

Lung	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
LU Qi Xu	SOB Weak Voice Empty Pulse	Slight shortness of breath, slight cough, weak voice, spontaneous daytime sweating, dislike of speaking, bright-pale complexion, propensity to catch colds, tiredness, dislike of cold	Pale	Empty (esp. right front position)	Constitution Sadness, Grief Stooping over a desk Excessive use of voice	SP Qi Xu HT Qi Xu	LU Qi Stag SP Qi Stag	Tonify LU Qi Warm Yang
LU Yin Xu	Dry cough Weak/hoarse voice Dry throat Night sweats (Empty Heat Sx)	Dry cough or cough with scanty sticky sputum, weak and/or hoarse voice, dry mouth & throat, tickly throat, tiredness, dislike of speaking, thin body or thin chest, night sweating	Normal Dry No coat/ Rootless coat Red (if Empty Heat)	Floating Empty Rapid (if Empty Heat)	Sadness/grief (deplete Qi) + Yin Xu (constitutional tend.) Overwork Irregular diet Excessive use of voice Smoking	LU Qi Xu ST Yin Xu KD Yin Xu Dryness of LU	KD Yin Xu Empty Heat in LU	Tonify LU Yin Nourish Body Fluids Clear Empty Heat (if nec.)
LU Dryness	Dry cough Dry throat Dry tongue that is not Red Hoarse voice	Dry cough, skin, throat, mouth, thirst, hoarse voice	Dry	Empty (esp. right front position)	Exterior dryness and artificial indoor dryness Irregular eating Eating late Worrying about work while eating	ST Yin Xu	LU Yin Xu	Moisten LU Nourish Body Fluids
Wind Cold Invasion of LU	Aversion to Cold Sneezing Floating pulse	Aversion to cold, fever, cough, itchy throat, slight breathlessness, stuffed/runny nose w/ clear watery discharge, sneezing, occipital headache, body ache	Thin White coat	Floating Tight	Exposure to Wind & Cold	None weak Wei Qi predisposes	<u>Possible Outcomes</u> Ext path expelled Ext path --> interior Ext path --> residual: Damp Phlegm or Phlegm Heat	Release Exterior Expel Cold Stimulate descending/ diffusing of LU Qi
Wind Heat Invasion of LU	Aversion to Cold Fever Sore throat	Aversion to cold, fever, cough, sore throat, stuffed/runny nose w/ yellow discharge, headache, body ache, slight sweating & thirst, swollen tonsils	Slightly Red on sides (in chest areas or front)	Floating Rapid	Exposure to Wind & Cold	None weak Wei Qi predisposes	<u>Possible Outcomes</u> Ext path expelled Ext path --> interior Ext path --> residual: Damp Phlegm or Phlegm Heat	Release Exterior clear Heat Stimulate descending/ diffusing of LU Qi
Wind Water Invasion of LU	Sudden facial swelling Aversion to Wind Floating Slippery pulse	Sudden swelling of eyes & face gradually spreading to body, bright shiny complexion, scanty pale urine, aversion to wind, fever, cough, slight breathlessness	Sticky white coat	Floating Slippery	Exposure to Wind, Cold, Damp	None	Onstruction of SP & KD by Damp	Release Exterior Expel Cold Resolve Damp Restore descent of LU Qi Open Water passages
LU Heat	Cough Feeling of Heat Thirst Red tongue yellow coat	Cough, slight breathlessness, feeling of heat, chest ache, flaring of nostrils, thirst, red face	Red Yellow coat	Overflowing Rapid	Acute = invasion of Ext Wind --> internal Heat Chronic = residual Heat / lots of hot foods, smoking	Exterior pathogenic factor penetrating to interior	LU Yin Xu	Clear LU heat Restore descending of LU Qi
Damp Phlegm in LU	Chronic cough Profuse white sputum Thick white sticky coat	Chronic cough in bouts w/ profuse expectoration, sticky easy to expectorate sputum, pasty white complexion, feeling of oppression in chest, shortness of breath, dislike of lying down, nausea, feeling of heaviness, dizziness of the head	Swollen Sticky white coat	Slippery / Soggy	Recurrent attacks of External Path weaken LU & SP --> Phlegm	SP Qi / SP Yang Xu (in elderly) KD Yang Xu	Can aggravate SP condition Dryness in elderly (retention of Phlegm)	Resolve Dampness Resolve Phlegm Restore descent at LU Qi

Cold Phegm in LU	Cough White watery sputum Phlegm in throat Swollen tongue Sticky white coat	Cough with expectoration of white watery sputum, aggravated by exposure to cold, a feeling of cold, cold hands, phlegm in the throat, dizziness, a feeling of oppression of the chest, a feeling of cold of the chest, a feeling of heaviness, and muzziness and dizziness of the head	Swollen Sticky white coat	Slippery Slow	Repeated W Cold invasion (esp. w/ pre-exisitng Yang Xu)	SP Yang xu	Can aggravate SP condition Dryness in elderly (retention of Phlegm)	Resolve Phlegm Expel Cold Warm Yang Restore descending function of LU
Phlegm Heat In LU	Cough Yellow or green sputum Thick sticky yellow coat Slippery Rapid pulse	Barking cough w/ sticky yellow sputum, shortness of breath, wheezing, feeling of oppression in chest, phlegm in throat, feeling of heat, thirst, insomnia, agitation, muzziness and dizziness of the head	Red Swollen Sticky yellow coat	Slippery Rapid	Excess consumption of greasy foods --> Phlegm/Heat Irregular eating habits --> Phlegm	Precipated or aggravated by exterior Wind Heat invasion	Can aggravate SP Xu Dryness in elderly Blood stasis in elderly (Heat may dry up Body Fluids --> Yin Xu)	Resolve Phlegm Clear Heat Stimulate descending of LU Qi
Dry Phlegm in the LU	Dry cough Scanty sputum Feeling of oppression in chest	Dry cough but with occasional, difficult expectoration of scanty sputum, shortness of breath, a feeling of oppression of the chest, scanty phlegm in the throat, a feeling of heaviness and muzziness of the head, dizziness, dry throat, wheezing, pasty-dry complexion	Swollen Dry sticky coat	Fine Slippery	Excess consumption of greasy foods --> Phlegm/Heat Irregular eating habits --> Phlegm	Phlegm	LU Yin Xu + Phlegm	Resolve Phlegm Nourish Fluids Nourish LU Yin Restore descending of LU Qi
Phlegm Fluids Obstructing LU	Cough Watery frothy sputum	Cough with expectoration of white watery sputum, breathlessness, splashing sound in chest, vomiting of white watery frothy sputum, feeling of oppression in chest, muzziness and heaviness in head, feeling of cold, coughing elicited by scare	Pale Thick sticky white coat	Fine Slippery / Soggy / Wiry	Excess consumption of greasy foods/dairy Excess physical work (weakens SP/KD Yang)	Chronic: LU Yang Xu SP Yang Xu KD Yang Xu	Aggravate Yang Xu of SP & LU & KD Obstructs HT Yang --> 'Water overflowing to Heart'	Resolve Phlegm Tonify SP Yang Tonify LU Yang Tonify KD Yang
LU and HT Qi Xu	SOB Weak Voice Empty Pulse Spontaneous sweating Sighing	Slight shortness of breath, slight cough, weak voice, dislike of speaking, bright white complexion, propensity to catching colds, tiredness, palpitations, depression, spontaneous sweating, sighing	Pale	Empty (esp. both front positions)	Sadness Grief Worry Overuse of voice	Kidney Qi Xu	HT Blood Xu Qi stag in chest from emotional stress --> Blood stasis in chest	Tonify Qi Strengthen HT & LU Calm the Mind

Large Intestines	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
LI Dry	Dry, difficult stools Thin body	Dry stools that are difficult to discharge, dry mouth, and throat, thin body, foul breath, dizziness	Dry Pale or Red Body Rootless coat	Fine	External Dryness Irregular eating habits	ST Qi Xu LI Qi Xu	ST Yin Xu LI Yin Xu	Promote Fluids in LI
LI Cold	Loose stools Dull abdominal pain Cold limbs	Loose stools like duck droppings, dull abdominal pain, borborygmi, pale urine, cold limbs	Pale	Deep-Weak	Excessive consumption of cold & raw foods (lamb, beef and alcohol) + Chronic exposure to cold on abdomen	SP Yang Xu	SP Yang Xu (if not the cause)	Tonify & Warm LI Tonify & Warm SP
Collapse of LI	Chronic diarrhoea Prolapsed anus	Chronic diarrhoea, prolapse ani, haemorrhoids, tiredness after bowel movements, cold limbs, no appetite, mental exhaustion, desire to drink warm liquids, desire to have the abdomen massaged	Pale	Deep-Fine-Weak	Excessive physical work (anything that causes ST/SP Xu)	Sinking of SP Qi	Sinking of Qi affecting UB (& other organs in Lower Jiao)	Tonify ST & SP Raise Qi
Damp Heat in LI	Abdominal pain Diarrhea w/ mucus & B	Abdominal pain that is not relieved by a bowel movement, abdominal fullness, diarrhea, mucus and blood in stools, offensive odor of stools, burning in the anus, scanty-dark urine, fever, sweating that does not decrease the fever, a feeling of heat, thirst without a desire to drink, a feeling of heaviness of the body and limbs.	Red Sticky yellow coat	Slippery-Rapid	Excessive consumption of hot and greasy foods + Alcohol	SP Qi Xu	Damp-Heat in SI SP Qi Xu (if damp obstructs Lower Jiao)	Clear Heat Resolve Dampness Stop Diarrhea
Heat in LI	Dry stools Burning sensation in anus Thick dry yellow coating	Constipation with dry stools, a burning sensation in the mouth, dry tongue, burning and swelling in anus, scanty dark urine.	Thick dry yellow (or brown or black) coat	Full-Rapid	Excessive consumption of hot foods (lamb, beef and alcohol) + 'dry' foods (broiled or baked meats)	ST Heat	ST Yin Xu LI Yin Xu LI Qi Stag (if damp obstructs)	Clear Heat in LI Clear Heat in ST Promote Body Fluids
Heat Obstructing LI	Constipation Abdominal pain Fever Thick dry yellow coating	Constipation burning in anus abdominal distension and pain that are worse with pressure high fever or tidal fever (fever that rises in the afternoon), sweating especially on limbs vomiting thirst delirium	Red body Thick dry yellow (or brown-black) coat	Deep-Full	Acute pattern from middle stage of febrile disease: wind-cold or wind-heat. (More frequent in children.)	Exterior Wind --> Interior Heat	Body clears heat Heat goes deeper Heat becomes residual	Clear Heat in LI Clear Heat in ST Promote Bowel Movement
Cold Invading LI (Cold Direct Strike)	Sudden abdominal pain Diarrhoea Feeling of cold	Sudden cramping abdominal pain diarrhoea with pain a feeling of cold a cold sensation in abdomen	Thick white coat	Deep-Tight	Exterior Cold invades LI	ST Yang Xu SP Yang Xu (predispose)	Cold injures Yang --> SP Yang Xu	Expel Cold from LI Warm Lower Jiao
Qi Stag in LI	Abdominal dist. & pain Bitty stools	Abdominal distension and pain, constipation with bitty stools, irritability, aggravation of condition according to mood	Normal or Normal w/sl. Red Sides	Wiry on both Rear positions	Irregular eating habits Emotional stress (esp. after lunch)	LV Qi Stag	LV Qi Stag (if not the cause) Dampness	Move Qi in LI

Stomach	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
ST Qi Xu	Morning tiredness Epigastric discomfort Empty ST pulse	Uncomfortable feeling in the epigastrium, lack of appetite, lack of taste sensation, loose stools, tiredness especially in the morning, weak limbs	Pale	Empty esp. on Middle Right	Diet lacking nourishment Undereating Irregular eating Chronic illness	SP Qi Xu	ST Yin Xu ST Qi Stag B Stasis in ST Phlegm	Tonify ST Qi
ST Xu & Cold	Epigastric discomfort that is relieved by eating Tiredness Cold limbs	Discomfort or dull pain in the epigastrium, better after eating and better with pressure or massage, no appetite, preference for warm drinks and foods, vomiting of clear fluid, lack of thirst, cold and weak limbs, tiredness, pale complexion	Pale Wet	Deep Weak Slow esp. on Middle Right	Diet lacking nourishment Excessive consumption of cold-energy foods	SP Qi Xu (Cold Direct Strike)	ST Qi Stag ST B Stasis Phlegm	Tonify & Warm ST Qi Tonify & Warm SP Qi
ST Yin Xu	Absence of coat in center of tongue	No appetite or slight hunger but with no desire to eat, constipation (dry stools), dull or slightly burning epigastric pain, dry mouth and throat especially in the afternoon with a desire to drink in small sips, a slight feeling of fullness after eating, normal-colored tongue without coating in the center, or with rootless coating, Floating-Empty pulse on the right Middle position	Normal or Red Absence of coat in center Rootless coat	Floating Empty on Middle Right Sl. Rapid	<u>Eating Late at Night</u> Irregular eating Eating under stress Eating while worrying about work Working right after eating Constitution (rare) Fevers (children) Antibiotics	ST Qi Xu Antibiotics	KD Yin Xu	Nourish ST Yin Promote Body Fluids
ST Qi Stag	Epigastric distention Belching Irritability	Epigastric pain and distension, belching, nausea, vomiting, hiccup, irritability	Normal Red mid-sides (if severe)	Wiry on Middle Right	Eating Under Stress (While in a hurry, angry, upset, working or standing up) Irregular eating Emotional strain	LV Qi Stag	ST Heat ST Fire Phlegm	Move ST Qi Eliminate Stag Restore descending of ST Qi
ST Heat	Burning epigastric pain Thirst Dry yellow coat	Burning epigastric pain, thirst for cold drinks, dark urine, dry stools, dry mouth, mouth ulcers, sour regurgitation, nausea, vomiting soon after eating, excessive hunger, foul breath, a feeling of heat	Red in center Dry yellow coat	Rapid Slightly Overflowing on Middle Right	Excessive consumption of hot-energy foods	ST Qi Stag ST Patterns	ST Yin Xu B Stasis in ST	Clear Heat Restore descending of ST Qi
ST Fire	Burning epigastric pain Intense thirst Bleeding gums Mental restlessness Dry dark yellow coat	Burning epigastric pain, intense thirst for cold drinks, mental restlessness, bleeding gums, dark urine, dry stools, dry mouth, mouth ulcers, sour regurgitation, nausea, vomiting soon after eating, excessive hunger, foul breath, a feeling of heat	Red in center Dry yellow coat Dry dark yellow coat	Rapid Slightly Overflowing on Middle Right	Excessive consumption of hot-energy foods	ST Qi Stag ST Patterns	ST Yin Xu B Stasis in ST	Drain ST Fire Restore descending of ST Qi
Phlegm Fire	Oppression in chest and epigastrium Burning epigastric pain Mucus in stools Intense thirst Bleeding gums Mental derangement Red sticky coat	Burning epigastric pain, intense thirst for cold drinks, mental restlessness, bleeding gums, dark urine, dry stools, dry mouth, mouth ulcers, sour regurgitation, nausea, vomiting soon after eating, excessive hunger, foul breath, a feeling of heat (see ST Fire) Also: A feeling of oppression of the chest and epigastrium, mucus in stools, expectoration of phlegm, mental derangement.	Red Sticky yellow coat	Rapid Slippery Overflowing	Excessive consumption of hot greasy foods	ST Qi Stag ST Patterns	ST Yin Xu B Stasis in ST	Drain ST Fire Stimulate descending of ST Qi

Cold Invading ST (Cold Direct Strike)	Sudden epigastric pain Vomiting Feeling of cold Deep Tight pulse	Sudden severe pain in the epigastrium, a feeling of cold, cold limbs, preference for warmth, vomiting of clear fluids (which may alleviate the pain), nausea, feeling worse after swallowing cold fluids, which are quickly vomited, preference for warm liquids	Thick white coat	Deep Tight Slow	Exterior cold Excessive consumption of cold-energy foods	None (Yang Xu predisposes)	ST Xu and Cold	Expel Cold Warm the ST Stimulate descending of ST Qi
ST Qi Rebellious Upwards	Nausea Belching	Nausea, difficulty swallowing, belching, vomiting, hiccup	No changes	Tight or Wiry on Middle Right	Eating in a hurry Eating under stress Eating standing up Emotional strain	Any ST pattern LV Qi Rebellion	Rebellious Qi in Penetrating Vessel	Subdue rebellious Qi Stimulate descending of ST Qi
Damp Heat in ST	Epigastric fullness Feeling of heaviness Nausea Sticky yellow coat	A feeling of fullness and pain of the epigastrium, a feeling of heaviness, facial pain, blocked nose or thick sticky nasal discharge, thirst without a desire to drink, nausea, a feeling of heat, dull-yellow complexion, a sticky taste	Red Sticky yellow coat	Slippery Rapid	Excessive consumption of hot greasy foods Too much dairy Emotional strain	SP Qi Xu ST Heat	Phlegm Phlegm Heat	Resolve Dampness Clear Heat Stimulate descending of ST Qi
Retention of Food in ST	Epigastric fullness Sour regurgitation Thick tongue coat	Fullness, pain and distension of the epigastrium that are relieved by vomiting, nausea, vomiting of sour fluids, foul breath, sour regurgitation, belching, insomnia, loose stools or constipation, poor appetite	Thick white coat or Thick yellow coat	Full Slippery	Overeating Eating in a hurry Eating under stress Eating while worrying	SP Qi Xu	ST Heat Damp Heat in ST Phlegm	Resolve retention of food Stimulate descending of ST Qi
B Stasis in ST	Stabbing epigastric pain Vomiting dark blood Purple tongue (if severe)	Severe, stabbing epigastric pain that may be worse at night, dislike of pressure, nausea, vomiting, possibly vomiting of blood, vomiting of food looking like coffee grounds	Purple (if severe)	Wiry	Qi Stag Cold Heat	ST Qi Stag Cold Invading ST ST Xu & Cold ST Fire	none	Invigorate Blood Eliminate Stasis Stimulate descending of ST Qi
ST SP Qi Xu	Poor appetite Epigastric discomfort Tiredness	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, pale complexion, weakness of the limbs, loose stools, uncomfortable feeling in the epigastrium, lack of taste sensation	Pale	Empty esp. on Middle Right	Diet lacking nourishment Undereating Irregular eating Chronic illness	none	Yin Xu patterns Dampness Phlegm	Tonify ST Qi Tonify SP Qi

Spleen	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
SP Qi Xu	Poor appetite Tiredness Loose stools	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, a desire to lie down, pale complexion, weakness of the limbs, loose stools, a tendency to obesity	Pale	Empty	Pensiveness Worry Exposure to dampness Excessive consumption of cold and raw foods Eating too much Not eating enough Irregular eating Chronic illness	None (Sometimes LU Qi Xu)	Dampness Phlegm Obesity B Xu SP Yang Xu SP Qi Sinking SP Not Controlling B HT Qi Xu HT B Xu LU Qi Xu KD Yang Xu	Tonify SP Qi
SP Yang Xu	Tiredness Loose stools Feeling cold Cold limbs	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, desire to lie down curled up, pale complexion, weakness of the limbs, loose stools, a tendency to obesity, feeling cold, cold limbs, edema	Pale, Wet	Deep Weak	SP Qi Xu etiology + Exposure to cold	SP Qi Xu	SP Qi Xu Developments + Dampness Phlegm	Tonify & Warm SP Yang
SP Qi Sinking	Bearing-down sensation Weak pulse	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, pale complexion, weakness of the limbs, loose stools, depression, tendency to obesity, a bearing-down sensation in the abdomen, prolapse of stomach, uterus, anus or bladder, frequency and urgency of urination, menorrhagia.	Pale	Weak	SP Qi Xu etiology + Standing for long hours every day for work	Sinking of KD Qi	SP Qi Xu Developments + Sinking of KD Qi Organ prolapse	Tonify SP Qi Stop Bleeding
SP Not Controlling the B	Fine pulse Pale tongue Bleeding (deficiency type)	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, pale-sallow complexion, weakness of the limbs, loose stools, depression, a tendency to obesity, blood spots under the skin, blood in the urine or stools, excessive uterine bleeding	Pale	Weak / Fine	SP Qi Xu etiology +	None	SP Qi Xu Developments + B Xu Qi Xu	Tonify SP Qi Stop Bleeding
SP B Xu	Tiredness Sl. abdominal distension Scanty periods	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, dull-pale complexion, weakness of the limbs, loose stools, depression, thin body, scanty periods or amenorrhoea, insomnia, joint ache	Pale Thin Slightly dry	Choppy / Fine	SP Qi Xu etiology + Lack of Blood-producing foods (i.e. meat, grains)	LV B Xu	SP Qi Xu Developments + LV B Xu HT B Xu	Tonify SP Qi Nourish B
Cold Dampness Invading SP	Abdominal fullness Feeling of heaviness Sticky white coat	Poor appetite, a feeling of fullness of the epigastrium or abdomen, or both, a feeling of cold in the epigastrium that improves with the application of heat, a feeling of heaviness of the head and body, a sweetish taste or absence of taste, no thirst, loose stools, lassitude, tiredness, nausea, oedema, dull-white complexion, excessive white vaginal discharge	Pale Sticky white coat	Slippery Slow	Exposure to exterior Dampness (becomes interior Dampness)	SP Qi Xu (predisposes)	SP Qi Xu KD Yang Xu LV Qi Stag	Resolve Dampness Expel Cold

Damp Heat Invading SP	Abdominal fullness Feeling of heaviness Sticky yellow coat	A feeling of fullness of the epigastrium or lower abdomen, or both, epigastric/abdominal pain, poor appetite, a feeling of heaviness, thirst but without a desire to drink, nausea, vomiting, loose stools with an offensive odour, a burning sensation in the anus, a feeling of heat , scanty dark urine , low-grade fever , dull headache with a feeling of heaviness of the head, dull-yellow complexion like tangerine peel, yellow sclera of the eyes , oily sweat, bitter taste, itchy skin or skin eruptions (papules or vesicles), sweating that does not relieve the fever and does not lead to the clearing of Heat	Red Sticky yellow coat	Slippery Rapid	Exposure to exterior Damp Heat	SP Qi Xu (predisposes) + Heat (ST)	Obstructs SP --> worsens SP Qi Xu Heat condenses Jin Ye --> Phlegm	Resolve Dampness Clear Heat
SP and HT B Xu	Palpitations Insomnia Tiredness Loose stools Scanty periods	Palpitations, dizziness, insomnia, dream-disturbed sleep , poor memory , anxiety , propensity to be startled , dull-pale complexion , pale lips , tiredness, weak muscles, loose stools, poor appetite, scanty periods	Pale, Thin	Choppy / Fine	Lack of Blood-producing foods (i.e. meat, grains) Excessive physical work LT sadness, grief, anxiety, worry Severe blood loss	SP Qi Xu LV B Xu	LV B Xu KD Xu	Nourish B Tonify HT Tonify SP Calm Shen
SP and LU Qi Xu	Lack of appetite Tiredness Breathlessness	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, pale complexion, weakness of the limbs, loose stools, tendency to obesity, slight shortness of breath, slight coughing , weak voice, spontaneous daytime sweating , dislike of speaking, propensity to catch colds, dislike of cold	Pale	Empty	Irregular eating Diet lacks nourishment Sedentary lifestyle Stooping over a desk Excessive talking Not enough breathing	None	Dampness Phlegm	Tonify SP Qi Tonify LU Qi
SP and LV B Xu	Loose stools Scanty periods Blurred vision Pale sides of the tongue	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, dull-pale complexion, weakness of the limbs, loose stools, thin body, scanty periods or amenorrhoea, insomnia, dizziness, numbness of limbs, blurred vision, 'floaters' in eyes, diminished night vision, pale lips, muscular weakness, cramps, withered and brittle nails, dry hair and skin, slight depression, a feeling of aimlessness	Pale Pale / Orange sides Dry	Choppy / Fine	Diet lacks nourishment Excess cold/raw foods	SP Qi Xu	HT B Xu	Tonify SP Qi Nourish HT B
Obstruction of SP by Dampness with LV Qi Stag	Fullness of epigastrium Hypochondrial distension Thick sticky yellow coat	A feeling of oppression and fullness of the epigastrium, nausea, lack of appetite, loose stools, a feeling of heaviness, dry mouth but without a desire to drink, sallow complexion, hypochondrial pain, bitter taste, sticky taste, epigastric and hypochondrial distension, irritability	Thick sticky yellow coat	Slippery Wiry	Excess consumption of greasy foods and dairy	SP Qi Xu --> Dampness obstructing LV (Earth insults Wood)	Phlegm LV B Stasis LV B Heat	Resolve Dampness Smooth LV Clear Heat

Heart	Key Signs	General Symptoms	Key Signs	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
HT Qi Xu	Palpitations Tiredness Empty Pulse	Palpitations SOB Tiredness SI. Depression Spontaneous Sweating Pale Face	Pale or Normal	Empty <i>Overflowing and Empty</i>	Emotional Problems esp. Sadness, Grief Blood Loss	KD Qi Xu [GB Qi Xu]	HT Yang Xu Lu Qi Xu (esp. if there is emotional stress)	Tonify HT Qi
HT Yang Xu	Palpitations Cold Hands Deep Weak Pulse	Palpitations SOB Tiredness SI. Depression Spontaneous Sweating SI. Discomfort or Stiffness in HT Area Feeling of Cold Cold Hands Bright Pale Face SI. Dark Lips	Pale, SI. Wet	Deep Weak Knotted	Emotional Problems esp. Sadness, Grief Blood Loss KD Yang Xu causes: Excessive Sex Excessive Work Chronic Illness > SP Yang Xu	KD Yang Xu SP Yang Xu ST Yang Xu	HT Qi Stagnation > HT B Stasis	Tonify & Warm HT Yang
HT Yang Collapse	Cyanosis of the Lips Cold Limbs Hidden Minute Pulse	Palpitations SOB Weak and Shallow Breathing Profuse Sweating Cold Limbs Greyish White Complexion Cyanosis of the Lips Coma	Very Pale or Bluish Purple Short	Hidden Minute Knotted	Chronic and Severe KD Yang Xu from: Excessive Sex Excessive Work Chronic Illness	Chronic and Severe KD Yang Xu > Collapse of KD Qi SP Yang Xu ST Yang Xu	Severe B Stasis Death	Rescue Yang Restore Consciousness Stop Sweating
HT Blood Xu	Palpitations Insomnia Poor Memory Pale Tongue	Palpitations Dizziness Insomnia Dream disturbed Sleep Poor Memory Anxiety Easily Startled Dull Pale Complexion Pale Lips	Pale Tip Paler Thin Slightly Dry	Choppy or Fine	Diet (not nourishing B) SP Qi XU (can be from B Xu) Emotional Stress Severe Blood Loss	HT B Xu deprives Shen of its House: insomnia, dream disturbed sleep, anxiety, easy to startle, dull thinking, poor memory PM Palpitations	HT Yin Xu Pensiveness, Brooding (if affects SP)	Nourish Blood Tonify HT Calm Shen
HT Yin Xu	Palpitations Mental Restlessness Night Sweats Empty Heat Malar Flush PM Heat Feeling Hot and Bothered 5 Palm Heat	Palpitations Insomnia Dream disturbed Sleep Poor Memory Anxiety Easily Startled Mental Restlessness Uneasiness Feeling Fidgety Dry Mouth and Throat Night Sweating	No Coat HT Crack	Floating Empty	Emotional Stress (usu. injures HT B 1st) Overwork External Heat Injuring Yin (hot countries)	KD Yin Xu LV Yin Xu	Empty Heat	Nourish HT Yin Calm Shen Clear Heat (if empty heat is pronounced)
HT Fire Blazing	Palpitations Tongue Ulcers Thirst Red Tongue	Palpitations Thirst Mouth and Tongue Ulcers Mental Restlessness Feeling Agitated Feeling of Heat Insomnia Dream disturbed Sleep Dark Urine or Blood in Urine Bitter Taste (after a bad night's sleep) Red Face	Red Redder Tip Red Points Swollen Yellow Coating Possible HT Crack	Full Rapid Overflowing (esp. in HT position) Hasty (rapid irregular)	Emotional Stress > Qi Stagnation Diet excessive alcohol, spicy foods and red meat	Liver Fire (Frustration, resentment, anger are transmitted to the HT which recognizes and feels them)	SP Heat ST Fire HT Yin Xu	Clear Heat Drain Fire Calm Shen

Phlegm Fire Harassing the HT	All Mental Symptoms Red Tongue Sticky Coating	Palpitations Thirst Expectoration of Phlegm Rattling Sound in Throat Mental Restlessness Mental Confusion Incoherent Speech Agitation Rash Behavior Tendency to Hit or Scold Shouting Mania Muttering to Oneself Mental Depression and Dullness Feeling of Oppression in Chest Insomnia Dream disturbed Sleep Dark Urine or Blood in Urine Bitter Taste Red Face	Red Swollen Yellow Dry Sticky Coating Deep HT Crack	Full Rapid Slippery Rapid Overflowing Slippery Rapid Full Wiry	Longterm Qi Stagnation from severe emotional problems and depression	Longterm SP Qi Xu also LU Qi Xu or KD Qi Xu leading to formation of Phlegm along with Fire	1. HT Fire injures Yin > Fire Phlegm Yin Xu 2. Phlegm Obstructs Qi > Worsens SP Qi Xu > Pathological Dryness 3. Fire + B + Phlegm = B Stasis > Further Obstructs Shen	Clear Heat Drain Fire Calm Shen Resolve Phlegm Open Shen's Orifices
Phlegm Misting the HT	Mental Confusion Rattling Sound in Throat Swollen Tongue Thick Sticky Coating	Mental Confusion Unconsciousness Lethargic Stupor Incoherent Speech Slurred Speech Aphasia Vomiting Phlegm Rattling Sound in Throat Mental Depression Very Dull Eyes	Swollen Thick Sticky Coating HT Crack	Slippery	Children: Constitutional Adults: Diet: Raw, Greasy, Cold Foods > Phlegm + Severe Emotional Problems	SP, LU, KD Xu > Phlegm	Phlegm Obstructs Qi > Qi Xu + Phlegm Retention > Dryness and B Stasis (esp. in the elderly)	Open HT Resolve Phlegm Open Shen's Orifices
HT Qi Stagnation	none given [Feeling of oppression or distention in chest Weak and cold limbs Poor appetite Sighing Sl. Purple lips]	Palpitations Feeling of Oppression or Distention in the Chest Depression Sl. Feeling of Lump in the Throat Sl. Shortness of Breath Sighing Poor Appetite Weak and Cold Limbs Sl. Purple Lips Pale Complexion	Sl. Pale Purple on Sides in the Chest Area	Empty but Sl. Overflowing in the L Front Position	Emotional Stress > Qi Stagnation > HT Heat Esp. Tendency to Suppress Emotions, Robust Constitution, LV Qi Stag. Vs. Leading to HT Qi Xu	Possible LV Qi Stagnation Sadness & Grief > HT Qi Xu	HT B Stasis LV Qi Stagnation	Move HT Qi Open the Chest Calm the Mind
HT Vessel Obstructed	none given [Feeling of oppression in chest Mental Restlessness SOB with inability to lie down Stabbing or pricking HT pain Purple lips, face & nails]	Palpitations SOB with inability to lie down Feeling of oppression in the chest Stabbing or pricking pain in HT region (comes and goes, may radiate to upper back or shoulder) Depression Mental Restlessness Feeling Flustered Pain aggravated by exposure to cold and alleviated by heat Feeling of Heaviness Dislike of Speaking Cold Hands Sighing Purple Lips, Face & Nails	Purple on the sides in the chest area Swollen with a sticky coating	Wiry, Choppy or Knotted Slippery if Phlegm predominates	Emotional Stress > HT Qi Stagnation > HT B Stasis Diet: Dairy, Greasy Excessive Physical Work > Injures KD & HT Yang > Deficient HT Yang fails to move Qi and B in Chest > B Stasis from Cold	Qi Stagnation > B Stasis SP Xu and/or KD Xu > Phlegm Yang Xu > Cold	B Stasis, Phlegm > Dryness Phlegm Obstructs Qi > Worsens Qi & Yang Xu	Move HT Qi Move HT B Eliminate Stasis Open the Chest Resolve Phlegm Expel Cold Calm the Mind
HT Blood Stasis	Stabbing pain in the chest Cyanosis of lips Purple tongue	Palpitations Stabbing or pricking chest pain > inner aspect of L arm or to shoulder Chest pain: oppression / constriction Cyanosis lips, nails Cold hands	Purple or Purple sides in chest area	Choppy, Wiry or Knotted	LT Emotional problems (anxiety, grief or worry)	HT Yang Xu HT Qi Stag HT LV Stag		Move B Eliminate Stasis Tonify & Warm HT Yang Calm Shen

Small Intestine	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
SI Xu & Cold	Dull abdominal pain Borborygmi Diarrhea	Dull abdominal pain alleviated by pressure, desire for hot drinks, borborygmi, diarrhea, pale & abundant urination, cold limbs	Pale body White coat	Deep Weak Slow	Excess consumption of raw foods	SP Yang Xu	SP Yang Xu KD Yang XU	Expel Cold Warm Intestines Tonify SP Yang
Full Heat in SI	Abdominal pain Tongue ulcer Scanty dark painful urination	Mental restlessness, insomnia, tongue/mouth ulcers, pain in the throat, deafness, an uncomfortable feeling and heat sensation in the chest, abdominal pain, thirst with a desire to drink cold liquids, scanty and dark urine, burning pain on urination, blood in urine	Red Redder sides Swollen tip Yellow coat	Overflowing Rapid (if urinary Sx: Wiry on left Rear position)	Excess consumption of hot foods Anger, frustration, worry (Heat in HT Ch)	Heart Fire	Heart Fire	Drain HT Fire Drain SI Fire
SI Qi Pain	Abdominal twisting pain Borborygmi Deep Wiry pulse	Lower abdominal twisting pain maybe extending to back, abdominal distension, dislike of pressure on abdomen, borborygmi, flatulence, abdominal pain relieved by gas (wind), pain in testis	White coat	Deep Wiry esp. on Rear position	Excess consumption of cold/raw foods Anger, frustration, resentment	LV Qi Stag	LV Qi Stag SP Qi Stag SP Qi Xu	Move SI Qi Smooth LV Qi
SI Qi Tied	Sudden severe abdom pain Constipation Vomiting Deep Wiry pulse	Severe abdominal pain, dislike of pressure, abdominal distension, constipation, vomiting, borborygmi, flatulence	Thick white coat	Deep Wiry	Excess consumption of cold/raw foods which block SI function	LV Qi Stag Cold in Intestines	LV Qi Stag	Move SI Qi Remove obstruction from L B
Infestation of Worms in SI	Abdominal pain & distension Bad taste in mouth Sallow complexion <u>Roundworms</u> Abdominal pain Vomiting of roundworms Cold limbs <u>HookWorms</u> Desire to eat strange objects like coil, wax, etc. <u>Pinworms</u> Itchy anus, worse in evening <u>Tapeworms</u> Constant hunger	Abdominal pain/distension, bad taste in mouth, sallow complexion	none given	none given	External invasion of worms due to eating unclean foods	Cold condition of SP & Intestines from excess consumption of cold & raw foods favors the invasion	SP Qi Xu	Herbal formulas

Urinary Bladder	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
UB Xu and Cold	Frequent pale abundant urination Deep Weak pulse	Frequent pale abundant urination, incontinence, enuresis, lower backache, dizziness, nocturia, white urethral discharge, a feeling of cold	Pale, Wet	Deep Weak	XS Sexual activity in men (weakens KD Yang) XS exposure to Cold or Damp (esp. during menses) XS Physical exercise (esp. lifting) --> UB Xu & Cold	KD Yang Xu	KD Yang Xu	Tonify & Warm UB & KD Yang
Damp Heat in UB	Burning on urination Dark urine Difficult urination	Frequent and urgent urination, burning on urination, difficult urination (stopping in the middle of flow), dark-yellow/turbid urine, blood in the urine, fever, thirst but with no desire to drink, hypogastric fullness and pain, a feeling of heat	Thick sticky yellow coat on root Red spots	Slippery Rapid Sl. Wiry on left rear position	<u>XS exposure to Damp/Cold</u> penetrates UB from below --> Damp in the UB If Yang constitution, Ext Dampness --> Damp Heat <u>Emotional strain</u> Jealousy, suspicion	Dampness in UB with no Heat --> Damp-Heat SP Qi Xu (predisposes to UB damp) KD Yang Xu (contributes to damp in LB)	KD Yin Xu (chronic conditions, esp. in elderly)	Resolve damp Clear heat Open water passages of LB
Damp Cold in UB	Difficult urination Feeling of heaviness Pale, turbid urine	Frequent and urgent urination, difficult urination (stopping in midstream), a feeling of heaviness in hypogastrium and urethra, pale and turbid urine	White sticky coat on root	Slippery Slow Sl. Wiry on left rear position	XS exposure to exterior Damp & Cold	SP Qi Xu & KD Yang Xu --> Dampness	Damp Cold in UB --> obstructs LB ? --> KD Yang Xu	Resolve damp Expel Cold Remove obstruction from the LB water passages

Kidney	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
KD Yang Xu	Backache Feeling of Cold Abundant clear urine Pale tongue Deep pulse	Lower backache, dizziness, tinnitus, cold and weak knees, a sensation of cold in the lower back, a feeling of cold, weak legs, bright-white complexion, tiredness, lassitude, abundant clear urination, urination at night, apathy, oedema of the legs, infertility in women, loose stools, depression, impotence, premature ejaculation, low sperm count, cold and thin sperm, decreased libido	Pale Wet	Deep Weak	Chronic illness manifesting in SP Yang Xu Excessive sexual activity with cold exposure afterwards Excess physical work or exercise Excess consumption of cold/raw foods	SP Yang Xu leads to retention of Damp & injures KD Yang KD Yin Xu can also be precursor (see also ST Yin Xu)	Yang Xu of SP/ST/LU & HT	Tonify & Warm KD Strengthen Fire of Gate of Life
KD Yin XU	Backache Night sweats	Dizziness, tinnitus (gradual onset, low pitch), vertigo, poor memory, hardness of hearing, night sweating, dry mouth and throat at night, lower backache, ache in bones, nocturnal emissions, constipation, dark scanty urine, infertility, premature ejaculation, tiredness, lassitude, depression, slight anxiety	Normal No coat	Floating Empty	Overwork Depletion of Body Fluids Excess sexual activity Loss of blood Chronic illness Overdose of Chinese herbs	LV Yin Xu LV B KD Yang Xu	LV Yin Xu HT Yin Xu LU Yin Xu ST Yin Xu	Nourish KD Yin
KD Qi Not Firm	Backache Dribbling after urination Chronic vaginal discharge	Soreness and weakness of the lower back, weak knees, clear frequent urination, weak-stream urination, abundant urination, dribbling after urination, incontinence of urine, enuresis, urination at night, nocturnal emissions without dreams, premature ejaculation, spermatorrhoea, tiredness, a feeling of cold, cold limbs, in women prolapse of the uterus, chronic white vaginal discharge, a dragging-down feeling in the lower abdomen, recurrent miscarriage	Pale	Deep Weak esp. in rear positions	Excess sexual activity Too many children born too close together Prolonged childbirth Excess physical work	KD Yang Xu SP Yang Xu	KD Yang Xu	Reinforce & stabilize KD Qi Raise Qi Tonify KD Yang
KD Failing to Receive Qi	Lower backache SOB on exertion Clear urination	Shortness of breath on exertion, rapid and weak breathing, difficulty in inhaling, chronic cough and/or asthma, spontaneous sweating, cold limbs, cold limbs after sweating, swelling of the face, thin body, mental listlessness, clear urination during asthma attack, lower backache, dizziness, tinnitus	Pale	Deep Weak Tight	Hereditary weakness of KD & LU Chronic illness Excessive physical work	KD Yang Xu Lung Qi Xu (if prolonged)	Phlegm (aggravates SOB)	Tonify & Warm KD Stimulate KD receiving of Qi Stimulate descending of LU Qi
KD Essence Xu	Children Poor bone development Adults Weak knees Falling hair Weak sexual activity	<u>In children:</u> poor bone development, late closure of fontanelle, deafness, mental dullness or retardation <u>In adults:</u> softening of bones, weakness of knees and legs, poor memory, loose teeth, falling hair or premature greying of hair, weakness of sexual activity, lower backache, infertility, sterility, primary amenorrhoea, dizziness, tinnitus, deafness, blurred vision, absentminded-ness, decreased mental sharpness	No coat if KD Yin Xu Pale if KD Yang Xu	Floating Empty / Leather	Hereditary weakness (children) Excess sexual activity Loss of B; menorrhagia Too many children born too close together	KD Yin Xu KD Yang X	KD Yin or Yang Xu LV Blood Xu (in women)	Nourish Essence Tonify KD
KD Yang Xu Water Overflowing	Edema of ankles Breathlessness Deep Weak pulse Pale Swollen tongue	Oedema especially of the legs and ankles, a cold feeling in legs and back, fullness and distension of abdomen, soreness of the lower back, a feeling of cold, scanty clear urination. <u>Water overflowing to the Heart</u> The above symptoms plus palpitations, breathlessness, cold hands. <u>Water overflowing to the Lungs</u> The above symptoms plus thin watery frothy sputum, cough, asthma and breathlessness on exertion.	Pale Swollen Wet White coat	Deep Weak Slow	Hereditary weakness Excess sexual activity Excess physical work Excess consumption of cold/raw foods	Dampness SP Yang Xu HT Yang Xu LU Qi Xu + Phlegm	An extreme pattern that derives from other patterns	Tonify & Warm KD Tonify & Warm SP Yang Transform Water <u>H₂O Overflowing to HT</u> Tonify HT Yang <u>H₂O Overflowing to LU</u> Tonify LU Qi

<p>KD Yin Xu Empty Heat Blazing</p>	<p>Malar flush Dizziness Tinnitus Feeling of afternoon Heat Red Peeled tongue</p>	<p>Malar flush, mental restlessness, insomnia, night sweating, low-grade fever, afternoon fever, five-palm heat, a feeling of heat in the afternoon/evening, scanty dark urine, blood in the urine, dry throat especially at night, thirst with desire to drink in small sips, dizziness, tinnitus, hardness of hearing, lower backache, nocturnal emissions with dreams, excessive sexual desire, dry stools</p>	<p>Red Cracked Red tip No coat</p>	<p>Floating Empty Rapid</p>	<p>Same as for KD Yin Xu + Chronic anxiety and worry</p>	<p>KD Yin Xu</p>	<p>End pattern (Empty Heat can lead to bleeding)</p>	<p>Nourish KD Yin Clear Empty Heat Calm Shen</p>
<p>KD & LV Yin Xu</p>	<p>Dry eyes Dry Throat Backache Night sweats Scanty menses No coat</p>	<p>Dizziness, tinnitus, hardness of hearing, lower backache, dull occipital or vertical headache, insomnia, numbness or tingling of limbs, dry eyes, blurred vision, dry throat, dry hair and skin, brittle nails, dry vagina, night sweating, dry stools, nocturnal emissions, scanty menstruation or amenorrhoea, delayed cycle, infertility</p>	<p>Normal No coat / Rootless coat</p>	<p>Floating Empty</p>	<p>Same as for KD Yin Xu & LV B Xu + Anger, frustration, depression</p>	<p>LV Yin Xu LV B Xu</p>	<p>Empty Heat</p>	<p>Nourish KD Yin Nourish LV Yin</p>
<p>HT & KD Not Harmonized</p>	<p>Palpitations Dizziness Tinnitus Night sweats Red tongue Redder tip No coat Heart crack</p>	<p>Palpitations, mental restlessness, insomnia, dreamdisturbed sleep, anxiety, poor memory, dizziness, tinnitus, hardness of hearing, lower backache, nocturnal emissions with dreams, a feeling of heat in the evening, dry throat at night, thirst with a desire to drink in small sips, night sweating, five-palm heat, scanty dark urine, dry stools</p>	<p>Red Redder tip No coat Heart crack</p>	<p>Floating Empty Rapid / Deep Weak rear, Overflowing front</p>	<p>Same as for KD Yin Xu + Anxiety, sadness, depression Emotional shocks: breakup/loss</p>	<p>KD Yin Xu HT Yin Xu</p>	<p>Empty Heat can lead to bleeding</p>	<p>Nourish KD Yin Nourish HT Yin Clear HT Empty Heat Calm Shen</p>
<p>KD LU Yin XU</p>	<p>Dry cough Dizziness Tinnitus Night sweats No coat</p>	<p>Dry cough that is worse in the evening, dry throat and mouth, thin body, breathlessness on exertion, lower backache, night sweating, dizziness, tinnitus, hardness of hearing, scanty urination</p>	<p>Normal No coat / Rootless coat</p>	<p>Floating Empty</p>	<p>Same as for KD Yin Xu + LT Worry</p>	<p>KD Yin Xu LU Yin Xu</p>	<p>Empty Heat --> B Heat bleeding</p>	<p>Nourish LU Yin Nourish HT Yin Nourish Body Fluids</p>

Pericardium	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
PC B Xu	Palpitations Chest discomfort Insomnia	A feeling of stuffiness and discomfort of the chest, dull ache in the chest, very slight shortness of breath, palpitations, anxiety, insomnia, dizziness, dream disturbed sleep, poor memory, propensity to be startled, dull, pale complexion, pale lips, cold hands, scanty periods, amenorrhoea	Pale Thin Sl. Dry	Choppy / Fine (v. slightly hard on left front position)	<u>Emotional Strain</u> Sadness, grief, break ups	Heart Blood Xu SP Qi Xu SP B Xu	Blood Stasis in chest	Nourish Blood Strengthen HT Strengthen PC Move Qi & B in chest
Heat in PC	Fever @ night Delirium Red tongue No coat	Fever at night, mental confusion, incoherent speech or aphasia, delirium, body hot, hands and feet cold, macules	Red No coat	Fine Rapid	Wind Heat --> Interior --> Interior Heat @ Ying Level	Qi Level Heat	B Level Heat --> Stirring Wind	Clear Ying Level Heat
PC Fire	Feeling of oppression and pain in the chest All mental symptoms Red Swollen tongue Sticky yellow coat	Palpitations, feeling of oppression and heat of the chest, chest pain, rapid breathing, thirst, red face, bitter taste, expectoration of phlegm, rattling sound in the throat, mental restlessness, insomnia, dream-disturbed sleep, agitation, incoherent speech, mental confusion, rash behaviour, tendency to hit or scold people, uncontrolled laughter or crying, shouting, muttering to oneself, mental depression and dullness, manic behaviour	Red Redder tip Poss. Red points & Swollen Sticky yellow coat Poss. HT crack	Full Rapid Slippery Overflowing Esp. right front position Possibly hasty	<u>Emotional Strain</u> Sadness, grief, worry, anger, frustration <u>Diet</u> Excess hot energy foods (red meat, alcohol)	LV Fire	HT Yin Xu LV Fire	Drain HT Fire Drain PC Fire
Qi Stag in PC	Palpitations Feeling of distension in the chest	A feeling of distension and slight pain of the chest, feeling of tightness of the chest, slight shortness of breath, sighing, a feeling of lump in the throat, palpitations, depression, irritability, poor appetite, weak and cold limbs, slightly purple lips, pale complexion	Sl. Pale Purple on sides in chest area	Empty V. sl. overflowing in L front position	<u>Emotional Strain</u> Anxiety, grief, worry	LV Qi Stag	LV Qi Stag LV B Stasis	Move B in chest Regulate PC Regulate HT Calm Shen
Blood Stasis of PC	Stabbing chest pain Purple lips	Palpitations, stabbing or pricking pain in the chest which may radiate to the inner aspect of the left arm or to the shoulder, a feeling of oppression or constriction of the chest, shortness of breath, cyanosis of lips and nails, cold hands, painful periods with dark clots	Purple / Purple sides & in chest area	Empty V. sl. overflowing in HT position	<u>Emotional Strain</u> Anxiety, grief, worry	PC Qi Stag LV Qi stag	Phlegm LV B Stasis	Move B in chest Regulate PC Regulate HT Calm Shen

Gall Bladder	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
GB Xu	Timidity Lack of initiative Indecision	Dizziness, blurred vision, floaters, nervousness, timidity, propensity to being easily startled, lack of courage and initiative, indecision, sighing, waking early in AM, restless dreams	Pale or Normal	Weak	Description of character more than clinical - timid from being constantly criticized or bullied	LV Blood Xu --> LV Qi Xu, GB Xu	LV Blood Xu	Tonify & Warm GB Tonify LV Qi
Dampness in GB	Hypochondrial fullness Unilateral sticky coat	Jaundice, dull yellow eyes & skin, hypochondriachal pain, fullness & distension, nausea, vomiting, inability to digest fats, dull yellow sclera, turbid urine, lack of thirst, sticky taste, dull yellow sclera, dull headache, feeling of heaviness	Thick sticky white coat (bilateral or in two strips)	Slippery Wiry	External Dampness invading GB and GB retains Dampness	SP Qi Xu (LV Qi Stag in MB contributes to -->) Dampness in GB	w/ Heat = D Heat; D Heat becoming Phlegm Heat ; Damp in MB leads to LV Qi Stagnation	Resolve Damp Clear GB Smooth Liver Qi
Damp Heat in GB	Hypochondriacal fullness Bitter taste Thick sticky yellow coat on Right side	Hypochondriachal pain, fullness & distension, nausea, vomiting, inability to digest fats, yellow complexion, scanty, dark yellow urine, fever, thirst w/o desire to drink, bitter taste, dizziness, numbness of limbs, swelling of feet, loose stools OR constipation, alternation of hot/cold feeling, yellow sclera, feeling of heat	Thick sticky yellow coat (bilateral or in two strips or unilateral)	Slippery Wiry Rapid	External Dampness invading GB and combining with Heat	SP Qi Xu LV Qi Stag	Damp in MB obstructing LV Qi leading to LV Qi Stagnation; Damp Heat leading to Phlegm Heat	Resolve Dampness Clear Heat Clear LV & GB Smooth LV
Damp Heat in GB and LV	Hypochondriacal fullness Bitter taste Thick sticky yellow coat on Right side Genital skin rashes Genital itching	Hypochondriachal pain, fullness & distension, nausea, vomiting, inability to digest fats, yellow complexion, scanty, dark yellow urine, fever, thirst w/o desire to drink, bitter taste, dizziness, numbness of limbs, swelling of feet, loose stools OR constipation	Thick sticky yellow (bilateral or one side only)	Slippery Wiry Rapid	External Damp invading GB & LV --> retention of Dampness Can combine with Heat	(Damp Heat in GB -->) Longterm LV Qi Stag	Phlegm Heat	Resolve Damp Clear Heat Clear LV & GB Smooth LV Qi

Liver	Key Signs	General Signs	Tongue	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
LV B Xu	Blurred Vision Scanty Menses Dull-Pale Complexion Pale Tongue	Dizziness Numbness of limbs Insomnia Vision problems (blurred, floaters, poor night vision) Scanty menses/amenorrhea Dull-pale complexion no lustre Malar flush Muscular weakness Cramps Withered, brittle nails Very dry hair and skin Depression Aimlessness	Body Pale Sides Pale/Orange Thin Sl. Dry	Choppy or Fine	Poor Diet Not enough B foods (meat, grains) for SP to make B and LV to store	KD Xu (KD help make B)	HT B Xu	Tonify LV Nourish B
LV Yin Xu	Blurred Vision Dry Eyes Tongue No Coat	Dizziness Numbness of limbs Insomnia Vision problems (blurred, floaters, poor night vision) Scanty menses/amenorrhea Dull-pale complexion no lustre Pale lips Muscular weakness Cramps Withered, brittle nails Dry hair and skin Depression Aimlessness	Red No coat	Floating Empty Sl. Rapid	Poor Diet Not enough B foods (meat, grains) for SP to make B and LV to store	LV B Xu KD Yin Xu	KD Yin Xu HT Yin Xu LV Yang Rising	Tonify LV Nourish Yin Clear Empty Heat
LV Qi Stag	Distention Depression Moodiness Wiry Pulse	Distension of hypochondrium, epigastrium, abdomen, chest Sighing Hiccup Melancholy Depression Moodiness Fluctuation of mental state Feeling 'wound-up' Plum-pit Qi Irregular periods Pain before periods Breast distension PMS tension and irritability	Normal poss. Red Sides (Purple)	Wiry esp on L	Emotional Stress Anger, frustration, resentment	LV B Xu KD Xu	B Stasis	Smooth LV Move Qi
LV B Stasis	Dark & clotted menses Purple Tongue	Hypochondrial pain Abdominal pain Hematemesis Epistaxis Painful & Irregular periods Dark & clotted menstrual blood Infertility "Masses" in the abdomen Purple (nails, lips, complexion, petechiae) Dry skin (severe)	Purple Tongue esp. on sides Purple spots on sides (severe)	Wiry or Firm	Emotional Stress Anger, frustration, resentment	LV Qi Stag Cold Heat Qi Stag Qi Xu B Xu Phlegm	Dryness	Smooth LV Move Qi Move B Eliminate Stasis

Stag LV Qi --> Heat	Distention Irritability Heat Wiry Pulse Red Sides	Distension of hypochondrium & epigastrium A slight feeling of oppression in the chest Irritability Melancholy Depression Moodiness Outbursts of Anger Plum-pit Qi A feeling of heat Red face Irregular periods Heavy periods Breast distension PMS tension and irritability	Red Sides	Wiry esp on L	Emotional Stress Anger, frustration, resentment + Diet (Hot-Energy Foods: alcohol, spicy, red meat)	LV Qi Stag	LV Fire	Smooth LV Move Qi Lightly Clear Heat
LV Yang Rising	Throbbing Headache Irritability Wiry Pulse	Throbbing Headache (temples, eyes, lateral sides) Dizziness Tinnitus Deafness Blurred vision Dry mouth & throat Insomnia Irritability Feeling worked-up Stiff neck	Dep. on Etiology: - Pale (LV B Xu) - Red sides, no coat (LV Yin Xu) - Normal/Red Sides (Rebellious LV Qi)	Wiry (+ Fine)	Emotional Stress Anger, frustration, resentment + Eating Under Stress (in a hurry, while angry, while working)	LV B Xu LV Yin Xu KD Yin Xu (KD Yang Xu)	LV Fire LV Wind	Subdue LV Yang Nourish Yin or B
LV Fire Blazing	Headache Irritability Red Face Red Eyes Red Tongue Yellow Coat	Temporal Headache Irritability Outbursts of anger Tinnitus (high pitch) Deafness Dizziness Red face Red eyes Thirst Bitter taste Dream-disturbed sleep Constipation-dry stools Dark-yellow urine Epistaxis Hematemesis Hemoptysis	Red Body Redder Sides Dry Yellow Coat	Full Wiry Rapid	Emotional Stress Anger, frustration, resentment + Diet (Hot-Energy Foods: alcohol, spicy, red meat)	LV Qi Stag LV Fire	LV Yin Xu LV Fire	Clear LV Drain Fire
LV Damp Heat	Fullness of the abdomen, hypochondrium Nausea Feeling of Heaviness Bitter Sticky Taste Sticky Yellow Coat Slippery Pulse	Fullness and pain of the abdomen, hypochondrium, hypogastrum Bitter taste Sticky Taste Poor Appetite Nausea Feeling of Heaviness in the body Yellow Vaginal discharge Vaginal Itching Vulvular eczema or sores Mid-cycle bleeding or pain Pain, redness, swelling of scrotum Genital, papular, vesicular skin rashes and itching Urinary problems (difficulty, dysuria, dark, burning)	Red Body Redder Sides Sticky Yellow Coat	Slippery Wiry Rapid	Diet Excessive Damp Foods (Dairy, Greasy) Irregular Eating + Pathogens External Dampness External Dampness & Heat	SP Qi Xu LV Heat (LV Qi Stag)	Phlegm	Resolve Dampness Clear LV Clear Heat

Rebellious LV Qi	Belching Irritability Wiry Pulse	Hypochondrial/epigastric distention Hiccup Sighing Nausea Vomiting Belching 'Churning feeling in the stomach' Irritability Breast distension	Normal (Red Sides)	Wiry esp LV, ST	Emotional Stress Anger, frustration, resentment + Eating Under Stress (While in a hurry, angry, working or standing --> Wood --> Earth sideways)	LV Qi Stag	LV Yang Rising (headache, dizziness, tinnitus)	Smooth LV Subdue LV Qi
LV Channel Cold Stag	Hypogastric pain that refers to scrotum Cold hands and feet Wiry-Deep-Slow Pulse	Fullness and distension of the hypogastrium w/pain refers: --> scrotum & testis --> hypochondrium Pain relieved by warmth Straining of testis Contraction of scrotum Shrinking of vagina Vertical headache Feeling of cold Cold hands & feet Vomiting clear fluid/dry heaves	Pale and Wet Body White Coating	Deep Wiry Slow	Cold Strike	LV Qi Stag may predispose	LV Qi Stag in L J	Clear LV Expel Cold
LV B Xu Generating Wind		Fine tremor Facial Tic Dizziness Blurred Vision Numbness or tingling of limbs Poor memory Insomnia Scanty periods	Pale Thin	Wiry Fine	Poor Diet: Not enough B foods (meat, grains) for SP to make B and LV to store			Nourish LV B Extinguish Wind
LV Yang Rising from B Xu Generating Wind		Tremor Dizziness Tinnitus Headache Hypertension Dry throat Blurred Vision Numbness or tingling of limbs Poor memory Insomnia	Pale Thin	Wiry Fine				Subdue LV Yang Nourish LV B Extinguish Wind
LV Yang Rising from LV Yin Xu Generating Wind		Tremor Facial Tic Severe dizziness Tinnitus Headache Hypertension Dry throat Dry eyes Blurred Vision Numbness or tingling of limbs Poor memory	Normal No coat	Wiry Fine				Subdue LV Yang Extinguish Wind Nourish LV Yin

<p>LV Yang Rising from LV Yin Xu & KD Yin Xu Generating Wind</p>		<p>Tremor Facial Tic Severe dizziness Tinnitus Headache Hypertension Dry throat Dry Eyes Blurred Vision Numbness or tingling of limbs Poor memory Backache Scanty urination Night sweats</p>	<p>Normal No coat</p>	<p>Wiry Fine</p>				<p>Subdue LV Yang Extinguish Wind Nourish LV Yin Nourish KD Yin</p>
<p>LV Fire Generating Wind</p>		<p>Tremor Irritability Outbursts of anger Tinnitus (high pitch, sudden onset) Deafness (sudden onset) Temporal headache Dizziness Red face Red eyes Thirst Bitter taste Dream-disturbed sleep Constipation-dry stools Dark-yellow urine Epistaxis Hematemesis Hemoptysis</p>	<p>Red Body Redder Sides Dry Yellow Coat</p>	<p>Wiry Rapid</p>	<p>Emotional Stress (Anger Frustration Resentment) + Diet (Hot-Energy Foods: alcohol, spicy, red meat)</p>			<p>Clear LV Drain Fire Extinguish Wind</p>
<p>Extreme Heat Generating Wind</p>		<p>High temperature Convulsions Rigidity of the neck Tremor of the limbs Opisthotonos Coma (severe cases)</p>	<p>Deep Red, Stiff Dry Yellow Coat</p>	<p>Wiry Rapid</p>	<p>Exterior Wind-Heat --> Interior Heat to B level --> Internal Wind ex. Meningitis Child febrile diseases</p>			<p>Cool Blood Nourish Yin Extinguish Wind</p>

Zang Fu Pattern	Key Signs	General Symptoms	Key Signs	Pulse	Etiology	Pathological Precursors	Pathological Developments	Tx Principle
HT Yang Xu	Palpitations Cold Hands Deep Weak Pulse	Palpitations SOB Tiredness SI. Depression Spontaneous Sweating SI. Discomfort or Stiffness in HT Area Feeling of Cold Cold Hands Bright Pale Face SI. Dark Lips	Pale, SI. Wet	Deep Weak Knotted	Emotional Problems esp. Sadness, Grief Blood Loss KD Yang Xu causes: Excessive Sex Excessive Work Chronic Illness > SP Yang Xu	KD Yang Xu SP Yang Xu ST Yang Xu	HT Qi Stagnation > HT B Stasis	Tonify & Warm HT Yang
HT Yang Collapse	Cyanosis of the Lips Cold Limbs Hidden Minute Pulse	Palpitations SOB Weak and Shallow Breathing Profuse Sweating Cold Limbs Greyish White Complexion Cyanosis of the Lips Coma	Very Pale or Bluish Purple Short	Hidden Minute Knotted	Chronic and Severe KD Yang Xu from: Excessive Sex Excessive Work Chronic Illness	Chronic and Severe KD Yang Xu > Collapse of KD Qi SP Yang Xu ST Yang Xu	Severe B Stasis Death	Rescue Yang Restore Consciousness Stop Sweating
LV Qi Stag	Distention Depression Moodiness Wiry Pulse	Distension of hypochondrium, epigastrium, abdomen, chest Sighing Hiccup Melancholy Depression Moodiness Fluctuation of mental state Feeling 'wound-up' Plum-pit Qi Irregular periods Pain before periods Breast distension PMS tension and irritability	Normal poss. Red Sides (Purple)	Wiry esp on L	Emotional Stress Anger, frustration, resentment	LV B Xu KD Xu	B Stasis	Smooth LV Move Qi
LV Yang Rising	Throbbing Headache Irritability Wiry Pulse	Throbbing Headache (temples, eyes, lateral sides) Dizziness Tinnitus Deafness Blurred vision Dry mouth & throat Insomnia Irritability Feeling worked-up Stiff neck	Dep. on Etiology: - Pale (LV B Xu) - Red sides, no coat (LV Yin Xu) - Normal/Red Sides (Rebellious LV Qi)	Wiry (+ Fine)	Emotional Stress Anger, frustration, resentment + Eating Under Stress (in a hurry, while angry, while working)	LV B Xu LV Yin Xu KD Yin Xu (KD Yang Xu)	LV Fire LV Wind	Subdue LV Yang Nourish Yin or B
LV B Xu	Blurred Vision Scanty Menses Dull-Pale Complexion Pale Tongue	Dizziness Numbness of limbs Insomnia Vision problems (blurred, floaters, poor night vision) Scanty menses/amenorrhea Dull-pale complexion no lustre Malar flush Muscular weakness Cramps Withered, brittle nails Very dry hair and skin Depression Aimlessness	Body Pale Sides Pale/Orange Thin SI. Dry	Choppy or Fine	Poor Diet Not enough B foods (meat, grains) for SP to make B and LV to store	KD Xu (KD help make B)	HT B Xu	Tonify LV Nourish B

LV Fire Blazing	Headache Irritability Red Face Red Eyes Red Tongue Yellow Coat	Temporal Headache Irritability Outbursts of anger Tinnitus (high pitch) Deafness Dizziness Red face Red eyes Thirst Bitter taste Dream-disturbed sleep Constipation-dry stools Dark-yellow urine Epistaxis Hematemesis Hemoptysis	Red Body Redder Sides Dry Yellow Coat	Full Wiry Rapid	Emotional Stress Anger, frustration, resentment + Diet (Hot-Energy Foods: alcohol, spicy, red meat)	LV Qi Stag LV Fire	LV Yin Xu LV Fire	Clear LV Drain Fire
LV B Stasis	Dark & clotted menses Purple Tongue	Hypochondrial pain Abdominal pain Hematemesis Epistaxis Painful & Irregular periods Dark & clotted menstrual blood Infertility "Masses" in the abdomen Purple (nails, lips, complexion, petechiae) Dry skin (severe)	Purple Tongue esp. on sides Purple spots on sides (severe)	Wiry or Firm	Emotional Stress Anger, frustration, resentment	LV Qi Stag Cold Heat Qi Stag Qi Xu B Xu Phlegm	Dryness	Smooth LV Move Qi Move B Eliminate Stasis
LV Damp Heat	Fullness of the abdomen & hypochondrium Nausea Feeling of Heaviness Bitter Sticky Taste Sticky Yellow Coat Slippery Pulse	Fullness and pain of the abdomen, hypochondrium, hypogastrum Bitter taste Sticky Taste Poor Appetite Nausea Feeling of Heaviness in the body Yellow Vaginal discharge Vaginal Itching Vulvular eczema or sores Mid-cycle bleeding or pain Pain, redness, swelling of scrotum Genital, papular, vesicular skin rashes and itching Urinary problems (difficulty, dysuria, dark, burning)	Red Body Redder Sides Sticky Yellow Coat	Slippery Wiry Rapid	Diet Excessive Damp Foods (Dairy, Greasy) Irregular Eating + Pathogens External Dampness External Dampness & Heat	SP Qi Xu LV Heat (LV Qi Stag)	Phlegm	Resolve Dampness Clear LV Clear Heat
LV Wind	Tremor Tic Numbness Dizziness Vertigo Headache Convulsions Paralysis Shaking Stiffness Rigidity	Internal Wind signs are characterized by movement or the absence of it, hence the tremor and convulsions or paralysis (as in Wind-stroke). Internal Wind is always related to the Liver as the convulsions and tremors are explained in Chinese medicine as 'shaking' of the sinews, which are controlled by the Liver.	Pale Thin	Wiry Fine				Extinguish Wind
LU Qi Xu	SOB Weak Voice Empty Pulse	Slight shortness of breath, slight cough, weak voice, spontaneous daytime sweating, dislike of speaking, bright-pale complexion, propensity to catch colds, tiredness, dislike of cold	Pale	Empty (esp. right front position)	Constitution Sadness, Grief Stooping over a desk Excessive use of voice	SP Qi Xu HT Qi Xu	LU Qi Stag SP Qi Stag	Tonify LU Qi Warm Yang

LU Yin Xu	Dry cough Weak/hoarse voice Dry throat Night sweats (Empty Heat Sx)	Dry cough or cough with scanty sticky sputum, weak and/or hoarse voice, dry mouth & throat, tickly throat, tiredness, dislike of speaking, thin body or thin chest, night sweating	Normal Dry No coat/ Rootless coat Red (if Empty Heat)	Floating Empty Rapid (if Empty Heat)	Sadness/grief (deplete Qi) + Yin Xu (constitutional tend.) Overwork Irregular diet Excessive use of voice Smoking	LU Qi Xu ST Yin Xu KD Yin Xu Dryness of LU	KD Yin Xu Empty Heat in LU	Tonify LU Yin Nourish Body Fluids Clear Empty Heat (if nec.)
Phlegm in LU	Coughing Feeling of oppression of the chest Sputum in the throat Nausea Feeling of heaviness Dizziness Muzziness of the head Swollen tongue Sticky coating Slippery pulse	<u>Sputum</u> Damp Phlegm Profuse and sticky Cold Phlegm Watery white Phlegm Heat Sticky yellow						Resolve Dampness Expel Cold Clear Heat
SP Qi Xu	Poor appetite Tiredness Loose stools	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, a desire to lie down, pale complexion, weakness of the limbs, loose stools, a tendency to obesity	Pale	Empty	Pensiveness Worry Exposure to dampness Excessive consumption of cold and raw foods Eating too much Not eating enough Irregular eating Chronic illness	None (Sometimes LU Qi Xu)	Dampness Phlegm Obesity B Xu SP Yang Xu SP Qi Sinking SP Not Controlling B HT Qi Xu HT B Xu LU Qi Xu KD Yang Xu	Tonify SP Qi
Dampness Invading SP	Abdominal fullness Feeling of heaviness Sticky coat Slippery pulse Nausea Poor appetite Epigastric fullness	<u>Cold-Dampness</u> Feeling of cold Cold limbs <u>Damp-Heat</u> Feeling of heat Thirst no desire to drink	Pale / Red Sticky white coat / Sticky yellow coat	Slippery	Exposure to exterior Dampness (becomes interior Dampness)	SP Qi Xu (predisposes)	SP Qi Xu KD Yang Xu LV Qi Stag	Resolve Dampness Expel Cold Clear Heat
SP and HT B Xu	Palpitations Insomnia Tiredness Loose stools Scanty periods	Palpitations, dizziness, insomnia, dream-disturbed sleep , poor memory , anxiety , propensity to be startled , dull-pale complexion , pale lips , tiredness, weak muscles, loose stools, poor appetite, scanty periods	Pale, Thin	Choppy / Fine	Lack of Blood-producing foods (i.e. meat, grains) Excessive physical work LT sadness, grief, anxiety, worry Severe blood loss	SP Qi Xu LV B Xu	LV B Xu KD Xu	Nourish B Tonify HT Tonify SP Calm Shen
SP Yang Xu	Tiredness Loose stools Feeling cold Cold limbs	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, desire to lie down curled up , pale complexion, weakness of the limbs, loose stools, a tendency to obesity, feeling cold , cold limbs , edema	Pale, Wet	Deep Weak	SP Qi Xu etiology + Exposure to cold	SP Qi Xu	SP Qi Xu Developments + Dampness Phlegm	Tonify & Warm SP Yang

KD Yin XU	Backache Night sweats	Dizziness, tinnitus (gradual onset, low pitch), vertigo, poor memory, hardness of hearing, night sweating, dry mouth and throat at night, lower backache, ache in bones, nocturnal emissions, constipation, dark scanty urine, infertility, premature ejaculation, tiredness, lassitude, depression, slight anxiety	Normal No coat	Floating Empty	Overwork Depletion of Body Fluids Excess sexual acitivity Loss of blood Chronic illness Overdose of Chinese herbs	LV Yin Xu LV B KD Yang Xu	LV Yin Xu HT Yin Xu LU Yin Xu ST Yin Xu	Nourish KD Yin
KD Qi Not Firm	Backache Dribbling after urination Chronic vaginal discharge	Soreness and weakness of the lower back, weak knees, clear frequent urination, weak-stream urination, abundant urination, dribbling after urination, incontinence of urine, enuresis, urination at night, nocturnal emissions without dreams, premature ejaculation, spermatorrhoea, tiredness, a feeling of cold, cold limbs, in women prolapse of the uterus, chronic white vaginal discharge, a dragging-down feeling in the lower abdomen, recurrent miscarriage	Pale	Deep Weak esp. in rear positions	Excess sexual activity Too many children born too close together Prolonged childbirth Excess physical work	KD Yang Xu SP Yang Xu	KD Yang Xu	Reinforce & stabilize KD Qi Raise Qi Tonify KD Yang
HT & KD Not Harmonized	Palpitations Dizziness Tinnitus Night sweats Red tongue Redder tip No coat Heart crack	Palpitations, mental restlessness, insomnia, dreamdisturbed sleep, anxiety, poor memory, dizziness, tinnitus, hardness of hearing, lower backache, nocturnal emissions with dreams, a feeling of heat in the evening, dry throat at night, thirst with a desire to drink in small sips, night sweating, five-palm heat, scanty dark urine, dry stools	Red Redder tip No coat Heart crack	Floating Empty Rapid / Deep Weak rear, Overflowing front	Same as for KD Yin Xu + Anxiety, sadness, depression Emotional shocks: breakup/loss	KD Yin Xu HT Yin Xu	Empty Heat can lead to bleeding	Nourish KD Yin Nourish HT Yin Clear HT Empty Heat Calm Shen
KD SP Yang Xu	Lower backache Feeling of Cold Loose stools Deep Weak pulse	Lower backache, cold and weak knees, a sensation of cold in the back, a feeling of cold, weak legs, brightwhite complexion, impotence, premature ejaculation, low sperm count, cold and thin sperm, decreased libido, tiredness, lassitude, abundant clear urination, scanty clear urination, urination at night, apathy, oedema of the legs, infertility in women, loose stools, depression, poor appetite, slight abdominal distension, a desire to lie down, early-morning diarrhoea, chronic diarrhoea	Pale Wet	Deep Weak	Same as for KD Yang Xu + Excess consumption of cold/raw foods	Chronic SP Yang Xu	Dampness Phlegm	Tonify & Warm SP & KD Yang
ST Qi Xu	Morning tiredness Epigastric discomfort Empty ST pulse	Uncomfortable feeling in the epigastrum, lack of appetite, lack of taste sensation, loose stools, tiredness especially in the morning, weak limbs	Pale	Empty esp. on Middle Right	Diet lacking nourishment Undereating Irregular eating Chronic illness	SP Qi Xu	ST Yin Xu ST Qi Stag B Stasis in ST Phlegm	Tonify ST Qi
ST Xu & Cold	Epigastric discomfort that is relieved by eating Tiredness Cold limbs	Discomfort or dull pain in the epigastrum, better after eating and better with pressure or massage, no appetite, preference for warm drinks and foods, vomiting of clear fluid, lack of thirst, cold and weak limbs, tiredness, pale complexion	Pale Wet	Deep Weak Slow esp. on Middle Right	Diet lacking nourishment Excessive consumption of cold- energy foods	SP Qi Xu (Cold Direct Strike)	ST Qi Stag ST B Stasis Phlegm	Tonify & Warm ST Qi Tonify & Warm SP Qi

ST Yin Xu	Absence of coat in center of tongue	No appetite or slight hunger but with no desire to eat, constipation (dry stools), dull or slightly burning epigastric pain, dry mouth and throat especially in the afternoon with a desire to drink in small sips, a slight feeling of fullness after eating, normal-colored tongue without coating in the center, or with rootless coating, Floating-Empty pulse on the right Middle position	Normal or Red Absence of coat in center Rootless coat	Floating Empty on Middle Right Sl. Rapid	<u>Eating Late at Night</u> Irregular eating Eating under stress Eating while worrying about work Working right after eating Constitution (rare) Fevers (children) Antibiotics	ST Qi Xu Antibiotics	KD Yin Xu	Nourish ST Yin Promote Body Fluids
ST Qi Rebellious Upwards	Nausea Belching	Nausea, difficulty swallowing, belching, vomiting, hiccup	No changes	Tight or Wiry on Middle Right	Eating in a hurry Eating under stress Eating standing up Emotional strain	Any ST pattern LV Qi Rebellion	Rebellious Qi in Penetrating Vessel	Subdue rebellious Qi Stimulate descending of ST Qi
SI Qi Pain	Abdominal twisting pain Borborygmi Deep Wiry pulse	Lower abdominal twisting pain maybe extending to back, abdominal distension, dislike of pressure on abdomen, borborygmi, flatulence, abdominal pain relieved by gas (wind), pain in testis	White coat	Deep Wiry esp. on Rear position	Excess consumption of cold/raw foods Anger, frustration, resentment	LV Qi Stag	LV Qi Stag SP Qi Stag SP Qi Xu	Move SI Qi Smooth LV Qi
SI Qi Tied	Sudden severe abdominal pain Constipation Vomiting Deep Wiry pulse	Severe abdominal pain, dislike of pressure, abdominal distension, constipation, vomiting, borborygmi, flatulence	Thick white coat	Deep Wiry	Excess consumption of cold/raw foods which block SI function	LV Qi Stag Cold in Intestines	LV Qi Stag	Move SI Qi Remove obstruction from L B
GB Xu	Timidity Lack of initiative Indecision	Dizziness, blurred vision, floaters, nervousness, timidity, propensity to being easily startled, lack of courage and initiative, indecision, sighing, waking early in AM, restless dreams	Pale or Normal	Weak	Description of character more than clinical - timid from being constantly criticized or bullied	LV Blood Xu --> LV Qi Xu, GB Xu	LV Blood Xu	Tonify & Warm GB Tonify LV Qi
Damp Heat in GB	Hypochondriacal fullness Bitter taste Thick sticky yellow coat on Right side	Hypochondriacal pain, fullness & distension, nausea, vomiting, inability to digest fats, yellow complexion, scanty, dark yellow urine, fever, thirst w/o desire to drink, bitter taste, dizziness, numbness of limbs, swelling of feet, loose stools OR constipation, alternation of hot/cold feeling, yellow sclera, feeling of heat	Thick sticky yellow coat (bilateral or in two strips or unilateral)	Slippery Wiry Rapid	External Dampness invading GB and combining with Heat	SP Qi Xu LV Qi Stag	Damp in MB obstructing LV Qi leading to LV Qi Stagnation; Damp Heat leading to Phlegm Heat	Resolve Dampness Clear Heat Clear LV & GB Smooth LV Qi
Damp Heat in LI	Abdominal pain Diarrhea w/ mucus & B	Abdominal pain that is not relieved by a bowel movement, abdominal fullness, diarrhea, mucus and blood in stools, offensive odor of stools, burning in the anus, scanty-dark urine, fever, sweating that does not decrease the fever, a feeling of heat, thirst without a desire to drink, a feeling of heaviness of the body and limbs.	Red Sticky yellow coat	Slippery-Rapid	Excessive consumption of hot and greasy foods + Alcohol	SP Qi Xu	Damp-Heat in SI SP Qi Xu (if damp obstructs Lower Jiao)	Clear Heat Resolve Dampness Stop Diarrhea
LI Dry	Dry, difficult stools Thin body	Dry stools that are difficult to discharge, dry mouth, and throat, thin body, foul breath, dizziness	Dry Pale or Red Body Rootless coat	Fine	External Dryness Irregular eating habits	ST Qi Xu LI Qi Xu	ST Yin Xu LI Yin Xu	Promote Fluids in LI

Heat Obstructing LI	Constipation Abdominal pain Fever Thick dry yellow coating	Constipation burning in anus abdominal distension and pain that are worse with pressure high fever or tidal fever (fever that rises in the afternoon), sweating especially on limbs vomiting thirst delirium	Red body Thick dry yellow (or brown-black) coat	Deep-Full	Acute pattern from middle stage of febrile disease: wind-cold or wind-heat. (More frequent in children.)	Exterior Wind --> Interior Heat	Body clears heat Heat goes deeper Heat becomes residual	Clear Heat in LI Clear Heat in ST Promote Bowel Movement
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6 Stages CAM/FCM	Substage	Symptoms	Tongue	Pulse	Etiology	Tx Principle	Formulae	Points				
Tai Yang	Wind Attack	Slight aversion to cold, aversion to wind, slight fever, slight sweating, headache, stiff neck, sneezing.	Thin, white coating	Floating-Slow	Wind lodged in the muscles							
	Cold Attack	Fever, aversion to cold, stiff neck, headache, severe pain in the body, no sweating, shortness of breath	Thin, white coating		Wind lodged in the skin							
Yang Ming	Channel Pattern											
	Organ Pattern											
Shao Yang												
Tai Yin												
Shao Yin	Cold Pattern											
	Heat Pattern											
Jue Yin												

Organ	Function	Controls	Manifests	Opens Into	Spirit	Emotion
LU	Dominates Qi Controls Respiration Diffusing and Descending Regulates Water Passages	Skin	Body Hair	Nose	Po	Sadness
LI	Receives and Transforms					
ST	Rotting and Ripening Controls transformation of food essence Controls descending of Qi Is the Origin of Fluids					
SP	Transforms and transports Controls raising of Qi Controls Blood	Muscles Four limbs	Lips	Mouth	Yi	Worry
HT	Circulates Blood Houses the Shen Controls Sweat	Blood Vessels	Complexion	Tongue	Shen	Joy
SI	Controls Receiving and Transforming					
KD	Stores Essence and Governs Birth, Growth, Reproduction and Development Governs Water Controls the Reception of Qi	Produces Marrow Fills up the Brain Controls Bones	Hair	Ears 2 Lower Yin	Zhi	Fear
UB	Stores and Excretes Urine Controls Certain Emotions					
PC	Protects the Heart				Shen	
SJ	Minister of Irrigation Conducts Yuan Source Qi					
GB	Controls Secretion of Bile Controls Judgement					
LV	Smooths flow of Qi Stores Blood	Tears Sinews	Nails	Eyes	Hun	Anger

3 Burners Diagnosis	4 Levels	4 Level Symptoms	4 Level Patterns	6 Stages	6 Stages Symptoms	6 Stages Patterns	ZangFu
Upper Burner Patterns Wind Heat in the LU Wei Qi Heat in the LU (Qi level) Heat in the PC (Ying level)	Wei Level (Defensive Qi)	Aversion to cold Fever	Wind heat Summer heat Damp heat Dry Heat	Tai Yang (greater)	Aversion to Cold Headache Stiff Neck Floating pulse	Attack of Wind Attack of Cold Accum of Water Accum of Blood	Wind-Cold invasion KD Yin Xu
Middle Burner Patterns Heat in Bright Yang Damp Heat in Spleen	Qi Level (Begins Interior)	No aversion to cold Fever Feeling of heat	Lung heat Stomach heat Intestine dry heat GB Heat & Damp heat in the ST & SP	Yang Ming (brighter)	Big Thirst Big Fever Big Sweat Big Pulse	ST heat ST Fire Fire in Intestines	ST Heat Blood Xu
				Shao Yang (lesser)	Cold then Fever Bitter taste Blurry vision Thin white coat Vomit Wiry-Fine	Alternates between exterior & interior	Exterior Wind LV or GB
				Tai Yin (greater)	Abdominal Fullness Feeling of Cold Vomiting Tiredness Pale Sticky white tongue	SP Yang Xu with Cold Interior-Excess- Deficient- Cold	SP Yang Xu with Empty Cold SP Xu
	Ying Level (Nutritive Qi)	Mental Changes Fever at night	Heat in the Ying Level Heat in the PC	Shao Yin (lesser)	<u>Cold</u> Chills No thirst Tongue pale/wet Profuse urine Deep-weak-slow pulse <u>Heat</u> Dryness Night sweat Red no coat Fine Rapid	Cold Transformation Heat Transformation	KD Yang Xu with empty Cold KD Yin Xu with Empty Heat KD Xu
Lower Burner Patterns Heat in the KD Liver-Heat stirs Wind Liver Empty Wind	Xue Level (Blood level)	Fever at night, bleeding, macules, internal wind	Heat Victorious moves blood Heat Victorious stirs Wind Empty heat agitates interior Collapse Yin Collapse Yang	Jue Yin (terminal)	Thirsty Pain & Heat in HT Hungry no desire to eat Wiry pulse Vomiting (roundworms)	Heat above cold below sometimes roundworm	Cold in LV channel LV Blood Xu