patterns (22)

I. Liver Blood Vacuity

- 1.1 Liver Blood Losing Moisture
- 1.2 Blood Failing to Nourish the Eyes
- 1.3 Blood Failing to Quiet the Hun/Ethereal Soul
- 1.4 Blood Vacuity Yellowing
- 1.5 Blood Vacuity Stirring Wind
 - 1.5.1 Heart-Liver Blood Vacuity
 - 1.5.1 Dual Vacuity of Liver Yin & Blood

II. Liver Yin Depletion

- 2.1 Liver Yin Failing to Enrich
- 2.2 Yin Vacuity Engendering Heat
- 2.3 Yin Failing to Nourish the Sinews
- 2.4 Yin Vacuity Engendering Wind
 - 2.4.1 Vacuity Wind Harassing the Sinews
 - 2.4.2 Vacuity Wind Harassing the Orifices
 - 2.4.3 Vacuity Wind Verging on Desertion

III. Liver Qi Vacuity

- 3.1 Insufficiency of Liver Qi
- 3.2 Qi Vacuity with Blood Stasis
 - 3.2.1 Liver-Spleen Qi Vacuity
 - 3.2.2 Liver-Spleen (Qi) Fall (Prolapse)

IV. Liver Yang Vacuity

- 4.1 Impaired Warming
- 4.2 Liver Yang Fall (collapse)
- 4.3 Liver-Stomach Yang Vacuity
- 4.4 Liver-Kidney Yang Vacuity

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Volume III – Pí/Spleen

Part I: Spleen Repletion Patterns (10)

I. Spleen Qi Depression

- 1.1 Thought & Depression Stagnating the Spleen
- 1.2 Cold & Damp Encumbering the Spleen
- 1.3 Phlegm Turbidity Obstructing the Spleen
- 1.4 Food & Drink Damaging the Spleen
- 1.5 Static Blood Accumulating in the Spleen

II. Spleen Fire Exuberance

- 2.1 Spleen Channel Repletion Fire
- 2.2 Impairment of Splenic Movement & Transformation
- 2.3 Earth Congestion and Wood Depression
- 2.4 Damp-Heat Lying Depressed and Steaming
- 2.5 Damp-Heat Brewing in the Spleen

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Part II: Spleen Vacuity Patterns (20)

I. Spleen Qi Vacuity

- 1.1 Spleen Vacuity Movement Failure
 - 1.1.1 Grain & Water Movement Failure
 - 1.1.2 Water-Damp Failing to Transform
 - 1.1.2.1 Spleen Vacuity with Dampness Collecting
 - 1.1.2.2 Spleen Vacuity Engendering Phlegm
 - 1.1.2.3 Spleen Vacuity Water Swelling
- 1.2 Spleen Qi Fall
 - 1.2.1 Spleen Qi Failing to Bear Upward
 - 1.2.2 Center (MJiao) Qi Stagnation
 - 1.2.3 Falling of the Qi Dynamic
- 1.3 Spleen Qi Failing to Control Blood
- 1.4 Improper Nourishment of the Offices and Orifices
- 1.5 Spleen Qi Failing to Provide Luxuriance
- 1.6 Qi Vacuity Heat Effusion

II. Spleen Yang Vacuity

- 2.1 Grain & Water Failing to Move
- 2.2 Water-Damp Failing to Transform
- 2.3 Impaired Warming

III. Spleen Yin Vacuity

- 3.1 Breakdown of Movement & Transformation
- 3.2 Loss of Nourishment
- 3.3 Internal Generation of Vacuity Heat

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Volume IV – Fèi/Lung

Part I: Lung Repletion Patterns (8)

I. Impaired Diffusion of Lung Qi

- 1.1 Impaired Diffusion in the Upper Orifices
- 1.2 Impaired Diffusion of Lung Defense (wei qi)

II. Impaired Depurative Downbearing

- 2.1 Counterflow Ascent of Lung Qi
- 2.2 Breakdown of Depurative Downbearing
- 2.3 Block in the Upper Orifices

III. Impaired Diffusion and Downbearing

- 3.1 Qi Dynamic Disorders
- 3.2 Non-Distribution of Fluids
- 3.3 Qi & Blood Depression

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Part II: Lung Vacuity Patterns (14)

IV. Lung Qi Vacuity

- 4.1 Forceless Breathing
- 4.2 Insecurity of External Defense
- 4.3 Stoppage of Fluids
- 4.4 Failure of the Upper Body to Control the Lower Body
- 4.5 Debilitation of Ancestral Qi
- 4.6 Lung Qi Verging on Desertion

V. Lung Yang Vacuity

- 5.1 Lung Cold with Loss of Warmth
- 5.2 Lung Cold with Liquids Collecting
- 5.3 Lung Cold with Blood Congealing
- 5.4 Lung Cold with Loss of Restraint

VI. Lung Yin Vacuity

- 6.1 Yin Vacuity with Loss of Nourishment
- 6.2 Yin Vacuity with Loss of Restraint
- 6.3 Yin Vacuity with Fire Flaming

VII. Lung Blood Vacuity

- 7.1 Blood Failing to Nourish

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Volume V – Shèn/Kidney

Part I: Kidney Repletion Patterns (22)

I. Kidney Channel Wind-Cold

- 1.1 Wind-Cold Assailing the Kidney
- 1.2 Fulminant Strike of Cold Evil
- 1.3 Kidney Channel Cold Mounting (shan)

II. Kidney Channel Wind-Heat

III. Kidney Channel Wind-Damp

- 3.1 Wind-Water Assailing the Kidney
- 3.2 Wind-Damp Invading the Kidney

IV. Kidney Channel Cold-Damp

- 4.1 Cold-Damp Damaging the Kidney
- 4.2 Cold-Damp Affixed to the Kidney
- 4.3 Cold-Damp Damaging the Bones
- 4.4 Cold-Damp Swelling the Instep

V. Kidney Channel Damp-Heat

- 5.1 Damp-Heat Damaging the Low Back
- 5.2 Damp-Heat Turbid Strangury
- 5.3 Damp-Heat Dribbling Urinary Block
- 5.4 Damp-Heat Puffy Swelling

VI. Kidney Channel Repletion Fire

- 6.1 Repletion Heat Brewing in the Kidney
- 6.2 Kidney Heat Damaging Liquids
- 6.3 Fire Toxin Congesting the Kidney

VII. Kidney Channel Static Blood

- 7.1 Static Blood Damaging the Low Back
- 7.2 Static Blood Accumulating in the Kidney

VIII. Kidney Channel Phlegm Turbidity

IX. Kidney Channel Stones

X. Kidney Channel Qi Stagnation

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Part II: Kidney Vacuity Patterns (21+21+15=57)

I. Kidney Yang Vacuity (Debilitation of Kidney Yang)

- 1.1 Impaired Warming
- 1.2 Low Back Deprived of Nourishment
- 1.3 Empty Sea of Marrow
- 1.4 Decline in Reproductive Functions
- 1.5 Indiscriminate Flooding of Fluids
- 1.6 Fire Failing to Warm Earth
- 1.7 Incessant Urination
- 1.8 Impaired Absorption (d/t Yang xu)
- 1.9 Yang Floating Upward
- 1.10 Yang Repelled (to the Outside/exterior)
- 1.11 Surging Counterflow Qi Ascent (Running Piglet Qi)
- 1.12 Chong & Ren (mai) Disharmonies
 - 1.12.1 Chong & Ren Disharmony
 - 1.12.2 Uterine Vacuity Cold
 - 1.12.3 Blood Stasis (d/t Cold Congealing)

II. Kidney Qi Vacuity (Debilitation of Kidney Qi)

- 2.1 Functional Decline (reduced functionality)
- 2.2 Loss of Ear & Eye (audial & visual) Acuity
- 2.3 Kidney Qi Failing to Absorb
- 2.4 Insecurity of the Essence Gate
- 2.5 Enuresis
- 2.6 Stirring Fetus

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III. Kidney Yin Vacuity

- 3.1 Yin Liquids Deprived of Enrichment
- 3.2 Sea of Marrow Deprived of Nourishment
- 3.3 Loss of Hearing Acuity
- 3.4 Yin & Essence (Jing) Insecure
- 3.5 Vacuity Related Reproductive Hyperactivity
- 3.6 Vacuity Heat Arising Internally
 - 3.6.1 Yin Vacuity Internal Heat
 - 3.6.2 Vacuity Heat Steaming Bones
 - 3.6.3 Vacuity Heat Forcing (Out) Sweat
 - 3.6.4 Vacuity Heat Invading the Lung
 - 3.6.5 Vacuity Fire Harassing the Teeth
 - 3.6.6 Vacuity Heat Harassing the Throat
 - 3.6.7 Vacuity Heat Disturbing Urination
 - 3.6.8 Vacuity Heat Dispersion-Thirst (xiao-ke)
- 3.7 Vacuity Fire Floating Upward
 - 3.7.1 Dragon Fire Floating Upward
 - 3.7.2 Fire Failing to Return to its Source
- 3.8 Heat Damaging Kidney Yin
 - 3.8.1 Intense Yin Vacuity Fire
 - 3.8.2 Wear on True Yin
 - 3.8.3 Yin Collapse with Loss of Water

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IV. Kidney Jing Vacuity

- 4.1 Brain Deprived of Nourishment
- 4.2 Skull Deprived of Nourishment
- 4.3 Low Back Deprived of Nourishment
- 4.4 Bone Marrow Deprived of Nourishment
- 4.5 Retarded Growth
- 4.6 Decreased Fertility
- 4.7 Essence Depletion Causing Impaired Absorption
- 4.8 Essence Depletion Causing Scant Blood
- 4.9 Essence Depletion Causing Vacuity Taxation
- 4.10 Essence Depletion Causing Premature Debilitation

V. Dual Vacuity of Kidney Yin & Yang

- 5.1 Debilitation of Both Yin & Yang
- 5.2 Detriment of All Five Viscera (Zang)

VI. Kidney Vacuity Verging on Desertion

- 6.1 Yin Vacuity Verging on Desertion
- 6.2 Yang Vacuity Verging on Desertion
- 6.3 Desertion of Both Yin & Yang