

The ABC's
of
CHINESE
MEDICINE

Part B Workbook

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Table of Contents

	Table of Contents	p. 2
I.	Organ Qi Gong (Six Silent Sounds)	p. 4
II.	Review of Organ Functions (Zang Organs) and Survey of Key Symptoms and Patterns	p. 5
III.	Review of Pathogenic Influences (Six Climates) and Survey of Key Symptoms and Patterns	p. 14
IV.	The Spectrum of Emotions (Attitudes & Personalities)	p. 22
V.	Pathological Patterns and Symptoms	p. 42
	Vital Substance Patterns (Qi, Blood, etc.)	p. 44
	<u>Zang Patterns</u>	
	Heart	p. 47
	Lung	p. 49
	Spleen	p. 51
	Liver	p. 54
	Kidney	p. 57
	<u>Fu Patterns</u>	
	Stomach	p. 60
	Small Intestine	p. 63
	Large Intestine	p. 64
	Gall Bladder	p. 66
	Urinary Bladder	p. 67
	Dual Organ Patterns (Sp – Lr – Kd)	p. 68
	Dual Organ/Channel Patterns (6 Stages & 4 Levels)	p. 71
VI.	Lifestyle: Activities that Benefit the Organs	p. 74
	Fire	p. 75
	Metal	p. 76
	Earth	p. 77
	Wood	p. 78
	Water	p. 79
VII.	Appendices	p. 80
	Glossary of Key Terms	p. 81
	List of Patterns (81 Zang-Fu patterns)	p. 84

Part B

*Pathology & Assessment
of Imbalance
in Chinese Medicine*

*Zang-Fu Patterns
and the
Differentiation
of Symptoms*

Organ Qi Gong

Six Silent Sounds – Organ / Channel Clearing Qi Gong

- **Maintenance:** concept is like housekeeping (best when done every day – stuff accumulates)
- **Shake:** start with shaking, stir things up, get things moving
- **Face Direction:** associated with organ (directly or indirectly) (E, S, SW, W, N, & NE)
- **Channel Pathway:** follow with your mind’s eye & intention (the general flow of the pathway is good enough)
- **The Movement:** learn the movement, these are easy, and should be done in a very relaxed manner basically repeat each move six times, then rest for at least six respirations before going on to the next organ.
- **Focus on Digit:** channel terminus (big toe, little finger, big toe, thumb, bubbling spring, ring finger)
- **Focus on Sensory Orifice:** imagine you are breathing out through this orifice (eyes, tongue, lips, nose/sinuses, ears, throat)
- **Breathing In:** guide qi along the channel (opening and clearing the channel)
- **Breathing Out:** silently say the sound, the sound resonates and cleanses the organ (releases qi & pathogenic excesses), send the qi out the sensory orifice with the exhale

<u>Organ</u>	<u>Sound</u>	<u>Sense</u>	<u>Pathogen</u>	<u>Emotion</u>
Liver	= yü yew	eyes	wind	anger
Heart	= ho hoe	tongue	heat	restlessness
Spleen	= hu hoo	lips	damp	worry
Lungs	= si suh / ssszzz	nose	dryness	grief
Kidney	= chui chway or chi chrrr	ears	cold	fear
TB	= hee	throat	heat	stress

- **Breathe away pathogens that accumulate and afflict each organ**
 - **physical pathogens:** (wind, heat, damp, dryness, cold, heat again)
 - **emotional pathogens:** (anger, restlessness or negativity, worry, grief, fear, stress)
- **Finish:** focus on relaxing and breathing into the organ restore and rejuvenate the organ with fresh qi from the associated direction, its seasonal energy, and color (best when done outdoors)

Review of Zang Organs

- *Major Functions*
- *Key Symptoms*
- *Primary Patterns*

- Functions & Key Symptoms are Review of Part A
- Primary Patterns is both a Preview and Synopsis of Chapter 5

Review of Functions – Fei/Lungs

The Following Section is For Review and Reference:

• Major Functions Review

- | | |
|--------------------------------|--|
| 1. Governs Respiration: | • spec. exhalation (Kd rule inhalation) |
| 2. Regulates Qi: | • formation of the body's zhen/true qi
• controls the descent & diffusion of qi (down, & out to skin)
• cleanses & purifies the qi (depurative function) |
| 3. Rules the Exterior: | • surface of the body (controls the skin, opening & closing of the pores) (wei qi) |
| 4. Controls the Voice: | • strength of |
| 5. Regulates the Nose: | • allows discernment of the 5 odors |
| 6. Upper Source of Water: | • like a cloud, water in the form of vapor, (like a snow capped mt) |
| 7. Houses the spirit known as: | • Po (the yin soul, corporeal soul) (animal/body spirit(s))
(in charge of instinct, survival, and physique) |

• Key Problem Areas & Symptoms

- | | |
|----------------------------------|--|
| 1. Energy: | • fatigue, lethargy; easily catch colds (low resistance) |
| 2. Respiration:
airway | • difficult breathing (dyspnea)
• shortness of breath - wheezing - labored breathing etc. |
| 3. Chest discomfort: | • chest fullness, stifling sensations, pressure, congestion |
| 4. Coughing: | • acute or chronic coughs (dry or productive) |
| 5. Voice: | • weak voice, hoarse, changes in the voice (sudden or progressive) |
| 6. Nose & Sinuses: | • sneezing, runny or dry nose, sinus congestion (acute or chronic)
• change in sense of smell, epistaxis (airborn allergies) |
| 7. Skin: | • lusterless, dry, flaky, itchy skin, esp. chronic, (also body hair) |
| 8. Abnormal sweating: | • i.e. no obvious reason (daytime = qi xu night = yin xu) |
| 9. Fluid Retention: | • facial edema, urinary retention or incontinence |
| 10. Psycho-emotional: | • unremitting grief, melancholia, state of bereavement (recent) serious loss, can't cry, or can't stop crying
stuck, unable to let go
lonely or a loner, hypercritical, hypersensitive; purist |

• Primary Patterns

Xu Patterns

- | | |
|---------------------|--|
| 1. Lu Qi Xu | • weak cough, voice; fatigue, spont sweating; freq colds |
| 2. Lu Yin Xu | • dry cough, throat, nose, skin, voice (raspy)
night sweats, malar flush, (hemoptysis) |

Shi Patterns

- | | |
|--------------------------------------|---|
| 3. Invasion of Lungs (EPI) | • sudden onset, chills & fever |
| 4. Dryness of Lungs | • dry cough (d/t exposure: climate or occupation) |
| 5. Phlegm Obstructs the Lungs | • difficult breathing w/ productive cough |

Review of Functions – Xin/Heart

• Major Functions Review

1. The Sovereign: • of the Body-Mind-Spirit
2. Houses the spirit known as: • Shen Mind or Consciousness
3. Regulates Blood & Vessels: • patency of vascular/circulatory system and pulse
4. Controls Tongue & Speech: • ability to articulate
5. Controls Perspiration: • sweating dissipates excessive heat that can injure the heart

• Key Problem Areas & Symptoms

1. Restlessness/Agitation: • physical &/or mental restlessness
2. Sleep disturbances: • esp. insomnia, vivid dreams (sleep disturbing dreams)
3. Mental state: • all psycho-emotional distress, irrational behavior, panic (ADD)
4. Changes of consciousness: • LOC, coma, confusion, stupor; delirium, insanity, (epilepsy)
5. Palpitations: • all arrhythmias & heart rate abnormalities
6. Chest Pain: • angina & shortness of breath
7. Circulatory & Vascular problems: • ruddy complexion, heart dz. (CAD)
• cold hands (feet), numbness or tingling
8. Abnormal sweating: • esp. armpit, chest & face; often profuse with minimal exertion
• fevers; axillary swellings
9. Speech pathology: • fast talking, loquacious, excessive laughter; stuttering (entertainers)
• delirious, incoherent speech, difficulty articulating (aphasia)
• muddled, slurred speech (suggests phlegm) (these are different from voice changes for Lu)
10. Tongue problems: • tongue sores/ulcers (esp. the tip), stiff tongue
11. Psycho-emotional: • emotions & feelings associated with any/all of the above
• nervousness, anxiety, apprehension
• overexcitement, hyperactivity, hysteria; sadness (no pleasure in life)
• difficulty communicating (can't say what think or feel), can't relate

• Primary Patterns

**Key Sx is palps = any disturbance of heart rate or rhythm, or any awareness of heart activity*

Depletion/Xu Patterns

- | | <u>Key Sx of Pattern</u> |
|----------------|---|
| 1. Ht Qi Xu | • palps, arrhythmias, bradycardia, spont sweats, SOB, fatigue |
| 2. Ht Yang Xu | • palps, cold sweats, cold extremities |
| 3. Ht Blood Xu | • palps, pallor, insomnia, forgetfulness, numb/tingling arms |
| 4. Ht Yin Xu | • palps, not so pale, insomnia, vivid dreams, night sweats
restlessness, chest heat (also hands/palms) |

Repletion/Shi Patterns

- | | |
|-------------------------------------|--|
| 5. Ht Fire Blazing | • agitation, insomnia, red complexion, fever, sweating, tongue sores |
| 6. Cold-Phlegm Confuses the Ht/Mind | • mental confusion, bewildered, muttering |
| Hot-Phlegm Agitates the Ht/Mind | • extreme agitation, bizarre behavior, ranting |
| 7. Ht Blood Stasis | • heart pain, stabbing chest pains, apprehension/panic (angina) |

Review of Functions – Pi/Spleen

• Major Functions Review

1. Transformation of Qi: • extracts food essence; Governs Digestion & Assimilation
- 1a. Transportation of Qi: • distribution of nutrients & fluids (Earth derived Qi)
foundation of post-natal Qi • hou-tian qi
2. Produces Blood: • extraction of earthly essence produces material substance
3. Regulates Blood: • literally wraps the blood & keeps it circulating within the vessels
4. Rules the Flesh: • nourishes the muscles and four limbs
5. Houses the spirit known as: • Yi (thoughts-ideas-memory), ability to focus & concentrate

• Key Problem Areas & Symptoms

1. Digestive problems: • indigestion, esp. loose stools (unformed, excessively frequent)
2. Appetite disturbances: • changes to the appetite, esp. loss of appetite
mal-absorption, eating disorders, wt. problems (gain or loss)
3. Oral Cavity: Mouth, Tongue, Gums, Lips: • change in sense of taste; esp. diminished, bland/tasteless
• pale, dry, blotchy lips; bleeding gums
• excessive or diminished salivation, sugar cravings, sweet taste
4. Abd. discomfort: • esp. distention and bloating; gas, belching
5. Edema: • esp. in the abdomen and/or limbs
6. Energy: • tired, lassitude-lethargic (esp. after eating); chronic fatigue
• foggy, thick-headed feeling, can't think clearly; sallow complexion
7. Muscle/Flesh sx: • poor muscle tone; weak, sluggish; heavy limbs; spongy fleshiness
8. Prolapses: • esp. digestive organs, uterine or ano-rectal prolapse
(sinking, pressing, or bearing down sensations in abd. &/or hypogastrium)
9. GYN problems: • menstrual problems & vaginal discharges (esp. chronic)
10. Bleeding: • chronic minor bleeding (esp. uterine, gums, subcutaneous) bruising
11. Psycho-emotional: • think too much, constant worry; preoccupied, brooding, pensive
• obsessing; obsessive-compulsive disorders (esp. related to eating)
• inability to focus, can't concentrate
• overly dependent or excessive caregiver

• Primary Patterns

Xu Patterns

1. Sp Qi Xu

Sp Qi Sinking

Qi xu leads to blood xu

Sp Not Containing the Blood

2. Sp Yang Xu

Shi Patterns

3. Dampness Encumbers the Spleen

Key Sx of Pattern

- sallow complexion, lethargy, loose stools
- prolapse; bearing down/sinking feelings in abd.
- pallor & low energy
- bleeding & bruising easily
- watery stools – w/ undigested food

- heavy, edematous limbs, loose stools

Review of Functions – Gan/Liver

• Major Functions Review

- | | |
|--------------------------------|---|
| 1. Regulates Qi: | • harmonious distribution of Qi throughout the body |
| apportions qi | • distributes qi as needed for normal functioning of all body systems |
| courses qi | • even flow & uniform spreading of qi |
| physical: | • smooth, coordinated motor fx |
| emotional: | • Regulates the Emotions (flow & expression of) |
| 2. Stores Blood: | • controls menses & menstrual flow |
| 3. Governs Sinews: | • Regulates Motor System – nerve, muscle, tendon, ligaments, joint |
| | • regulates normal movement (internally & externally) |
| 4. Controls the Eyes: | • eyes, eyesight, & tears/lacrimation |
| <i>also</i> | • vision, planning & outlook (are a function of well regulated liver) |
| 5. Secretes Bile: | • digestive role (esp. fats) (strong influence on Sp & ST) |
| 6. Rules Genitals: | • external genitalia & inguinal area |
| 7. Houses the spirit known as: | • Hun (yang/ethereal soul – the persona, psyche, ego) |

• Key Problem Areas & Symptoms

Wood should be strong, but pliable – flexible, elastic, resilient (body & mind should be supple)

- | | |
|--|---|
| 1. Motor problems: | • muscle tension, stiffness, pain; inflexible, rigid |
| | • uncoordinated, clumsy; trembling, shaking, twitching |
| | • cramps, contracture, spasms, seizures, convulsions |
| | • deviation/distortion, paralysis, flaccidity & atrophy |
| nail problems: | • chipped, cracked, brittle, ridged; discolored |
| 2. Eye/Vision problems: | • esp. acute inflammatory conditions [red, bloodshot] (conjunctivitis) |
| | • exc. or diminished tearing; blurry vision |
| | • focusing problems, nystagmus |
| | • photophobia & light sensitivity (night blindness) |
| 3. Headaches, Dizziness,
Tinnitus, Syncope: | • tension or vascular headaches (migraines) |
| | • high/low blood pressure (hypertension) |
| 4. GYN problems: | • menstrual prob., esp. irreg. menses, [exc. or diminished bleeding] |
| | • dysmenorrhea; PMS, breast pain & distention (polycystic) |
| | • abd/uterine masses (fibroids) |
| 5. Genital problems: | • (ext. genitalia) itching, pain & swelling (inguinal & testicular hernias) |
| 6. Digestive problems: | • indigestion (esp. of fats), abd pain & fullness |
| | • bowel movements alternate betw loose & constipated |
| | • bitter taste; jaundice; vomiting/spitting up blood or bile |
| 7. Chest Fullness &
Costal Distention: | • hypochondrial discomfort, stifling sensations |
| | • freq. sighing, throat clearing, and “plum-pit” sensation |
| 8. Psycho-emotional: | • mood swings, irritability, frustration; rigid, controlling; (manic-depr dz) |
| | • depression, hopelessness, apathy, low esteem, no confidence |
| | • impatient, temper tantrums, pissy/bitchy, volatile-violent outbursts |
| | • inability to plan ahead, addictive behavior & habits |

Review of Functions – Gan/Liver

• Primary Patterns

Key Sx of Pattern

Shi Patterns

1. **Liver Qi Constraint** (Stagnation)
 - a. Liver qi invading the Sp
 - b. Liver qi invading the ST
 - mood swings (irritability & depression), impatient
 - breast/chest distention, plum pit sensation
 - irreg menses
 - indigestion w/ abd dist; alternating bowel pattern
 - stomach ache, epigastric pain; heartburn

2. **Liver Blood Stasis**
 - dysmenorrhea, heavy clotting; amenorrhea

3. **Liver Fire** (Blazing Upward)
 - a. Liver Fire Scorches the Lungs
 - red face & eyes, bitter taste, significant thirst
 - violent hdaches & volatile emotions
 - persistent, dry cough

4. **Damp-Heat in the Liver/GB**
 - jaundice, bitter taste

5. Cold Stagnates in Liver Channel
 - cold sensations/numbness in thighs, genitals & low abd

6. **Liver Wind** (Stirring Internally)
 - a. d/t: Fire
 - b. d/t: Yin xu
 - c. d/t: Blood xu
 - involuntary/uncontrollable movement
 - fever, seizures & convulsions
 - HBP, syncope – paralysis
 - dizziness, tics & tremors, blurry vision

Xu Patterns

7. **Liver Blood Xu**
 - pale face, eyes, nails; late periods & scant menses
 - tendons undernourished, stiff & inflexible
 - vertex hdaches

Mixed Patterns

8. **Liver (Yin Xu) Yang Rising**
 - irrit., headaches; tinnitus, (HBP, hypertensive dz)

Review of Functions – Shen/Kidney

• Major Functions Review

- | | |
|---|--|
| 1. The Root of Life: | • controls entire life process (birth-growth-maturation-aging & death) |
| 2. Foundation of Yin & Yang: | • cooling & moistening / warming & drying principles |
| 3. Stores Jing (Essence/DNA): | • pre-natal (inherited/constitutional) <i>original</i> |
| | • post-natal (acquired) <i>operational</i> |
| | • root of all bodily processes, healing & regeneration |
| 4. Grasps & Roots the Qi: | • controls inhalation |
| 5. Rules the Bones: | • proper formation & strength of |
| 6. Produces Marrow: | • sui = bone marrow, brain and CSF |
| 7. Governs Reproduction
& Sexuality: | • internal reproductive organs |
| | • sexual function (libido) |
| 8. Controls Hearing
& Head Hair: | • auditory acuity |
| | • hair quantity, color, texture |
| 9. Controls the two lower yin: | • ureter & anus (BL & LI) |
| 10. Lower Source of Water | • controls drainage (elimination & discharge of) |
| 11. Houses the spirit known as: | • Zhi (the will, willfulness) |
| 12. Its <i>Official</i> role is: | • the Laborer/Craftsman (works diligently – in charge of skillfulness) |

• Key Problem Areas & Symptoms

- | | |
|----------------------------|---|
| 1. Low Back problems: | • lumbo-sacral aches & pains, stiffness etc. (from waist to pelvic floor) |
| bones & spine: | • pain, degeneration, spurs, osteoporosis, stiff back/spine, scoliosis |
| knees: | • knee pain &/or weakness |
| teeth: | • lots of cavities, dark teeth, teeth separated or crooked, feel weird |
| 2. Reproductive prob: | • impotence & infertility |
| | • problems associated w/ menarche (esp. late) or |
| | • problems associated w/ menopause (esp. early), hot flashes |
| Sexual dysfunction: | • excessive or decreased libido etc. |
| 3. Urination: | • frequency/polyuria (esp at night/nocturia), discomfort/dysuria |
| Incontinence | • (urinary, seminal, fecal); prostate problems |
| loose stools: | • esp. chronic, esp. in early morning, undigested food in stool |
| vaginal discharge: | • esp. chronic, (white, not malodorous) |
| 4. Edema: | • esp. facial, puffy eyes, or lower body |
| 5. Temperature regulation: | • Sweating: afternoon/eve heat, night sweats |
| | • Cold: cold sweats, always cold, overdressed |
| 6. Hearing problems: | • gradual deafness, tinnitus (high pitch, intermittent, worse when tired) |
| 7. Head Hair: | • thin, dry, brittle, lusterless, straw-like hair |
| 8. Respiratory problems: | • wheezing, asthmatic breathing, difficulty inhaling |

Review of Functions – Shen/Kidney

9. Problems of Growth: & Development: • physical & mental, bones, brain (thru puberty)
• genetic/hereditary disorders
10. Signs of Aging: withering & drying up (wrinkled skin, dry mouth & throat)
• premature hair loss &/or graying
• senility & memory loss, general decline of mental acuity
• loss of auditory and visual acuity
• osteoporosis (weak, fragile bones)
• loose teeth, early loss of teeth (bad teeth)
11. Dz that Age: • chronic degenerative processes (TB, diabetes etc.)
12. Exhaustion: • overwork: physically, mentally, sexually
13. Psycho-emotional: • often feel overwhelmed, fearful, lack of will, motivation &/or direction, easily discouraged, insecure, fear as MO, phobias

• Primary Patterns

*any/all Kd patterns tend to exhibit weakness &/or soreness of the low back & knees
these sx are usually chronic, with an insidious onset*

- | 1. Kidney Qi Xu | <u>Key Sx of Pattern</u> |
|--|--|
| a. Kidney Qi Insecure | • nocturia, polyuria, incontinence (urinary or fecal), enuresis
• leukorrhea, seminal incontinence |
| b. Failure to Grasp & Root Qi | • SOB, difficult inhalation (asthma, emphysema, etc.) |
| 2. Kidney Yang Xu | (warming & drying principle) insufficiency yields cold & wet sx esp. during day
• hard to keep warm (tend to overdress), cold sweats
• low vitality, somnolence
• decreased libido, impotence/infertility
• polyuria: long, clear voidings |
| a. Water Overflows,
Floods heart &/or lungs | • scant urine, edema
• palps / sputum (congestive heart dz) |
| 3. Kidney Yin Xu
(Empty Fire) | (cooling & moistening principle) insufficiency yields hot & dry sx esp. at night
• thin build, loss of wt., shriveled appearance, dry skin, wrinkled
• malar flush, intermittent fevers, night sweats, lite sleeper
• thirsty (but don't drink much), dry mouth & throat
• increased libido, premature ejaculation, noct. emission |
| 4. Kidney Jing Xu | (neutral temp) • problems related to bones/teeth, brain, ears, hair |
| a. in children | • slow development (physical &/or mental), (bones, brain), congenital dz |
| b. puberty | • late onset, scoliosis |
| c. in adults | • signs of premature aging
(graying, balding, senility/memory loss, teeth, osteoporosis, decline of sensory acuity) |
| <i>etiol:</i> in men | • tinnitus (intermittent, high pitch, low volume, worse when tired) |
| in women | • excessive sex/ejaculation, masturbation
• excessive childbirths, miscarriages, abortions; chronic leukorrhea |

Review of Functions – Xin Bao/Pericardium

• Major Functions Review

1. To protect the Heart
 - allows opening & closing of the heart
2. To serve the heart
 - with absolute loyalty & faithfulness
3. Its "Official" role is:
 - the Minister (who insulates, screens & protects)
 - the Ambassador (who is the emissary of the heart/ruler)
 - ability to go out into the world, to relate & form relationships

• Key Problem Areas & Symptoms

1. heart problems:
 - palpitations, irregular, fast or slow heart rate
 - insomnia
 - abn. sweating
2. chest pain:
 - discomfort, tightness, stifling sensations; apprehension/panic
3. high fevers:
red rashes
 - pericarditis, scarlet fever, rheumatic heart dz
 - pox
 - boils (esp. axilla)
 - hemorrhagic bleeding
4. psycho-emotional:
 - delirium – LOC – coma
 - easily startled, surprised, frightened
 - emotionally exuberant (hysterical) or shut down (closed)
 - vivid dreams
 - loquacious, fast talker, giggly
 - high stress
 - inability to form quality relationships (intimacy issues), scared to try
 - disappointed in love

• Primary Patterns

Key Sx of Pattern

1. **Invasion of Heat**
 - fever, rashes
 - pericarditis

Review of Pathogenic Influences

- *Major Characteristics*
 - *Key Symptoms*
 - *Primary Patterns*

Review of Pathogenic Influences

Disease Factors: **Review of Part A** (see also p. 24)

1. Exogenous Factors: Environmental Factors (**EPI** = exogenous/external pathogenic influence)

Six Climates: (the weather – meteorological excesses) • if contracted = external • if produced = internal

風 • fēng =

寒 • hán =

熱 • rè =

燥 • zào =

濕 • shī =

暑 • shǔ =

2. Endogenous Factors: (the Emotions – internal weather)

Five Feelings / Seven Sentiments: (i.e. the full range of human emotion)

怒 • nù =

喜 • xǐ =

思 • sī =

憂 • yōu =

悲 • bēi =

恐 • kǒng =

驚 • jīng =

3. Miscellaneous Factors: includes all other possibilities. I also divide them into Endogenous & Exogenous

a. **Endog.** = Lifestyle: diet, work / exercise, rest, sexual behavior, hygiene, & heredity
(things over which we have control, except heredity which is arguable, but is obviously endogenous)

b. **Exog.** = Circumstances: acts of nature / trauma, wounds, burns, bites, stings, poison, parasites, epidemics
(things over which we don't have much control, except being careful) "*the slings and arrows of outrageous fortune*"

c. **Stasis:** (lack of circulation + accumulation in reciprocal relationship, each breeds the other)

5 Stagnations: =

6 depressions: (*Liù Yù*) =

Exogenous Pathogenic Influences in Detail

Instructions: In the Title Box below Fill in the translation for the Chinese after the equal sign

風 Fēng =

General Associations

- Wind is yang in nature and therefore tends to injure the body's yin aspects
- comes from the east and associated with springtime
- its the heavenly breath that returns life in spring and initiates sprouting
- has special affinity for the wood organs (Lr/GB)
 - also the Lu as the organ most in contact with the environment, smt called the vulnerable/sensitive organ
- called the “spearhead of a hundred diseases”; meaning it easily penetrates the body's defenses and is the vehicle that carries disease and other pathogenic influences into the body; thus it is frequently present in combination with other factors

General Characteristics

- by definition wind is moving and constantly changing
- often cooling or chill producing (wind-chill factor)
- can also be very drying (clothes on a line)

General Body Responses

- sx that: move around, or come and go, alternate, or oscillate
- all abnormalities of movement
 - involuntary / erratic – shaking, tremors, tics, spasms, convulsions, seizures
 - immobility, stiffness, paralysis, atrophy, and loss of motor control (CVA = wind strike)
- sudden onset or disappearance of sx.
- migratory and intermittent sx.
- **pain** tends to be achy, stiffness, muscle tension, but can be intense
- wind tends to effect the upper body (esp. the head, neck, shoulders upper back and chest)
- wind effects the skin, pores and superficial musculature (wei qi)
 - sx. of itching and rashes, aching and stiffness
- wind effects the emotions usu. volatile emotional outbursts (more subtle = mood swings)

Examples of diseases often attributed to wind

headaches, torticollis; common colds & flu; epilepsy, stroke, Bell's palsy;
urticaria; dizziness & vertigo; some types of insanity

Diagnostic Patterns and Etiology

- **External wind** (wai feng) exposure: to wide variety of natural and artificial sources
 - mostly effects the Lungs (the Lung, incl. the nose, throat, voice and airway) (also skin, eyes & ears)
 - obstructs the Lungs descending & dispersing functions (headache/body ache, lack of sweat)
 - sneezing & coughing result and reflect the nature of wind
 - by definition external invasion is a shi/excess condition
 - Pulse:** floating
- **Internal wind** (nei feng) mostly results from Liver disharmony,
 - the Pulse is typically wiry Tongue: may be stiff or shrunken esp. after a stroke
 - shi conditions:**
 - a. Liver yang or fire rising, creates draft (hypertension)
 - xu conditions:**
 - b. insufficient blood, as in a vacuum (dizziness)

Exogenous Pathogenic Influences in Detail

寒 Hán =

General Associations

- cold is a yin pathogen and therefore tends to damage the body's yang
- it comes from the northerly direction and is assoc. w/ winter
the time when light and warmth are at their minimum
- it tends to injure the metal and water organs (Lu & Kd)
- earth and water are both yin archetypes and relatively cold in nature

General Characteristics

- Cold is contracting, hardening, & tightening
- cold slows things down, retards movement
- cold consumes yang/warmth
- cold congeals fluids, creating stasis
- cold also tends to sink

General Body Response

- under activity and hypo function
- slow, restricted movements
- **pain**, is relatively severe, precise and localized
- the person looks and feels cold
absence of color, white to gray (blue)
- tends to seek warmth avoids or has aversion to cold
warmth alleviates cold type pain
- characterized by frequent, copious, watery (clear or white) eliminations
urine, stool, vomit, nasal discharges, sputum, vaginal discharges, exudates
none of which have much odor
absence of sweating even if feverish
- **Tongue**: pale with clear or white fur
- **Pulse**: slow, tight

Diagnostic Patterns and Etiology

- **External cold**:
exposure to drafty, cold, damp environs
many working conditions outdoors, refrigeration & air conditioning
exposure mainly effects the Lu and/or the channels
frostbite and hypothermia would be considered Misc. factors
- **Internal cold**:
shi type: cold food and drink
xu type: yang deficiency esp. of the Kd and/or Sp
fear: freezes one and can behave much like cold
- * **Direct attack of Cold to the Interior**: (ingesting cold/iced liquids or foods)
sharp abdominal pain, vomiting, diarrhea, sweating & shivering

Exogenous Pathogenic Influences in Detail

熱 Rè = 火 Huǒ =

General Associations

- heat is a yang pathogen and tends to damage the yin aspect (esp. blood and fluids)
- heat comes from the south and is correlated with summer (but can occur anytime)
- is the sensation or perception of heat (subjective or objective), measurable or not
- heat can effect any organ, though it has special affinity for the fire organs (Ht and Pc)
- stifled/repressed, intense emotions can create fire

General Characteristics

- heat incites movement, quickens, (speeds things up), and expands
- heat rises
- heat produces redness and increases temperature

General Body Responses

- increased temp can be local (inflammation) or systemic (fever, febrile disease)
- hyperactivity and/or hyper function
- **pain** is burning, searing
- person looks, feels and acts hot
 - red face, eyes, skin, tongue
 - seeks cooling
 - thirsty
- restless and agitated (flushing, vasodilatation, erythema)
(shade, breeze, water, ice, removes clothing etc.)
- sweaty
- body fluids and secretions are diminished and less frequent
they are concentrated, dark, yellowish, and malodorous
(urine, stool, vomit, nasal discharges, sputum and vaginal discharges) (& may have blood in them)
- bleeding (reckless blood) fire = hemorrhage
- severe sore throats (red and swollen)
- agitation, confused speech and delirium occur when the Ht and shen are overheated
- red skin lesions, esp. raised and painful (burning) (rashes, boils/carbuncles, ulcerations pox)
- **4 signs of inflammation:** red, hot, swollen and painful
- **Tongue:** red with yellow fur
- **Pulse:** rapid

Diagnostic Patterns and Etiology

- **External heat:**
 - direct exposure = shi heat
 - working conditions; outdoors esp. in direct sun, also high heat or fire related jobs
- **Internal heat:**
 - **shi types:**
 - other pathogens can transform into heat or fire
 - heat in any organ (if severe or particularly intense its called fire)
 - fire toxin (skin eruptions, infections or blood poisoning)
 - heat or fire can generate internal wind
 - heat in the blood can cause itching, skin lesions and bleeding
 - **xu types:**
 - called deficient heat or deficiency fire
 - result from insufficient yin
 - mostly involve the Kd, Ht and Lu
 - its a weak fire with sx. such as low grade fever, malar flush and night sweats

Exogenous Pathogenic Influences in Detail

燥 Zào =

General Associations

- dryness is a yang pathogen which primarily exhausts the body's fluids
- it comes from the west and is a phenomenon of fall associated with desert, high elevations, certain occupational conditions however it is closely associated with heat, wind, and cold and may accompany any of them its effects are mostly felt by the metal and water organs (Lu, LI, & Kd)

General Characteristics

- drying, withering, toughening, cracking

General Body Responses

- dehydration, thirst
- dryness especially effects the skin and mucus membranes
 - dry skin and loss of luster
 - dry nose, lips, mouth, tongue, eyes etc.
 - chapping, chafing, flaking, cracking (parched)
 - if severe can lead to bleeding (blood vessels crack open)
- aging in general, wrinkles
- dry itching skin, scratchy throat
- dry, non-productive cough
- dry, hard stools, (constipation) (not particularly bad smell)
- infrequent, short, concentrated urination
- decreased saliva and digestive secretions
- **Tongue:** dry and possibly cracked
- **Pulse:** usu. thin or wiry and have a brittle character, may be rough or choppy

Diagnostic Patterns and Etiology

- **External dryness:** injures Lu & LI
- *Shi types:* exposure to:
 - very low humidity
 - excess heat and/or wind injures the fluids by evaporation
 - consider work environs and activities
- **Internal Dryness:** challenges Kd & TB
- *Xu types:* insufficiencies of:
 - deficient fluids (jin-ye), or excessive loss of body fluids following fever, excessive sweating, (aerobic activities), vomiting, diarrhea
 - deficient blood, or loss of blood (hemorrhage, heavy menses)
 - deficient yin (esp. of Kd, Lr, and Lu)
 - improper diet (can damage ST)
 - excess salt intake - the salty flavor withers the blood
 - excess alcohol and caffeine (both are diuretics)
 - not enough fluid intake
 - herbs: hot, acrid substances

Exogenous Pathogenic Influences in Detail

濕 Shī =

General Associations

- dampness is a yin pathogen which chiefly hampers the yang
- it corresponds to the humid, wet or rainy season
- and primarily effects the Spleen

General Characteristics

- damp is not so much water as something wet and soggy, water-logged (heavy)
- something saturated is heavy and tends to swell
- dampness is congesting and obstructive, slow to change or move (viscous)
- tendency to rot and decay
- being related to water, damp tends to sink and/or flow out, leak or drip

General Body Responses

- swelling and edema; tissues gets soft and mushy
- body or limbs feel heavy and difficult to move (sluggish)
- tends to effect the lower body and lower jiao
- head feels heavy or full and senses are muddled, dull
- sx. that are chronic, lingering and protracted
- **pain** is fixed and constant, but relatively dull or yields numbness
- sores that are slow to heal and tend to weep or ooze, often becoming purulent (pus)
- excretions/discharges that are continual, thick, sticky, cloudy, turbid (vaginal discharges)
- sometimes profuse sweating, but without much thirst
- productive cough w/ copious sputum
- **Tongue:** wet or greasy
- **Pulse:** slippery, rolling

Diagnostic Patterns and Etiology

- **External Dampness:**
exposure: living and working in damp/wet surroundings (high humidity, ground, home, clothes)
- **Internal Dampness:**
Dampness is a shi condition (accumulated moisture)
but in many cases the presence of dampness also indicates a Sp xu condition
- **Diet:** overeating:
raw food, sweets, alcohol (fire-water), oily or fried foods, seeds and nuts, (p.butter)
dairy products (milk, cheese & yogurt)
- Emotions can hinder the spleen, esp. pensive worrying and obsessing

Relationship to Phlegm/Tan

- Phlegm is always a shi condition
continuum from damp to Phlegm - Phlegm is dampness "congealed"
it is thicker and more stagnant and therefore more obstructive
tends to be more chronic, lingering and difficult to resolve
forms lumps (instead of edema)
- Phlegm absorbs and holds water, prevents its circulation and thus can create dryness

Two Types of Phlegm

- | | |
|----------------------------------|--|
| substantial/tangible: | has physical manifestation (lump, sputum etc) |
| insubstantial/intangible: | acts like Phlegm but has no obvious manifestation (many mental conditions) |

Exogenous Pathogenic Influences in Detail

暑 Shǔ =

General Associations

- is considered to be a yang pathogen, it damages the body's yin
- strictly a phenomenon of summer, whereas heat could occur anytime
- effects the Ht/Pc and Sp

General Characteristics

- overbearing, oppressive humid heat; tropical heat
- hot and sticky

General Body Responses

- expends the qi causing exhaustion
- depletes the body fluids
- confuses the spirit/mind/senses
- high fever & heavy sweating
- parched mouth and strong thirst
- loss of appetite
- sallow complexion
- headaches
- heavy, labored breathing, possible palpitations
- dazed feelings and/or muddled thoughts and speech
- reduced urination (volume & frequency) and defecation
- fainting or collapse

Diagnostic Patterns and Etiology

- **External only:**
exposure: to high temp and high humidity as in a tropical climate
- **Mild:** sweaty, thirsty, dizzy, fatigue, no appetite, restless & uncomfortable, chest feels full
- **Severe:** high fever, profuse sweating, intense thirst, confusion, syncope
- examples: sunstroke, heatstroke
- predominance of Heat
- predominance of Damp

* **the internal equivalent** to summer-heat is damp-heat
primarily effects the intestines, bladder, gall bladder & spleen
in diseases like dysentery, UTI, hepatitis, vaginitis

The
Spectrum
of Emotions
in
Chinese Medicine

Spectrum of Emotions

General 5 Phase Correlations

Phase	Seasonal influence:	Human development:	Relationship to:
Wood	rooting & sprouting beginnings foundations	childhood to puberty [to be(come)]	self, parents, other children
Fire	growth & development	adolescence to adulthood [to feel, be passionate]	inter-relationship intimacy, lovers
Soil	maturation & fruition	parenthood & middle years [to be responsible]	form mature relationships family, community
Metal	decline & withering	fulfillment & retirement [to reflect, contemplate]	spirit, self-cultivation mind, consciousness
Water	storage & death	elder years & death [to mentor & surrender]	cosmos, universe

Spectrum of Emotions

內因 **Nèi Yīn = Endogenous Etiologies / Causes**

五志	Wǔ Zhì	= <u>5 Feelings; will, ambition, aspiration, mind; personalities</u>
七情	Qī Qíng	= <u>Seven Sentiments; feelings, affects, emotions, moods</u>
情志	qíng zhì	= <u>affect-mind (mental disposition/predisposition) state of mind, attitude, the emotions</u>
怒	nù	= <u>rage, anger, wrath, fury, irritability, frustration</u> (also sprouting energy, the energy of springtime is assertive and can be aggressive)
喜	xǐ	= <u>joy, happiness, pleasure, elation, excitement</u> (can lead to overexcitement, restlessness, agitation, hysteria, panic, and delirium)
思	sī	= <u>to think, deliberate – contemplate/concentrate - reflect - reminisce - worry</u> preoccupation - obsession - pensiveness - brooding
憂	yōu	= <u>anxiety, insecurity, apprehension</u>
悲	bēi	= <u>to lament, grieve, sorrow/sadness, be despondent, melancholic</u>
恐	kǒng	= <u>fear, extreme apprehension, dread, terror</u>
驚	jīng	= <u>frighten, startle, surprise, alarm, shock</u> (Su Wen attributes fright to Lr)

Spectrum of Emotions

Organs: their Spirits, Aspects of Mind, Consciousness, and Emotions

The organ, its spirit, the emotions it engenders, and their effect on qi.

Excessive or suppressed expression can injure or harm, and has specified effect on the qi, (esp. of that organ)

Organ	Spirit	Emotion	Effect on Qi
肝 Gān	魂 hún = yang soul, ethereal spirit; persona, ego	怒 nù =	makes qi shàng 上
心 Xīn	神 shén = spirit, mind, consciousness	喜 xǐ = 樂 lè =	makes qi huǎn 緩
脾 Pí	意 yì = intellect, thoughts & ideas; memory	思 sī = 憂 yōu =	makes qi jié 結
肺 Fèi	魄 pò = yin soul, animal soul, corporeal spirit; instinct & survival	憂 yōu = 悲 bēi =	makes qi xiāo 消
腎 Shèn	志 zhì = will, ambition affect, feeling, emotion	恐 kǒng =	makes qi xià 下
心胞 Xīn Bāo		驚 jīng =	makes qi luàn 亂

Class Prep: *Fill in the organs

* Fill in the emotions

* In class fill in the effect

Spectrum of Emotions

The Spectrum of Emotions – Key to Tables

- The spectrum of emotions each organ is responsible for: (i.e. generates, controls, & is injured by). Pathology in the psycho-emotional realm is essentially feeling &/or expressing too much or too little, esp. in one emotional range, (i.e. stuck in that psychological rut, issues remain unresolved).
- When understood from a CCM perspective, psychological disorders and imbalances are readily treated through an organ network using acupuncture and herbs, as well as lifestyle.
- Without a sense of the middle-ground (center column) one doesn't understand what healthy emotional expression is, or what the outcome of successful treatment should look like. This, middle, i.e. balanced, appreciation of a healthy organ is not clear from the one word correspondences typically listed in 5 Element tables and organ descriptions.
- Xu & Shi can be thought of in several ways: over or under generation or expression
 - 1) a deficiency or excess of the healthy emotion (remember suppression/repression is not deficiency, but stagnation)
 - 2) what a xu or shi person will tend to exhibit or act like.

Spectrum of Emotions – Liver/GB – Particulars

Tables to be understood both horizontally & vertically and ultimately spirally

Lr	Xu	<i>Healthy expression, Ability to feel:</i>	Shi
<u>Wood</u> beginnings sprouting			
<u>Hun</u> (ethereal soul personality)			
<u>Trigrams</u> Zhen thunder arousing initiating			
Xun wind penetrates			
<u>Lunar Hexagram</u> 19 Lin Approach			
<u>Animals</u> GB = Rat Lr = Ox			

Symbol Referents

Spectrum of Emotions – Liver/GB – Particulars

– tables to be read both horizontally & vertically –

Lr	Xu	<i>Healthy expression, Ability to feel:</i>	Shi

Spectrum of Emotions – Heart/SI – Particulars

– Tables to be read both horizontally & vertically –

Ht	Xu	<i>Healthy expression, Ability to feel:</i>	Shi
<u>Fire</u> growth & developmt light			
<u>Shen</u> (mind, conscious- ness)			
<u>Trigram</u> Li (mental clarity)			
<u>Lunar Hexagram</u> 44 Gou Inter- course			
<u>Animals</u> Ht = Horse SI = Goat			

Symbol Referents

Spectrum of Emotions – Heart/SI – Particulars

– tables to be read both horizontally & vertically –

Ht	Xu	<i>Healthy expression, Ability to feel:</i>	Shi

Spectrum of Emotions – Spleen/ST – Particulars

– Tables to be read both horizontally & vertically –

Sp	Xu	<i>Healthy expression, Ability to feel:</i>	Shi
<u>Earth</u> (maturity transform- ation)			
<u>Yi</u> (intellect thinking remember)			
<u>Trigrams</u> Kun Earth productive			
Gen Mt. lofty stillness			
<u>Lunar Hexagram</u> 1 Qian Vigorous Creative			
<u>Animals</u> ST = Dragon Sp = Snake			

Symbol Referents

Spectrum of Emotions – Lung/LI – Particulars

– Tables to be read both horizontally & vertically –

Lu	Xu	<i>Healthy expression, Ability to feel:</i>	Shi
<u>Metal</u> decline			
<u>Po</u> corporeal soul body, instinct survival			
<u>Trigrams</u> Qian Heaven creative			
Dui Lake Tranquil Reflective			
<u>Lunar Hexagram</u> 11 Tai Peaceful Flowing			
<u>Animals</u> Lu = Tiger LI = Hare			

Symbol Referents

Spectrum of Emotions – Kidney/BL – Particulars

– Tables to be read both horizontally & vertically –

Kd	Xu	<i>Healthy expression, Ability to feel:</i>	Shi
<u>Water</u> dormancy death storage			
<u>Trigram</u> Kan water pitfalls danger mystery			
<u>Lunar Hexagram</u> 20 Guan Observe Contemplative			
<u>Zhi</u> will			
<u>Animals</u> BL = Monkey Kd = Rooster			

Symbol Referents

Spectrum of Emotions – Synopsis

Synopsis of Spectrum: a healthy middle ground & too much or too little production or expression yields:

	xu (too little)	neutral, balanced, moderate	shi (too much)
	never feel, never comes up, outside of experience	healthy expression of, ability to feel	stuck, stuck in, suppress, deny, bottle up
Lr	low self esteem, hopeless, depressed	healthy sense of self, solid sense of self worth self confident, capable	arrogant, frustrated, irritable
Ht	negativity, sadness	joi de vivre, ability to feel, pleasure (& pain)	overexcitement, restlessness (mentally & physically)
Sp	spacey, unfocused, can't concentrate, or remember	ability to think clearly, concentrate & focus, cares	worry, preoccupation, obsession
Lu	holding on, attachment, anticipation of loss, insecure	healthy sense of loss, ability to let go, grieve & cry	despondent, melancholic anxious
Kd	yin fear = paralysis, frozen superstitious	awe & wonder, respect for nature & naturally occurring dangers, appropriate caution	yang fear = fight or flight phobias bravado
Pc	timid, shy, withdrawn	open & un-afraid	easily frightened, startled, hysterical

Spectrum of Emotions – Synopsis

Constitutional Type	Life Concern	Learning Style
Wood	action, get things done achievement (of goal)	visual (need to see)
Fire	how things feel &/or look	sensorial
Earth	practical (accomplishment) but with values	kinesthetic (by doing)
Metal	meaning, what does it mean big picture - how it all fits together	mental, idea, ideal
Water	is it safe (need assurance)	auditory (need explanation)

Constitution	Fundamental Need
Water	safety
Wood	freedom – dignity – autonomy (rights assured)
Fire	love – peace (to live in a time of peace is extreme good fortune)
Earth	to belong nourishment – health (food, goods & services are ample & accessible)
Metal	respect – privacy (infrastructure intact & functional/systems work) justice system works & is fair

Phase	Treatment Philosophy/Style (How one obtains compliance) What kind of client one attracts and is most successful with
Wood	directive, discipline, regimented – uses systems, force, control, manipulation twist their arm, overpower - focus on their vulnerability attracts those who like to be told what to do, need to be directed
Fire	very client centered, supportive, all heart, focus is pleasing you, big on advertising, fancy office – appeal to vanity focus on aesthetics (cosmetics facelift, liposuction) (Dr. Darm) often target opposite gender, but smt. same
Earth	being nice, comforting – very accommodating – understanding & approving mothering – focus on kids (pediatrics) and/or end of life care (hospice) convince with education, provide information
Metal	impress and mystify, talk into, convince, cajole, power of persuasion prove with data, use of elaborate procedures, impress with your intelligence sagely, wise, paternal, strict strict adherence to proper way/protocol
Water	scare into compliance, strike fear into them to get them to do the right thing warn, threaten with worse case scenarios

Spectrum of Emotions – Synopsis

• 5 Phase Correlations & Seasonally Appropriate Actions

Phase/Season	Action	Aspect
Wood/Spring	<i>discharge & release</i>	physically
Fire/Summer	<i>supplement & nourish conserve & protect:</i>	yin
soil/Late Summer	<i>balance & harmonize</i>	all aspects
Metal/Fall	<i>discharge & release</i>	emotionally
Water/Winter	<i>supplement & nourish conserve & protect:</i>	yang

• Organ/Channel Clearing Qi Gong

Organ/Channel	Sound on exhale	pathogens to dispel / clear	emotions/feelings to let go of
Liver	yü = yew xü = hsuu	wind	anger & frustration
Heart	ho = hoe he = huh	heat	(joy)=over-excitement restlessness, agitation sadness & negativity disappointment & disillusion
Spleen	hu = hoo	damp	worries, anxieties
Lung	si/zi = ssszzz	dryness	sorrows, losses, attachments being right, or our mistakes
Kidney	chui = chway chi = chr	cold	fears & insecurities
San Jiao	hee xi = hsee	heat	stress; obstacles, limitations

Spectrum of Emotions – Synopsis

In a general way, an emotion tends to self perpetuate, anger leads to more anger.
Likewise, approach someone in anger, you tend to get an angry response.
Love begets love, force begets resistance, etc. etc..
It is easy to see how an organ becomes excessive in this manner.

Another view is that one emotion produces or generates another according to the sheng cycle.
Following a fit of anger, one gets in touch with one's compassion, or at least feels the joy of release.
Pleasure produces empathy, or excitement/restlessness engenders worry.
Worry produces anxiety which comes to grief.
Grief produces apprehension and fear.
Fear can easily lead to anger (lashing out)

Using Ke Cycle to Reign-in (Control) Excessive/Runaway Emotions

<u>Manifestation</u>	<u>Action to Counter</u>	<u>Explanation</u>
for hysteria (shi joy/fire)	slap–scare reduces	water controls fire
for rage (shi wood)	sorrow/regret rectifies	metal controls wood
for grief (shi metal)	laughter disperses	fire controls metal
for worry (shi earth)	anger moves stuck-ness	wood controls earth
for fear (shi water)	reflection gives perspective	earth controls water

Organs naturally/instinctually clear themselves through spontaneous expression of:

Lr by getting angry and shouting
Ht through laughter
Sp through expression of tenderness (soothing, cooing, singing)
Lu through crying
Kd/Pc by screaming (in fear, or fright)

The five **Confucian Virtues** cultivate an aspirational level for each organ, both in order to heal itself and to develop to our full human potential (i.e. the human organ is not the same as the animal organ)

Simple / Trad.

仁	Rén:	human kindness, humane behavior, compassion, benevolence, kindness
礼	Lǐ:	propriety, ritual (behavior appropriate to sacred acts) manners, etiquette, ceremonial courtesy; protocol to be principled, reverential, honorable, have integrity
智	Zhì:	wisdom, intelligence; wise, knowledgeable, learned
义	Yì:	right, righteousness, just, justice, integrity
信	Xìn:	honesty, trust, trustworthiness; faith, good faith, faithfulness, loyalty confidence, reliability
德	De:	virtue, virtuous behavior

*Patterns of
Imbalance*

*Pathology & Diagnosis
in*

Chinese Medicine

(Assessment)

Bian Zheng = Pattern Differentiation

Diagnosis/Assessment = Naming the Pattern (of Imbalance)

Think in terms of a series of questions you must answer:

- I. Which organ is out of balance?

- II. In which direction is it out of balance?

- III. If xu: What is insufficient?

If shi: What is excessive?

or

The answers to these questions are found by reading the signs and symptoms.

Examples:

• Spleen Qi Xu =

• Dampness is Hindering the Sp

Vital Substance Patterns

氣証 Qi Patterns

* Five Functions of Qi: movement, transformation, protection, containment, (warming=yang)

1. Qi Stagnation Qi Zhì 氣滯

- Key sx:
- pain & distention
 - pain is relatively dull, achy & intermittent
may be migratory, or radiates
 - temporary relief from belching, passing gas, bowel movement, sighing etc.
 - aggravated by pressure
 - masses are soft & mobile
 - emotional, moody (moods swing from irritable to depressed)
 - Tongue: is normal pink to slightly lavender/dusky
may have some unilateral distortion/distention
 - Pulse: is taut to wiry

2. Qi Deficiency Qi Xū (empty / insufficient / depleted) 氣虛

- Key sx:
- lethargy & fatigue, spontaneous perspiration
 - complexion pale, but bright (has sheen, luster)
 - shallow breathing, shortness of breath, weak voice
 - diminished functions, weak constitution, frequent colds (lowered resistance)
 - Tongue: is slightly pale & puffy with dental impressions on sides
 - Pulse: is weak/empty, forceless

3. Qi Counterflow Qi Nì aka Rebellious Qi 氣逆

i.e. qi moving opposite to normal direction (esp. upward)
(esp. ST qi) (usu. shi type of counterflow)

- Key sx:
- hiccups, belching, nausea/vomiting
 - coughing, wheezing, dizziness
 - diarrhea, prolapse (see below)
 - Pulse: is superficial

4. Qi Sinking Qi Xiàn qi sinks downward 氣陷

(esp. Sp qi) (xu type counterflow)

- Key sx:
- pressing/pulling/bearing down sensations
 - organ prolapses (esp. rectum/anus, uterus/vagina)
 - chronic diarrhea, chronic vaginal discharge
 - Pulse: is deep

Vital Substance Patterns

血証 *Blood Patterns*

* Major Functions of Xue: nourishment, moistening, storage (cooling=yin)

1. Blood Stasis

Xuè Yū

血瘀

- Key sx:
- pain that is sharp w/ a fixed location & constant (usu. swollen too)
 - discoloration or darkening (locally: bruises systemically: complexion, tongue, lips, nailbeds)
 - dysmenorrhea, dark menstrual blood w/ purple clots
 - masses that are hard & immobile (usu. abdominal or pelvic i.e. MJiao or LJiao)
 - Tongue: is purple with dark/purple spots; veins dark & contorted/engorged
 - Pulse: is rough & choppy

Etiol: qi stagnation, qi deficiency, blood deficiency, blood heat, interior cold, trauma
trauma / extravasated: hemorrhage, bruises, petechia

2. Blood Deficiency

Xuè Xū (empty / insufficient / depleted)

血虛

- Key sx:
- tired & fatigued
 - complexion pale and lusterless (also eyes, nails)
 - dizziness, blurred vision (LBP, hypovolemia)
 - insomnia, poor memory
 - diminished menstrual flow, irreg/erratic menses, amenorrhea
 - Tongue: is pale
 - Pulse: is thin/thready/fine, maybe rough & choppy (irreg.)

3. Blood Heat

Xuè Rè

血熱

(i.e. heat in the blood, or at the blood level)

- Key sx:
- fever/heat sensations, red rashes/eruptions/pox, itching, abscesses
 - excessive menstrual bleeding (hemorrhage) (blood is bright red)
 - Tongue: is red (bright red)
 - Pulse: is rapid

4. Reckless Blood

Xuè Wàng Xíng

血妄行

Blood Recklessly Moves

- Key sx:
- bleeding (nose, gums, skin, lungs, stomach/GI, menstrual, urine, stool, anus)
 - shi: • acute, heavy bleeding (usu. due to heat, or stasis)
 - xu: • chronic but minor bleeding (usu. due to deficiency)

Etiol: blood heat, blood stasis, qi deficiency, yin deficiency/dryness

Vital Substance Patterns

• Jīn-Yè / Fluid patterns:

- a. Excess: • fluid accumulations, swelling and edema
Etiol: *these are usu. caused by deficiencies of Sp, Lu, Kid, & TB*
- b. Deficiency: • insufficient fluids (i.e. reduced secretions & lubrication) yields dryness
• dry eyes, nose, tongue/mouth/throat, skin, colon etc.
• dry cough, dry stools/constipation, scant urine
Etiol: *prolonged or excessive loss of fluids – sweating, vomiting, diarrhea*

• Tán / Phlegm:

- congealed fluids
- a. substantial: • i.e. tangible – observable, palpable, audible
• sputum, skin lumps & swollen lymph nodes
- b. insubstantial: • presence is inferred
• mental sx, cloudy thinking, inability to concentrate, mental illness, epilepsy, coma
• nausea, dizziness, numbness, plum-pit sensation, wheezing

• Jīng / Essence patterns:

- deficiency: genetic, hereditary, constitutional problems
- a. childhood: • problems associated with growth & development
- b. old age: • problems associated with aging and esp. premature aging

• Shén / Spirit patterns:

- disturbances of consciousness, mentation, cognition, speech, sleep
Etiol: *shen disturbances may be caused by xu or shi factors*
- *shi factors:* *usually heat &/or phlegm*
- *xu factors:* *typically blood or yin deficiencies, but any deficiency may induce*

• Yīn patterns:

- a. xu/deficiency patterns: • insufficiency of yin (i.e. cooling & moistening principle)
• yields heat & dryness signs (heat is relatively weak compared to shi type)
- b. shi/excess patterns: • presence of yin pathogens (like cold & damp, esp. if d/t organ def.)

• Yáng patterns:

- a. shi/excess patterns: • presence of pathogens (esp. yang pathogens like heat & wind)
- b. xu/deficiency patterns: • insufficiency of yang (i.e. warming & drying principle)
• yields cold & damp/wet signs (cold is relatively weak compared to shi type)

• Collapse or Desertion of Yin or Yang: *severe deficiencies of yin or yang lead to collapse of the other*

- Key sx: • profuse sweat, literal collapse & loss of consciousness

Organ Patterns – Zàng

心証

Xīn Zhèng = Heart Patterns

虛証/虛证 Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns

1. Heart Blood Xu

Xīn Xuè Xū

心血虛

- Main: • palpitations, insomnia, poor memory, dizziness (esp. upon standing)
Aux: • (difficulty falling asleep, but once asleep tends to stay asleep, & sleep long hrs), fatigue
Psych: • anxious, easily startled/frightened, timid
Exam: • pale lips (smt. dry & cracked), pale & dull complexion
T: • pale (may also be curled under or indented at the tip)
P: • thready & rough

2. Heart Yin Xu

Xīn Yīn Xū

心陰虛

- Main: • palpitations, mentally/physically restless
• insomnia (restless sleep, frequently wake, (lite sleeper), sleep is disturbed by dreams)
Aux: • low grade fever, heat sensations (esp. in evening/nite), nite sweats
• dry mouth/throat & lips, heat in the 5 ‘hearts’ (chest, palms & soles)
Psych: • uneasy, restless, fidgety; poor memory/forgetful
Exam: • thin build, red cheeks/malar flush, lips are cracked (& red)
T: • red (esp. tip), red prickles, thin & narrow, pointed (tip may be misshapen)
• dry, no coat/peeled, cracked (long, thin, crack extending to tip—starts in LJ)
P: • thready & rapid

3. Heart Qi Xu

Xīn Qì Xū

心氣虛

- Main: • palpitations (rate & rhythm problems) (usu. mild & occasional)
• fatigue, shortness of breath (esp. on exertion)
Aux: • spontaneous perspiration
Psych: • listless, but prone to periodic panic
Exam: • pale, but bright complexion
T: • normal to somewhat pale
P: • empty, weak (forceless)

4. Heart Yang Xu

Xīn Yáng Xū

心陽虛

- Main: • Ht qi xu sx + cold signs/sx
Aux: • cold sweat, chest oppression/stiffness/stifling sensation
Psych: • exhaustion, severe anxiety & apprehension, panic
Exam: • pale, but bright complexion, cold extremities (esp. hands)
T: • pale, wet, swollen
P: • deep, weak or knotted (slow & irreg)

- + • if yang collapses – profuse cold sweat, cyanosis, coma, weak, shallow breathing
pulse may be hidden, minute, knotted

Organ Patterns – Zàng

實証 / 实证 *Shí Zhèng* = *Repletion/Excess/Hyper-functioning Patterns*

5. Heart Blood Stasis

Xīn Xuè Yù

心 血 鬱

(usu. secondary to other Ht patterns)

Main: • palps, chest pain (angina, may radiate to shoulder/arm)

Aux: • feelings of constriction in the chest, cold hands

Psych: • pent up, wrought up

Exam: • purple lips

T: • purple (dark & contorted sublingual veins)

P: • choppy or knotted (irreg & slow) (atherosclerotic plaques)

6. Phlegm Confuses the Heart Portals / Mind

Tán Mí Xīn Qiào

痰 迷 心 竅

Main: • muddled, unclear thinking; stupor, unconsciousness

Aux: • garbled speech, gurgling sounds (in throat) (possible retching) (aphasia)

Psych: • withdrawn, mental confusion, confused speech, muttering to self

Exam: • drooling/slobbering, more likely to be overweight

T: • flabby, with thick, sticky/slippery coat

P: • slippery

7. Phlegm & Fire Harass/Agitate the Heart

Tán Huǒ Rǎo Xīn

痰 火 擾 心

Main: • pronounced agitation; bizarre, unpredictable behavior

Aux: • palps, insomnia (wild dreams), bitter taste

Psych: • uncontrolled laughing & crying, tendency to lash out at others, ranting

Exam: • red face, wild expression

T: • red w/ greasy yellow coat; hyper-mobile

P: • full, rapid & slippery

8. Exuberant Heart Fire

Xīn Huǒ Shèng

心 火 盛

Main: • palpitations & tachycardia, insomnia (may sleep very little), tongue sores, thirst

Aux: • feels overheated, bitter taste (usu. only in morning or after poor sleep)

febrile dz leading to delirium

Psych: • restless agitation, impulsive, manic behavior

Exam: • bright red face

T: • long, dry, red, even redder tip, which is also enlarged, red prickles, yellow coat

P: • rapid, overflowing, may be hasty (rapid & irreg)

+ • if also have burning urination, w/ dark, concentrated urine & possibly hematuria
= **Heart Fire Passing down to the Small Intestine**

* All heart patterns can/will disturb the shen/mind effecting mental-emotional changes.

esp. characterized by restlessness (physical & mental), (less obvious in xu patterns)

• shen disturbance typically presents with a quivering tongue.

Organ Patterns – Zàng

肺証

Fèi Zhèng = Lung Patterns

虛証/虛证 Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns

1. Lung Qi Xu *Fèi Qì Xū* 肺氣虛

1a. Lung Yang Xu *Fèi Yáng Xū* 肺陽虛

- Main: • fatigue, weak cough, weak voice, spontaneous/daytime sweating
• weak, shallow respiration, shortness of breath after even minor exertion
- Aux: • easily catches colds, and/or does not recover quickly
• skin is cold & dislikes (sensitive to) cold & drafts
• avoids talking; thin, watery sputum
- Psych: • may have suffered a significant loss
- Exam: • pale or white complexion, but bright, stooped posture (less than robust constit.)
- T: • normal or pale, smt. scalloped
- P: • weak, empty (esp. R cun position)

2. Lung Yin Xu *Fèi Yīn Xū* 肺陰虛

- Main: • dry unproductive cough (small amounts of sputum, difficult to expectorate, may have blood)
• dry mouth & throat, dry skin, dry nose, thirst (but drinks little)
• low grade fever or sensations of heat in late afternoon, evening or night
- Aux: • night sweats, five hearts hot, dry/hoarse (husky) voice
• insomnia (awakens easily, often due to dreams, overheating or sweating)
- Psych: • fidgety
- Exam: • thin build, red cheeks/malar flush
- T: • red & patchy or peeled coat, dry and cracked (esp. front 1/3, usu. transverse cracks)
- P: • weak, thin/thready/fine & rapid

實証/实证 Shi Zhèng = Repletion/Excess/Hyper-functioning Patterns

3. Lung Dryness *Fèi Zào* 肺燥

- a. exogenous invasion of dryness (stronger presentation of dryness than yin xu)
• associated with climate or dry season (Fall)
• indoor living and forced air heating
• occupational conditions, excessive aerobic activity, drugs/medications
- b. aftermath of a fever/internal heat damaging the body fluids (precursor to a yin deficiency)
- * main differences from yin xu are: real thirst
- T: • tongue is mainly dry, not necessarily red, and coat is still intact

4. Lung Heat *Fèi Rè* 肺熱

- a. this is either an exogenous invasion that begins as, or turns into heat
in any case the pathogens are no longer on the surface, but really into the lung itself
- b. the lungs are overheated by excessive heat in/from other organs
- Main: • dry, unproductive cough, definite thirst w/ desire for cold liquids
- T: • is red & dry, yellow coat (not particularly thick or greasy)
- P: • is rapid & full, but not slippery

Organ Patterns – Zàng

Lung Shi patterns (cont.)

5. Wind & Heat Invade the Lungs *Fēng Rè Fàn Fèi* 風熱犯肺

- Main: • common cold sx: sudden onset, sneezing, nasal congestion w/ yellow snivel
• sore throat, definite thirst, higher fever, still chills, smt sweating
- Aux: • cough, headache, body ache, urine dark & decreased
- Exam: • throat red & swollen
- T: • minor changes, thin white or yellow coat, some reddening (in Lu area)
- P: • floating & rapid

6. Wind & Cold Invade the Lungs *Fēng Hán Fàn Fèi* 風寒犯肺

- Main: • common cold sx: sudden onset, esp. sneezing, runny nose w/ clear, watery snivel
• stiff neck, headache (occipital), body ache, slight fever, definite chills
• aversion to drafts & cold, no sweating
- Aux: • scratchy throat, cough, not especially thirsty, urine may increase & is clear
- Exam: • throat not particularly red or swollen
- T: • no change, thin white coat
- P: • floating & tight

• Wind-Cold & Damp Invade the Lungs *Fēng Hán Shī Fàn Fèi* 風寒濕犯肺

- Main: • sudden onset swelling/edema of face or eyes, lips/mouth/tongue
• aversion to wind/drafts, sneezing, itchy eyes, cough or dyspnea
- Aux: • edema may gradually spread to entire body; scant, pale urine
- Exam: • bright-shiny complexion
- T: • white slippery/wet coat
- P: • floating & slippery or soggy

7. Phlegm & Dampness Obstruct the Lungs *Tán Shī Zǔ Fèi* 痰濕阻肺

- Main: • chronic cough productive w/ copious white sputum, comes in bouts
• chest feels full & congested, dyspnea, aggravated by lying down
- Aux:
- Exam: • white pasty complexion
- T: • thick white greasy coat
- P: • slippery or soggy

8. Phlegm & Heat Obstruct the Lungs *Tán Rè Zǔ Fèi* 痰熱阻肺

- Main: • loud/barking cough, productive w/ copious yellow or green, foul smelling sputum
- Aux: • wheezy/asthmatic breathing, tight chest (smoker, bronchitis, emphysema)
- Exam: • red puffy face
- T: • red w/ thick yellow greasy coat (may also be dry)
- P: • rapid & slippery

Organ Patterns – Zàng

脾証

Pí Zhèng = Spleen Patterns

虛証 / 虛证 Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns

1. Spleen (Qi) Xu

Pí Qì Xū

脾氣虛

* *Clear Qi Below means Sp is xu and clear qi sinks down instead of rising as it should.*

Main: • lassitude, diminished/poor appetite, bloating & abd distention, tired after eating
• loose/poorly formed &/or frequent stools

Aux: • belching &/or flatulence, food seems tasteless or unappealing, gravitate to sweets
• bland taste in the mouth, excess salivation; weak, spindly limbs

Psych: • picky/fussy about food/diet, compulsive eater
• inability to concentrate

Exam: • sallow complexion

T: • normal to pale w/ dental impressions on edges

P: • empty, weak (esp. R guan position)

BioMed: GI: decreased gastric & pancreatic secretions; decr. SI absorption rates; decr. GI motility

ANS: imbalance, decreased sympathetic & increased parasympathetic activity

Immune: decreased cellular immunity, hypoactivity of circulating lymphocytes

1a. + Dampness:

Main: • feelings of heaviness esp. head or limbs, sluggish/torpid movements;
• sense of stuffiness in chest or abdomen; nausea,
• edema, extra weight

Psych: • mental sluggishness, head feels like in a fog

T: • enlarged, puffy, slippery-wet (exc. saliva)

P: • soggy

2. Spleen Yang Xu

Pí Yáng Xū

脾陽虛

Main: • Sp qi xu sx, only worse &/or more chronic, more edema

+ • cold sx: cold limbs and general chilliness, dislike of cold and damp
• consistently has undigested food in the stools,
• stools more diarrhea-like, but not foul smelling (more fishy)

Psych: • more spacey

Exam: • more sallow (more gray)

T: • pale, swollen, wet

P: • deep & slow

Organ Patterns – Zàng

Spleen Xu patterns continued:

3. Spleen Qi Sinking

Pí Qì Xiàn

脾氣陷

Main: • *Sp qi xu sx*

- + • pressing/pulling/bearing down sensations in the abdomen
- organ prolapses: esp. stomach, uterus/vaginal, anus/rectum (include hemorrhoids & varicose veins)
- chronic diarrhea, frequent & smt urgent urination

Exam: • *sallow*

T: • *pale*

P: • *empty, weak*

4. Spleen Not-Controlling Blood

Pí Bù-Tǒng Xuè

脾不統血

Main: • *Sp qi xu sx*

- + • bleeding: bruising easily, petechia, purpura, bleeding gums, epistaxis
- blood in urine, stool; menorrhagia, metrorrhagia

Exam: • *sallow*

T: • *pale*

P: • *thin/thready*

Organ Patterns – Zàng

實証 / 实证 *Shí Zhèng* = *Repletion/Excess/Hyper-functioning Patterns*

These patterns result from environmental exposure to the pathogens, which overwhelm the body's defenses, or internal dysfunction that produces them.

5. Cold & Damp Encumber the Spleen *Hán Shī Kùn Pí*

寒濕困脾

- Main: • stuffy chest & epigastrium, cold abdomen relieved by warmth
- Aux: • severe lethargy, heavy head, headache, dizziness, nausea, maybe vomiting
• loss of appetite, loss of taste or sweet taste in mouth
• no thirst or little desire to drink
• loose, thin stools
• pale, but turbid/cloudy urine
• vaginal discharge: white, chronic, little or fishy odor
- Psych: • foggy, unclear thinking, can't focus/concentrate; spacey, stuporific
- Exam: • sallow (more gray)
- T: • pale w/ thick sticky/greasy white coat
- P: • slow & slippery

6. Damp-Heat Encumbers the Spleen *Shī Rè Kùn Pí*

濕熱困脾

- Main: • bloated &/ or painful upper & lower abdomen; low grade fever (all day)
- Aux: • lethargy, heavy head, headache, dizziness, nausea, maybe vomiting
• loss of appetite
• no thirst or drinks only small sips
• loose, malodorous stools, burning anus
• scant, dark turbid/cloudy urine
• vaginal discharge: yellow, chronic and foul smelling
- Psych: • foggy, unclear thinking, can't focus/concentrate; but more hyper, frenetic
- Exam: • sallow (more yellow), icteric
- T: • pale or red w/ thick sticky/greasy yellow coat
- P: • slippery & rapid

Organ Patterns – Zàng

肝証

Gān Zhèng = Liver Patterns

實証 / 实证 *Shí Zhèng = Repletion/Excess/Hyper-functioning Patterns*

(pent up & knotted)

(stuck)

simplified characters }

肝气郁结

1. Constrained Liver Qi / Liver Qi Stagnation

Gān Qì Yù Jié

肝氣鬱結

Main: • feelings of fullness or stuffiness in the chest, sides or infracostal regions; restricted breathing, frequent sighing or clearing of the throat, or perhaps feeling as if something is stuck in the throat.

Aux: • Indigestion with abdominal or epigastric discomfort
• Irregular bowel movements (vacillate between “normal” and constipated or loose)
• Irregular menses, premenstrual breast distention, cramping (esp. before period begins)
• Tendency toward headaches (stress & tension)
• Dry, sensitive eyes (sensitive to light)

Psych: • mood swings, tendency to get depressed and doubt oneself, feeling hopeless, impatient, or easily frustrated, impatient/irritable, bitchy, fly off the handle, yell/shout, violent outbursts, easily burst into tears, feeling out of control
• Inflexible physically and mental/emotionally, high need for order and control, may be “addicted to” exercise, work, coffee or chocolate, alcohol or drugs

Exam: • greenish complexion esp. around the mouth & chin

T: • often appears normal, smt edges are red &/or swollen

P: • taut, wiry quality to the pulse

2. Liver Blood Stasis

Gān Xuè Yù

肝血鬱

Main: • Liver qi stagnation sx
+ • delayed/irreg menses, dysmenorrhea, dark/purple blood w/ clots
• abdominal masses

Aux: • hematemesis, epistaxis

Psych: • mood swings more erratic & extreme

Exam: • dark purple-green complexion

T: • purple, may have stasis spots on edges, veins dark & contorted

P: • wiry & rough/choppy

Organ Patterns – Zàng

3. Liver Fire (Upward Blazing/Flaming) *Gān Huǒ Shàng Yán*

肝火上炎

- Main: • Liver qi stagnation sx (mostly upper body sx)
+ • intense headaches (throbbing, usu temporal or eye)
• insomnia (can't rest, light sleep, easily awakened, dreaming is vivid, hun is disturbed)
• dizziness/vertigo, tinnitus (sudden onset, loud & constant), or sudden deafness
• eyes red (bloodshot), dry & painful; photophobic (eyes more red than dry)
• usu. feel hot, thirsty (prefers ice cold), bitter taste (constant)
• constipation/dry stools, dark, concentrated urine
• chest or flank (burning) pain, tendency to baldness
- Aux: • side pain, epistaxis, coughing or spitting up blood
- Psych: • greater irritability & volatility, marked impatience, fits of anger (more & more frequent)
- Exam: • red face & eyes, hypochondrial discomfort
T: • red (esp. sides), w/ dry, yellow coat
P: • full-wiry & rapid

simplified characters } 肝胆湿热

4. Liver & GB Damp-Heat

Gān Dǎn Shī Rè

肝膽濕熱

- Main: • jaundice, nausea/vomiting, bitter taste, LOA
- Aux: • fever, scant, dark urine, fullness & pain in chest & hypochondrium
• genital itching, pain, redness, swelling, &/or discharge (herpes, STD's, shingles)
• may be constipated or burning diarrhea
- Psych: • easily angered, (often there is excessive alcohol intake)
- Exam: • yellow eyes &/or skin
T: • red w/ greasy yellow coat
P: • slippery-wiry & rapid

5. Cold Stagnating in the Liver Channel/Vessel *Hán Zhì Gān Mài*

寒滯肝脈

- Main: • aches & strange sensations in the lower abdomen, genitals and/or inside of thigh
- Aux: • shan qi (hernia = painful swellings), (alleviated by warmth)
• long, clear urination
- Psych: • aversion to cold, preference for warmth
- Exam:
- T: • pale, wet/white coat
P: • wiry, deep & slow

Organ Patterns – Zàng

虛証 / 虛証 Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns

6. Liver Blood Xu

Gān Xuè Xū

肝血虛

(Ren & Chong Xu)

- Main: • pallor, dizziness & blurry vision (floaters, esp. at nite), fainting spells (hypovolemia)
• insomnia (difficulty falling asleep & awaken early)
• elongated cycle w/ decreased menstrual flow, blood light colored, even watery;
cramping occurs at end or after menses or amenorrhea
• headaches (vertex),
- Aux: • numbness & tingling of the extremities, limbs easily fall asleep,
• tendons & muscles stiff, tight & inflexible, muscles twitch, cramp, & spasm
• dry skin, nails brittle & dull; deform, crack or split
- Psych: • quite tired during and after period & all sx worsen
- Exam: • pale, lusterless complexion, pale lips, nailbeds, & eyes
- T: • pale & dry
- P: • thin/thready/fine or rough/choppy

Mixed Xu / Shi patterns

7. (Arrogant) Liver Yang Rising

Gān Yáng Shàng Kàng

肝陽上亢
肝陰虛

sub-pattern = Liver Yin Xu

- Main: • headaches (usu unilateral), dizziness, tinnitus, irritability (hypertension)
• **dry eyes**, heat sensations in upper body, bitter taste
- Aux: • dry mouth & throat, sudden deafness
• insomnia (awakens early in morning, dreaming is vivid, hun is disturbed)
• may have weak or sore lower back, and stumble easily (uncoordinated feet)
- Psych: • irritable and impatient, prone to angry outbursts, yelling & shouting
- Exam: • eyes red, tendency to baldness (eyes more dry than red)
- T: • red esp. sides, but smt pale
- P: • wiry, but smt thready

8. Liver Wind (Internally Stirring)

Gān Fēng Nèi Dòng

肝風內動

- Main: • tics, tremors, involuntary shaking, seizures, stroke, paralysis (epilepsy, Parkinson's)
- Aux: • headaches, dizziness/vertigo, numbness & tingling
• increased ocular &/or blood pressure (hypertension)
• stroke sequela: deviation of eye or mouth, aphasia, hemiplegia
- T: • stiff or deviated tongue
- P: • wiry

Due to:

- a. extreme heat: • high fever leads to convulsions & coma
- b. Liver yin xu w/ yang rising: • excessive exercise, sex, emotional factors & stress
lead to exhaustion of yin, separation & ascent of yang
- c. Liver blood deficiency: • vacuity wind, results from insufficient blood to fill the
vessels & nourish the sinews

Organ Patterns – Zàng

腎証

Shèn Zhèng = Kidney Patterns

虛証 / 虛証 Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns
often follows or corresponds to a severe or chronic illness

1. Kidney Qi Xu

Shèn Qì Xū

腎氣虛

- General Sx:
- exhaustion, chronic fatigue
 - chronic/history of low back ache, sore or weak knees
 - tinnitus (intermittent, esp. when tired, usu. bilateral & high pitch)
 - hair changing (thinning, graying, loss of luster)
 - general or specific decline of body functions

a. Kidney Qi Not Secure (not securing the lower Yin) *Shèn Qì Bù Gù*

腎氣不固

- Main:
- more frequent &/or more copious urination, incontinence or enuresis
weak stream, dribbling after urination; nocturia
 - premature ejaculation, nocturnal emission (w/o dreams)
 - chronic vaginal discharge, prolapsed uterus
Hx. of miscarriage & premature births (cannot carry to term)
 - chronic diarrhea/loose stools

Psych: • insecure

Exam:

T: • pale

P: • deep & weak (esp. chi positions)

b. Kidney Not Grasping Qi

Shèn Bù Nà Qì

腎不納氣

- Main:
- respiratory problems esp. difficulty with inhalation, rapid, shallow breathing
 - chronic asthma, weak cough, or shortness of breath
 - sweats spontaneously or upon mild exertion

Aux: • cold limbs, clear urine

Psych: • mentally listless

Exam: • facial edema

T: • pale

P: • deep & thin, but tight

Organ Patterns – Zàng

2. Kidney Yang Xu

Shèn Yáng Xū

腎陽虛

(usu. leads to yang xu in other organs, esp. Sp & Ht)

Main: *qi xu sx worse & more chronic + cold signs*

- fatigue is more significant, sleeps more hours, but still tired, generally hard to keep warm, overdressed compared to others torso as well as limbs cold, esp. low back and knees
- cold sweats
- urine is frequent, long & clear; repeated nocturia, incontinence or scant urine w/ edema (legs)
- early morning watery stools/diarrhea, undigested food particles in stools
- appetite diminishes, can't eat much, laziness about, even forgetful of food
- much reduced libido, impotence/infertility, cannot maintain erection
- breathing shallow, difficult or labored, worse with cold weather, dyspnea/asthma more frequent or severe

Aux: • hx. of excessive sex/masturbation, childbirths, miscarriages/abortions, vaginal disch.

Psych: • mentally listless; apathy, hopelessness or resignation sets in, more dependency

Exam: • feels cold to touch

T: • pale, swollen, wet

P: • deep, weak & thin/fine/thready

• Kidney Yang Xu w/ Water Flooding

Shèn Yáng Xū, Shuǐ Fàn

腎陽虛, 水泛

- General:
- scant urine, instead of abundant, but clear (vs. yellow/concentrated)
 - **edema** (Kd edema is usually lower body, or facial/eyelids)
 - generally feel cold, back, legs, knees cold to palpation

a. Water Floods the Lungs

Shuǐ Fàn Fèi

水泛肺

Main: • short of breath; watery, frothy sputum (pulmonary edema)

b. Water Floods the Heart

Shuǐ Fàn Xīn

水泛心

Main: • palpitations, short of breath, frigid hands (congestive heart failure)

Organ Patterns – Zàng

3. Kidney Yin Xu

Shèn Yīn Xū

腎陰虛

Main: *dryness first, heat signs later*

- dry mouth & throat (esp. at night)
(thirst is variable, but not excessive in spite of apparent heat and dry signs)
- restless, fidgety
- afternoon/evening overheating; night sweats
- insomnia (wakes up easily & frequently, often due to heat, sweats, vivid dreams, wet dreams)
- premature &/or nocturnal emissions (usu. w/ dreams), vaginal dryness
- scant urination, dry stools/constipation (dry pellets)
- sore low back, bones ache, knees creaky (crepitus)
- dizziness, tinnitus, deafness (declining auditory acuity)

Aux: • dry lusterless hair, split ends

Psych: • poor memory

Exam: • red cheeks/malar flush

T: • dry and may be cracked, no coat or patchy, tip is red

P: • empty-weak & rapid, may float

• Kidney Yin Xu, Fire Flourishes/Exuberant

Shèn Yīn Xū, Huǒ Shèng

腎陰虛, 火盛

Main: • all yin xu signs & sx worse and more chronic

- + • heat in the five hearts (chest, palms, soles)
- heat seems to steam out, as if from the bones
- agitation fairly severe

Aux:

Psych:

Exam: • thin emaciated build

T: • red w/ no coat (peeled off), in extreme a mirror surface

P: • thin & rapid

4. Kidney Jing Xu

Shèn Jīng Xū

腎精虛

General: • no particular hot or cold signs

Children: • slow/retarded physical, mental & sexual development

Infants: 5 Slownesses: standing, walking, teething, hair growth, speaking

Pubescence: late (girls: ~14; boys ~16)

- scoliosis

Adults: • premature aging (acuity of mind & senses; hair, teeth, bones), (osteoporosis)
(weak feet, heel spurs, plantar fasciitis)

- decline of sexual function & libido

Etiologies: • inherited (hereditary dz) (check family history)

- constitutional weakness

- chronic debilitating illnesses, (auto-immune dz)

- prolonged hard physical labor, mental stress (soldiers/POW's, slaves; PTSD)

- prolonged, excessive sexuality (masturbation, childbirths)

(manage excessive libido with sports & creative activities, psychotherapy)

Organ Patterns – Fǔ

胃証

Wèi Zhèng = Stomach Patterns

虛証 / 虛证 Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns

1. Stomach Qi Xu

Wèi Qì Xū

胃氣虛

Main: • vague epigastric discomfort, tired in the morning (7-9am) (skips breakfast, discomfort after breakfast)

Aux: • diminished appetite &/or sense of taste, indigestion
• loose stools (swill diarrhea=undig. food in stools) (qi xu can also cause constipation)

Psych: If St qi is injured, one cannot be free of worry (Jing Yue Quan Shu 1624)
(avoid exc. cold & raw foods, ice water, esp. when yang is also xu)

Exam: • weak limbs

T: • pale, little or no coat

P: • empty-weak (esp. R guan position)

2. Stomach Cold & Xu (Yang Xu)

Wèi Hán Xū

胃寒虛

Main: • epigastric discomfort (improved by eating, pressure, or warmth, worse after BM)
• cold limbs, preference for hot food & drinks

Aux: • no appetite, vomiting (clear & watery, not smelly), loose stools, tired

Psych:

Exam:

T: • pale, puffy

P: • deep & weak (esp. R guan position)

3. Stomach Yin Xu

Wèi Yīn Xū

胃陰虛

Main: • epigastric pain, dry mouth & throat (esp. in afternoon)
(but little desire to drink, or only sips, even drinks warm liquids)
• no appetite, (feels full after eating only small amount of food)
• dry stools/constipation

Aux: • low grade/afternoon fever

Etiol: • irreg. dietary habits, esp. eating at night; febrile dz. (importance of breakfast)

Exam:

T: • red & peeled in center or unrooted coat

P: • R guan position is empty & may float

Organ Patterns – Fǔ

實証 / 实证 Shi Zhèng = Repletion/Excess/Hyper-functioning Patterns

4. Stomach Fire

Wèi Huǒ

胃火

Main: • burning pain in epigastrium, thirst (w/ desire for cold liquids)
• constant hunger & large appetite
• foul belching, bad breath
• painful, bleeding gums (periodontal dz.)
• constipation

Aux: • n/v (vomitus burns)(usu. shortly after eating), insomnia

Psych: • wild behavior (likes to go naked, climb up on things)

Exam: • red, swollen gums

T: • red w/ thick, dry yellow coat

P: • full & rapid

• Phlegm & Fire

Wèi Tán Huǒ

胃痰火

Main: • more epigastric fullness, less thirst, more nausea, may have mucus in stools

Psych: • even more bizarre behavior (maybe psychotic)

Exam:

T: • red w/ thick, greasy yellow coat

P: • slippery & rapid

5. Cold Invades Stomach

Hán Fàn Wèi

寒犯胃

Main: • sudden, sharp epigastric pain, worsens w/ ingestion of cold food or drink
• vomiting (clear watery fluids, immediately after ingestion)

Aux: • feels cold & prefers warmth, constipation

Psych:

Exam:

T: • thick white coat

P: • deep, slow & tight

Organ Patterns – Fǔ

Stomach Shi patterns (cont.)

6. Stomach Qi Counterflow

Wèi Qì Nì

胃氣逆

Main: • nausea, belching, regurgitation, vomiting; hiccups

7. Food Retention/Stagnation (in Stomach)

Shí Zhì

食滯

* *This includes 'food poisoning' and 'hangovers'*

Main: • epigastric fullness & distention (belching temporarily relieves)

• vomiting (vomit is foul & contains undigested food)

• no appetite (idea of food is nauseating), constipation

• sour belching & regurgitation, foul breath &/or gas

Aux: • insomnia

Psych:

Exam:

T: • thick coat (can be white or yellow) (can be hot or cold types)

P: • full & slippery

8. Stomach Blood Stasis

Wèi Xuè Yū

胃血瘀

Main: • sharp, stabbing/boring pains in epigastrium (worse w/ heat & pressure)
aggravated by eating

• vomiting (dark blood) &/or black (like lacquer) tarry stools (ulcers)

Aux:

Psych:

Exam:

T: • purple w/ purple spots esp. in center

P: • wiry &/or choppy

• Stagnant Stomach Qi

Wèi Qì Zhì

胃氣滯

Constrained Liver Invades ST

Gān Yù Fàn Wèi

肝鬱犯胃

Main: • epigastric pain + Liver s/sx

Organ Patterns – Fǔ

小腸証 Xiǎo Cháng Zhèng = Small Intestine Patterns

虛証 / 虚证 Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns

1. Sm. Intestine Xu & Cold

Xiǎo Cháng Xū Hán

小腸虛寒

(Sp/ST Yang Xu)

Main: • abdominal pain & borborygmus, (better with warmth & pressure) (Crohn's)

Aux: • gas, cold/sloppy diarrhea, copious clear urine

Psych:

Exam:

T: • pale w/ white coat

P: • deep, slow & weak

實証 / 实证 Shí Zhèng = Repletion/Excess/Hyper-functioning Patterns

2. Full Heat in Sm. Intestine

Xiǎo Cháng Shí Rè

小腸實熱

Heart Passes Heat to the SI

(Xīn Yì Rè Yú Xiǎo Cháng)

心移熱于小腸

Main: • abdominal pain, thirst, scant, dark, painful/burning urine (w/ possible blood)

Aux: • sore throat, sudden deafness, mouth/tongue ulcers, chest heat

Psych: • mental restlessness

Exam:

T: • red w/ yellow coat (tip redder & swollen indicates Ht Fire)

P: • rapid & overflowing

3. Sm. Intestine Qi Stagnation

Xiǎo Cháng Qì Zhì

小腸氣滯

(Cold Congealing Liver Channel)

Hán Níng Gān Mài

寒凝肝脈

Main: • twisting pain in hypogastrium, abdominal distention, borborygmus & flatulence
(pain is temporarily relieved by passing gas)

Aux: • pain in or radiates to scrotum or testes (shan qi (hernia))

Cold in Lr & SI (clock pairs)

Psych:

Exam:

T: • white coat

P: • deep & wiry (esp. in chi positions)

• Sm. Intestine Qi Obstruction

Xiǎo Cháng Qì Zǔ

小腸氣阻

a. Knotted by Cold

b. Obstructed by Worms

Main: • severe abdominal pain, borborygmus & distention (worse w/ pressure)

• constipation & flatulence (if obstruction is complete, all flatus & stool may terminate)
(strangulating hernia, appendicitis, parasites)

Exam: • sallow complexion

T: • thick white coat, bad taste in mouth

P: • deep & wiry

大腸証 *Dà Cháng Zhèng* = Large Intestine Patterns

實証 / 实证 *Shí Zhèng* = Repletion/Excess/Hyper-functioning Patterns

1. Lg. Intestine Damp-Heat

Dà Cháng Shī Rè

大腸濕熱

- Main: • abdominal pain, malodorous diarrhea w/ blood & mucus, burning anus, tenesmus (dysentery)
 Aux: • fever, sweating (which does not break fever), thirst (but little desire to drink)
 • scant, dark urine, body & limbs feel heavy, chest & epigastrium full
 Psych:
 Exam:
 T: • red w/ sticky, yellow coat
 P: • slippery & rapid

2. Lg. Intestine Heat

Dà Cháng Rè

大腸熱

- Main: • constipation w/ dry stools, burning, distended anus
 Aux: • scant, dark urine, dry mouth & tongue, thirst
 Psych:
 Exam:
 T: • thick dry yellow/brown/black coat
 P: • full & rapid

• Lg. Intestine Heat Bind

Dà Cháng Rè Jié

大腸熱結

- aka Yang Ming Bowel Pattern
 Main: • as above, but more extreme and accompanies febrile dz.
 • 4 “bigs” = high fever, profuse sweating, great thirst & big pulse
 Aux: • abdominal distention & pain, worse w/ pressure, vomiting
 Psych: • delirium
 Exam:
 T: • red w/ thick dry yellow/brown/black coat
 P: • deep full & big

• Intestinal Abscess

Dà Cháng Yōng

大腸癰

- Main: severe/urgent fixed pain in lower abdomen (worse with pressure)
 Aux: possible fever, usu. constipation, (smt. mild diarrhea), scant yellow urine
 T: red, with greasy yellow fur
 P: slippery, rapid, wiry, smt. tight

3. Lg. Intestine Attacked by Cold

Dà Cháng Fàn Hán

大腸犯寒

- Main: • sudden, severe abdominal cramping, painful, watery diarrhea (cold can also constipate)
 Aux: • cold sensations
 Exam: • abdomen feels cold to palpation
 T: • thick white coat
 P: • deep & wiry (slow)

Organ Patterns – Fǔ

虛証 / 虛证 Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns

4. **Lg. Intestine Dry** *Dà Cháng Zào* 大腸燥
a. Lg. Intestine Fluid Shortage *Dà Cháng Yè Kuī* 大腸液虧
b. Lg. Intestine Blood Deficiency *Dà Cháng Xuè Xū (post partum)* 大腸血虛
- Main: • dry stools (pellet-like stools), difficult to evacuate (much straining)
Aux: • dry mouth & throat, thin build
Psych:
Exam:
T: • dry, pale or red w/o coat
P: • thin/thready/fine
5. **Lg. Intestine Xu & Cold** *Dà Cháng Xū Hán (elderly)* 大腸虛寒
(Sp Qi/Yang Xu)
- Main: • loose stools (like duck droppings), dull abdominal pain, borborygmus (IBS)
Aux: • cold limbs, pale urine
Psych:
Exam:
T: • pale
P: • deep, weak, thin/thready/fine
- Lg. Intestine Qi Xu *Dà Cháng Qì Xū* 大腸氣虛
(Sp Qi Xū)
- Main: a. constipation: not enough qi to promote adequate peristalsis
b. loose stools: watery, unformed, tired after bowel movement
- Lg. Intestine Prolapse *Dà Cháng Xiàn* 大腸陷
(Sinking of Sp Qi)
- Main: • chronic diarrhea, hemorrhoids, prolapsed anus, no appetite
Aux: • cold limbs, desires warm liquids, abdomen likes pressure & warmth

Organ Patterns – Fǔ

膽証

Dǎn Zhèng = Gall Bladder Patterns

實証/实证 Shi Zhèng = Repletion/Excess/Hyper-functioning Patterns

1. Liver/GB Damp-Heat

Gān Dǎn Shī Rè

肝膽濕熱

Main: • hypochondriac &/or side pain & distention; n/v, bitter taste, jaundice
(bile is bitter, taste flows to mouth (Sp), n/v reflects disturbance to ST; jaundice is bile flowing to skin (Lu) and eyes (Ht))

Aux: • scant yellow urine, yellow mucousy stools; vaginal/penile discharges (yellow & copious)
• fever, thirst (w/o desire to drink), LOA & abd dist.
• unilateral headaches, ear/hearing problems, deep source nasal congestion

Psych: obstinate, perhaps belligerent (Jim)

Exam: • yellow skin, face, eyes

T: • thick, greasy yellow coat

P: • slippery & wiry

虛証/虚证 Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns

2. Gall Bladder Deficiency

Dǎn Xū

膽虛

Main: • nervous timidity, indecisive, easily startled, lack of courage & initiative
easily disheartened anxiety disorders (panic attacks)(combined fear & apprehension)

Aux: • sighing, dizziness, blurry vision

T: • pale or normal

P: • empty-weak

Organ Patterns – Fǔ

膀胱証 Páng-Guāng Zhèng = Bladder Patterns

實証 / 实证 *Shí Zhèng = Repletion/Excess/Hyper-functioning Patterns*

1. Bladder Damp-Heat

Páng-Guāng Shī Rè

膀胱濕熱

Main: • frequent, urgent, painful/burning urination (UTI)
difficult urination that is dark yellow &/or turbid

Aux: • fever, thirst

Psych:

Exam:

T: • red w/ greasy yellow coat esp. toward the root

P: • rapid & slippery

• Damp-Heat Urinating Blood

Shī-Rè Niào Xuè

濕熱溺血

• hematuria

(transfer from SI)

• Damp-Heat Accumulates & Crystallizes *Shī Rè Jī Zhì*

濕熱積滯

• urinary calculi (urine is cooked down by the heat, then further congeals to form stones)

P: • rapid & slippery, wiry (esp. in L chi position)

* Dysuria implies pain, but also difficulty maintaining a stream of urine. Any faltering represents a failure of bladder qi to transform properly. Thus urinary retention may result with any of these patterns.

虛証 / 虚证 *Xū Zhèng = Depletion/Insufficiency/Hypofunctioning Patterns*

2. Bladder Xu & Cold

Páng-Guāng Xū Hán

肝膽虛寒

• Bladder Qi Xu (Kidney Qi Insecure / Kidney Yang Xu)

Main: • frequent, copious, pale/clear urine, nocturia; incontinence/enuresis

Aux: • lumbar ache

Psych:

Exam:

T: • pale & wet

P: • deep & weak

• Bladder Cold & Damp

Páng-Guāng Shī Hán

肝膽濕寒

Main: • frequent, copious, cloudy/turbid urine, dysuria

Aux: • heaviness in hypogastrium & urethra

T: • white, sticky/greasy coat on root

P: • slippery & slow; may be slightly wiry in chi positions

Organ Patterns – Dual Organ Patterns

Dual Organ Patterns: *Spleen/Pi*

1. Spleen & Lung Qi Xu

Pi Fèi Qì Xū

脾肺氣虛

- Main: • tiredness, insufficient energy
Aux: • shallow resp. small appetite
• weak voice, loose stools
• easy to get sick, easily sweat
Psych: • needy, “never enough”, weak constitution
Exam: • pale face & skin
T: • pale
P: • weak, empty (esp. R side)
Etiol: • inadequate diet & insufficient exercise (sedentary work & lifestyle)

2. Spleen & Liver Blood Xu

Pi Gān Xuè Xū

脾肝血虛

- Main: • tiredness, dizziness
Aux: • blurry vision, diminished appetite, loose stools
• numbness or tingling sensations
Psych:
Exam: • pale/sallow, looks anemic
T: • pale body & noticeably pale edges (possibly orange)
P: • thin, choppy
Etiol: • inadequate diet

3. Spleen Damp & Liver Constraint

Pi Shī Gān Yù

脾濕肝鬱(郁)

- Main: • epigastric fullness & hypochondrial discomfort
Aux: • general feeling of heaviness, nausea
• LOA, loose stools, bitter taste
• some thirst, but only drink small amounts
Psych: • mentally sluggish, apathetic
Exam: • sallow, jaundice
T: • thick, greasy yellow coat
P: • slippery & wiry
Etiol: • excessive consumption of rich, greasy foods

Organ Patterns – Dual Organ Patterns

Dual Organ Patterns: *Liver/Gān*

1. Liver Qi Invades Spleen

Gān Qì Fàn Pí

肝氣犯脾

- Main: • abdominal discomfort, distention, pain, gas
• alternating bowel pattern (difficult to evacuate, dry pieces vs. loose)
- Aux: • tired, irritable

a. Liver Excess:

- dry stools predominate,
 - gas & distention are pronounced & more uncomfortable
- T: • sides are red/orange
- P: • L wiry

b. Spleen Def:

- loose stools predominate, less discomfort;
- T: • pale
- P: • R weak
- Etiol: • usu. an emotional component (hx. of frustration, anger, stress, resentment)
combined with poor diet & overwork

2. Liver Qi Invades Stomach

Gān Qì Fàn Wèi

肝氣犯胃

- Main: • epigastric pain & fullness, hypochondrial tension
• belching & sour reflux
- Aux: • n/v
- Psych: • irritable
- T: • red sides or general pallor
- P: • R weak, L wiry
- Etiol: • emotional problems combined with irregular diet & overwork

3. Liver Fire Invades Lungs

Gān Huǒ Fàn Fèi

肝火犯肺

- Main: • cough or wheezing (yellow or blood tinged sputum)
- Aux: • chest & hypochondrium fullness
• headache, dizziness, thirst, bitter taste, scant dark urine, constip.
- Exam: • red face
- T: • red sides, yellow coat
- P: • wiry
- Etiol: • anger & frustration, combined with alcohol & greasy foods

Organ Patterns – Dual Organ Patterns

Dual Organ Patterns: **Kidney/Shèn**

1. Kidney & Liver Yin Xu

Shèn Gān Yīn Xū

腎肝陰虛

- Main: • dry eyes & throat, night sweats
Aux: • insomnia & dream disturbed sleep, nocturnal emission
• dizziness & blurry vision, vertex hdaches, tinnitus
• lumbar ache, dry stools & difficult BM
• delayed or scanty menses (amenorrhea, infertility)
Psych: • restless & easily angered
Exam: • malar flush
T: • red, cracked, w/o coat or peeling
P: • thin & rapid, weak, but wiry

2. Lung & Kidney Yin Xu

Fèi Shèn Yīn Xū

肺腎陰虛

- Main: • dry cough (worse in evening), dry mouth & throat, night sweats
Aux: • sore low back, palms & soles hot, weak, shallow breathing
• nocturnal emission
Exam: • thin build
T: • red, peeled, transverse cracks
P: • empty & weak (esp. in cun position)

3. Heart & Kidney Not Interacting

Xīn Shèn Bù Jiāo

心腎不交

- Main: • palpitations, insomnia (dream disturbed/noct. emission), night sweats
Aux: • dizziness, tinnitus, deafness, sore low back, scant, dark urine
• afternoon heat, “5 hearts hot”
Psych: • mental agitation, poor memory
Exam: • malar flush
T: • red tip, midline crack extending to tip
P: • thin & rapid, weak (esp. chi position)

4. Spleen & Kidney Yang Xu

Pí Shèn Yáng Xū

脾腎陽虛

- Main: • chronic loose stools/diarrhea (freq. borbor, watery diarrhea esp. in early morn.)
• usually feels cold (esp. low back), avoids cold (tends to overdress)
Aux: • frequent, clear, copious urine, edema (esp. abd & legs)
• likes to lie down, physical & mental listlessness, poor appetite
Exam: • abd distention, body feels cold to touch
T: • pale, swollen
P: • deep, weak & slow

Cold Damage / 6 Stage Patterns

Shāng Hán – Cold Damage Patterns:

Six Channels (Liù Jīng)

3 Yang Stages

1. Tai-Yang Pattern

(BL & SI)

太陽

Main: • acute onset **chills & fever** no sweat, head/bodyache, stiff neck

Aux: • sneezing, runny nose or nasal congestion

Psych: • aversion to wind or cold

Exam:

T: • no change yet

P: • floating or tight

Key Formula: Ma Huang Tang *or* Gui Zhi Tang

2. Yang-Ming Pattern

(ST & LI)

陽明

Main: • 4 big/strong sx = **high fever, great thirst, profuse sweating, big pulse**

a. Channel Sub-Pattern

Main: • **high fever**, profuse sweating, very thirsty (with desire for cold fluids)

Aux: • aversion to heat

Psych: • restless

Exam: • red face

T: • red with yellow coat

P: • rapid and overflowing

Key Formula: Bai Hu Tang

b. Bowel Sub-Pattern

Main: • **constipation**, high fever (worse in afternoon)

Aux: • great thirst (cold liquids), profuse sweating

Psych: • restless and irritable; delirium

Exam: • abd fullness & pain (worse with pressure)

T: • red with dry, yellow or blackened coat

P: • deep, full/forceful, and rapid

Key Formula: Da Cheng Qi Tang

3. Shao-Yang Pattern

(GB & TB)

少陽

Main: • **alternating chills & fever**

Aux: • dry throat, LOA, nausea, vomiting/retching, bitter taste

• blurry vision (dizzy)

Psych: • irritability

Exam: • fullness of the hypochondrium and sides

T: • one sided white, slippery coat

P: • wiry

Key Formula: Xiao Chai Hu Tang

Cold Damage / 6 Stage Patterns

Shāng Hán – Cold Damage Patterns: Six Channels (Liù Jīng) 3 Yin Stages

4. Tai-Yin Pattern (Sp & Lu) 太陰

Main: • LOA, abdominal fullness with intermittent pain, loose stools, vomiting, loose stools
Aux: • no thirst
Psych:
Exam:
T: • pale
P: • deep and slow
Key Formula: Li Zhong Wan

5. Shao-Yin Pattern (Ht & Kd) 少陰

a. **Cold Sub-Pattern**

Main: • cold, cold extremities, listlessness, desires only to sleep (curled-up position)
Aux: • no thirst, or desire for warm fluids only; copious pale urine; diarrhea (watery)
Psych:
Exam: • cold limbs
T: • pale
P: • deep and thready
Key Formula: Si Ni Tang *or* Zhen Wu Tang

b. **Heat Sub-Pattern**

Main: • fever
Aux: • insomnia, dry mouth and throat; scanty, dark urine
Psych: • vexation
Exam:
T: • red or crimson w/o coat
P: • rapid and thready

6. Jue-Yin Pattern (Lr & Pc) 厥陰

Main: • vomiting & diarrhea (with presence of worms/parasites)
Aux: • thirst, hunger, but no desire to actually eat
chest discomfort, feelings of qi rising into the chest
Psych: • vexation in the heart
Exam: • upper body hot, lower body cold; cold limbs
T:
P:
Key Formula: Wu Mei Wan

Warm Disease / 4 Level Patterns

Wēn Bìng – Warm Disease Patterns:

4 Levels (Sì Fèn)

1. Defense Level

Wèi Fèn Zhèng

衛份証

- Main: • sore throat, fever, with mild sweating, slightly thirsty
Aux: • headache, runny nose with yellow discharge
Psych: • aversion to cold
Exam: • red tonsils
T: • red sides or tip
P: • floating and rapid

2. Qi Level

Qì Fèn Zhèng

氣份証

- Main: • high fever, definite thirst, bitter taste, diminished urine output that is yellow or reddish
Aux: • difficulty/coarse breathing, cough with yellow sputum
Psych: • averse to heat
Exam:
T: • red with thick yellow coat
P: • rolling/slippery and rapid
-

3. Ying Level

Yíng Fèn Zhèng

營份証

- Main: • night time fever, insomnia
Aux: • dry mouth but no desire to drink
Psych: • mental restlessness (vexation), delirious speech, may go into coma
Exam: • skin rash (poxes appear)
T: • deep red or crimson
P: • rapid, thready

3. Blood Level

Xuè Fèn Zhèng

血份証

- Main: • high fever, **bleeding** (nose, vomitus, stool, urine etc.)
Aux: • convulsions
Psych: • manic delirium
Exam: • skin eruptions (poxes full blown)
T: • crimson red, with purple spots, no coat (bare and mirror-like)
P: • rapid & wiry

*Activities
that Benefit
the Organs*

*Cultivating
a
Healthy Lifestyle*

Beneficial Activities

Activities and Attitudes for the Fire Organs

Beneficial Activities

Activities and Attitudes for the Metal Organs

Beneficial Activities

Activities and Attitudes for the Earth Organs

Beneficial Activities

Activities and Attitudes for the Wood Organs

Beneficial Activities

Activities and Attitudes for the Water Organs

Appendix

- *Glossary of Key Terms*
 - *Table of Patterns*

Glossary of Terms

五行	Wǔ Xíng	5 Elements/Phases
木	mù =	wood
火	huǒ =	fire
土	tǔ =	earth/soil
金	jīn =	metal
水	shuǐ =	water
六氣	Liù Qì	The Six Climates
風	fēng =	wind
寒	hán =	cold
熱	rè =	heat
燥	zào =	dryness
濕	shī =	dampness
暑	shǔ =	summer-heat
七情	Qī Qíng	The Seven Emotions/Sentiments/Feelings
怒	nù =	anger, wrath, rage, frustration
喜	xǐ =	joy, happiness, pleasure; hyper-excitable
思	sī =	worry, over thinking, obsessing
憂	yōu =	anxiety
悲	bēi =	grief, melancholy
恐	kǒng =	fear, terror
驚	jīng =	fright, surprise, shock
六鬱	Liù Yù	6 Stagnations/Depressions
氣	qì =	energy
血	xuè =	blood
食	shí =	food
痰	tán =	phlegm
濕	shī =	dampness
火	huǒ =	fire
五志	Wǔ Zhì	5 Spirits/Aspects of Mind
神	shén =	spirit/mind/consciousness
魂	hún =	ethereal soul
魄	pò =	corporeal soul
意	yì =	thought
志	zhì =	will

Glossary of Terms

Organs

臟腑	Zàng Fǔ	=	Viscera & Bowels / The 12 Organs
肺	Fèi	=	Lu
大腸	Dà Cháng	=	LI
心	Xīn	=	Ht
小腸	Xiǎo Cháng	=	SI
脾	Pí	=	Sp
胃	Wèi	=	ST
肝	Gān	=	Lr
膽	Dǎn	=	GB
腎	Shèn	=	Kd
膀胱	Páng Guāng	=	BL
心包	Xīn Bāo	=	Pc
三焦	Sān Jiāo	=	TB
經	jīng	=	channel
經絡	jīng-luò	=	channels & their network (smt called collaterals)
脈	mài	=	veins, vessels, the pulse

Vital Substances

氣	Qì	=	vital energy
血	Xuè	=	blood
津液	Jīn-Yè	=	body fluids
神	Jīng	=	(reproductive) essence
神	Shén	=	spirit/mind

Six Divisions

六經	Liù Jīng	=	6 Channels
太陽	Tài Yáng	=	Greater Yang
陽明	Yáng Míng	=	Yang Bright (flaring)
少陽	Shǎo Yáng	=	Lesser Yang
太陰	Tài Yīn	=	Greater Yin
少陰	Shǎo Yīn	=	Lesser Yin
厥陰	Jué Yīn	=	Faint Yin (inverted, shrinking, terminal, absolute, end of yin)

Glossary of Terms

Diagnosis

八綱	Bā Gāng	=	8 Parameters/Guiding Principles
陰	yīn	=	shady side of the hill/slope
陽	yáng	=	sunny side of the hill/slope
表	biǎo	=	exterior
裡	lǐ	=	interior
熱	rè	=	hot
寒	hán	=	cold
實	shí	=	surplus, excess, repletion; hyper-function
虛	xū	=	empty, insufficient, depletion; hypo-function

Qi & Blood Patterns

氣虛	Qì Xū	=	Qi Deficiency	empty, insufficient, depleted
氣滯	Qì Zhì	=	Qi Stagnation	constraint
氣逆	Qì Nì	=	Qi Counterflow	aka Rebellious Qi
氣陷	Qì Xiàn	=	Qi Sinking	qi sinks downward
血虛	Xuè Xū	=	Blood Deficiency	empty, insufficient, depleted
血瘀	Xuè Yū	=	Blood Stasis	blood is congealed blood that is like silt, sludge causing disease
血熱	Xuè Rè	=	Blood Heat	i.e. heat in the blood, or at the blood level
血妄行	Xuè Wàng Xíng	=	Reckless Blood	Blood Moves Recklessly

List of Zang-Fu/Organ Patterns

81 Zang-Fu Patterns

Characters	Pīn-Yīn	Pattern
心証	Xīn Zhèng	Heart Patterns (8)
虛証	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
心血虛	Xīn Xuè Xū	1. Heart Blood Xu
心陰虛	Xīn Yīn Xū	2. Heart Yin Xu
心氣虛	Xīn Qì Xū	3. Heart Qi Xu
心陽虛	Xīn Yáng Xū	4. Heart Yang Xu
實証/实证	<i>Shí Zhèng</i>	<i>Repletion/Excess/Hyper-functioning Patterns</i>
心血鬱	Xīn Xuè Yù	5. Heart Blood Stasis
痰迷心竅	Tán Mí Xīn Qiào	6. Phlegm Confuses the Heart Portals / Mind
痰火擾心	Tán Huǒ Rǎo Xīn	7. Phlegm & Fire Harass/Agitate the Heart
心火盛	Xīn Huǒ Shèng	8. Exuberant Heart Fire
肺証	Fèi Zhèng	Lung Patterns (8+2=10)
虛証	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
肺氣虛	Fèi Qì Xū	1. Lung Qi Xu
肺陽虛	Fèi Yáng Xū	1a. Lung Yang Xu
肺陰虛	Fèi Yīn Xū	2. Lung Yin Xu
實証/实证	<i>Shí Zhèng</i>	<i>Repletion/Excess/Hyper-functioning Patterns</i>
肺燥	Fèi Zào	3. Lung Dryness
肺熱	Fèi Rè	4. Lung Heat
風熱犯肺	Fēng Rè Fàn Fèi	5. Wind & Heat Invade the Lungs
風寒犯肺	Fēng Hán Fàn Fèi	6. Wind & Cold Invade the Lungs
風寒濕犯肺	Fēng Hán Shī Fàn Fèi	6a. Wind, Cold & Damp Invade the Lungs
痰濕阻肺	Tán Shī Zǔ Fèi	7. Phlegm & Dampness Obstruct the Lungs
痰熱阻肺	Tán Rè Zǔ Fèi	8. Phlegm & Heat Obstruct the Lungs
脾証	Pí Zhèng	Spleen Patterns (6)
虛証	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
脾氣虛	Pí Qì Xū	1. Spleen (Qi) Xu
脾陽虛	Pí Yáng Xū	2. Spleen Yang Xu
脾氣陷	Pí Qì Xiàn	3. Spleen Qi Sinking
脾不統血	Pí Bù Tǒng Xuè	4. Spleen Not-Controlling Blood
實証/实证	<i>Shí Zhèng</i>	<i>Repletion/Excess/Hyper-functioning Patterns</i>
寒濕困脾	Hán Shī Kùn Pí	5. Cold & Damp Encumber the Spleen
濕熱困脾	Shī Rè Kùn Pí	6. Damp-Heat Encumbers the Spleen

List of Zang-Fu/Organ Patterns

Characters	Pīn-Yīn	Pattern
肝証	Gān Zhèng	Liver Patterns (8+1=9)
實証/实证	<i>Shí Zhèng</i>	<i>Repletion/Excess/Hyper-functioning Patterns</i>
肝氣鬱結	Gān Qì Yù Jié	1. Constrained Liver Qi / Liver Qi Stagnation
肝血鬱	Gān Xuè Yù	2. Liver Blood Stasis
肝火上炎	Gān Huǒ Shàng Yán	3. Liver Fire (Upward Blazing/Flaming)
肝膽濕熱	Gān Dǎn Shī Rè	4. Liver & GB Damp-Heat
寒滯肝脈	Hán Zhì Gān Mài	5. Cold Stagnating in the Liver Channel/Vessel
虛証	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
肝血虛	Gān Xuè Xū	6. Liver Blood Xu
肝陽上亢	Gān Yáng Shàng Kàng	7. (Arrogant) Liver Yang Rising
肝陰虛	Gān Yīn Xū	<i>sub-pattern: Liver Yin Xu</i>
肝風內動	Gān Fēng Nèi Dòng	8. Liver Wind (Internally Stirring)
腎証	Shèn Zhèng	Kidney Patterns (4+4=8)
虛証	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
腎氣虛	Shèn Qì Xū	1. Kidney Qi Xu
腎氣不固	Shèn Qì Bù Gù	1a. Kidney Qi Not Secure (not securing the lower Yin)
腎不納氣	Shèn Bù Nà Qì	1b. Kidney Not Grasping Qi
腎陽虛	Shèn Yáng Xū	2. Kidney Yang Xu
腎陽虛水泛	Shèn Yáng Xū Shuǐ Fàn	2a. Kidney Yang Xu w/ Water Flooding
水泛肺	Shuǐ Fàn Fèi	a.1 Water Floods the Lungs
水泛心	Shuǐ Fàn Xīn	a.2 Water Floods the Heart
腎陰虛	Shèn Yīn Xū	3. Kidney Yin Xu
火盛	Shèn Yīn Xū Huǒ Shèng	3a. Kidney Yin Xu, Fire Flourishes/Exuberant
腎精虛	Shèn Jīng Xū	4. Kidney Jing Xu

Total = 34–41 Zang Patterns

List of Zang-Fu/Organ Patterns

Characters	Pīn-Yīn	Pattern
胃証	Wèi Zhèng	Stomach Patterns (10+1=11)
<i>虛証</i>	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
胃氣虛	Wèi Qì Xū	1. Stomach Qi Xu
胃寒虛	Wèi Hán Xū	2. Stomach Cold & Xu (Yang Xu)
胃陰虛	Wèi Yīn Xū	3. Stomach Yin Xu
實証/实证	Shí Zhèng	Repletion/Excess/Hyper-functioning Patterns
胃火	Wèi Huǒ	4. Stomach Fire
胃痰火	Wèi Tán Huǒ	4a. Phlegm & Fire
寒犯胃	Hán Fàn Wèi	5. Cold Invades Stomach
胃氣逆	Wèi Qì Nì	6. Stomach Qi Counterflow
食滯	Shí Zhì	7. Food Retention (in Stomach)
胃血瘀	Wèi Xuè Yū	8. Stomach Blood Stasis
胃氣滯	Wèi Qì Zhì	9. Stagnant Stomach Qi
肝鬱犯胃	Gān Yù Fàn Wèi	10. Constrained Liver Invades ST
小腸証	Xiǎo Cháng Zhèng	Small Intestine Patterns (3+1=4)
<i>虛証</i>	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
小腸虛寒	Xiǎo Cháng Xū Hán	1. Sm. Intestine Xu & Cold (Sp/ST Yang Xu)
實証/实证	Shí Zhèng	Repletion/Excess/Hyper-functioning Patterns
小腸濕熱	Xiǎo Cháng Shí Rè	2. Full Heat in Sm. Intestine
心移熱于小腸	Xīn Yí Rè Yú Xiǎo Cháng	Heart Passes Heat to SI
小腸氣滯	Xiǎo Cháng Qì Zhì	3. Sm. Intestine Qi Stagnation (Cold Obstructing Liver Channel)
小腸氣阻	Xiǎo Cháng Qì Zǔ	3a. Sm. Intestine Qi Obstruction
大腸証	Dà Cháng Zhèng	Large Intestine Patterns (5+6=11)
實証/实证	Shí Zhèng	Repletion/Excess/Hyper-functioning Patterns
大腸濕熱	Dà Cháng Shí Rè	1. Lg. Intestine Damp-Heat
大腸熱	Dà Cháng Rè	2. Lg. Intestine Heat
大腸熱結	Dà Cháng Rè Jié	2a. Lg. Intestine Heat Bind aka Yang Ming Bowel Pattern
大腸癰	Dà Cháng Yōng	2b. Intestinal Abscess
大腸犯寒	Dà Cháng Fàn Hán	3. Lg. Intestine Attacked by Cold
<i>虛証</i>	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
大腸燥	Dà Cháng Zào	4. Lg. Intestine Dryness
大腸液虧	Dà Cháng Yè Kuī	4a. Lg. Intestine Fluid Shortage
大腸血虛	Dà Cháng Xuè Xū	4b. Lg. Intestine Blood Deficiency

List of Zang-Fu/Organ Patterns

大腸証	Dà Cháng Zhèng	Large Intestine Patterns (continued)
大腸虛寒	Dà Cháng Xū Hán	5. Lg. Intestine Xu & Cold (<i>Sp Qi/Yang Xu</i>)
大腸氣虛	Dà Cháng Qì Xū	5a. Lg. Intestine Qi Xu (<i>Sp Qi Xu</i>)
大腸陷	Dà Cháng Xiàn	5b. Lg. Intestine Prolapse (<i>Sinking of Sp Qi</i>)
膽証	Dǎn Zhèng	Gall Bladder Patterns (2)
實証/实证	<i>Shí Zhèng</i>	<i>Repletion/Excess/Hyper-functioning Patterns</i>
肝膽濕熱	Gān Dǎn Shī Rè	1. Liver/GB Damp-Heat
虛証	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
膽虛	Dǎn Xū	2. Gall Bladder Deficiency
膀胱証	Páng Guāng Zhèng	Bladder Patterns (2)
實証/实证	<i>Shí Zhèng</i>	<i>Repletion/Excess/Hyper-functioning Patterns</i>
膀胱濕熱	Páng Guāng Shī Rè	1. Bladder Damp-Heat
虛証	<i>Xū Zhèng</i>	<i>Depletion/Insufficiency/Hypo-functioning Patterns</i>
肝膽虛寒	Páng Guāng Xū Hán	2. Bladder Xu & Cold
肝膽濕寒	Páng Guāng Shī Hán	Bladder Cold & Damp

Total = 22–30 Fu Patterns

Two Organ Patterns

Characters	Pīn-Yīn	Pattern
脾	Pí	Dual Organ Patterns: Spleen
脾肺氣虛	Pí Fèi Qì Xū	1. Spleen & Lung Qi Xu
脾肝血虛	Pí Gān Xuè Xū	2. Spleen & Liver Blood Xu
脾濕肝鬱(郁)	Pí Shī Gān Yù	3. Spleen Damp, Liver Constraint
肝	Gān	Dual Organ Patterns: Liver
肝氣犯脾	Gān Qì Fàn Pí	1. Liver Qi Invades Spleen
肝氣犯胃	Gān Qì Fàn Wèi	2. Liver Qi Invades Stomach
肝火犯肺	Gān Huǒ Fàn Fèi	3. Liver Fire Invades Lungs
腎	Shèn	Dual Organ Patterns: Kidney
腎肝陰虛	Shèn Gān Yīn Xū	1. Kidney & Liver Yin Xu
肺腎陰虛	Fèi Shèn Yīn Xū	2. Lung & Kidney Yin Xu
心腎不交	Xīn Shèn Bù Jiāo	3. Heart & Kidney Not Interacting/Communicating
脾腎陽虛	Pí Shèn Yáng Xū	4. Spleen & Kidney Yang Xu

Total = 10 Dual Zang Patterns