

Zang Fu 1

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Pattern Identification 辯證

Pattern identification is identifying the basic disharmony behind a set of clinical manifestations. The four examinations are used. Then the diagnostic information is classified. All signs and symptoms must be taken into account. Looking for relationships is more important than looking for causes. The pattern itself lets us understand the cause or the root, the location of the disease, and implies the treatment principle.

- **Symptom/sign** (症 zheng4): any manifestation, symptom, or sign, such as fever, cough, shortness or breath, abdominal pain, or diarrhea. A symptom has little diagnostic value on its own. Diarrhea could be due to damp heat, cold damp, spleen qi vacuity, spleen yang vacuity, or spleen and kidney yang vacuity. It cannot be treated without understanding it in its context.
- **Pattern** (証 or 證 zheng4): This refers to the whole pattern, any or all of the symptoms or signs that manifest at one point in time. It also includes the cause, location, and nature of the disease and the circumstances of the evil and the right qi. It is the complete picture. In some cases, the pattern is the cause of disease (for example, exterior invasion of wind cold) but not necessarily: kidney yin vacuity may be caused by aging or lifestyle.
 - In many cases in Chinese language, 症 and 証 are interchangeable, but in medicine, there is a difference.
- **Disease** (病 bing4): There are two types of disease.
 - A Western disease is something like hypertension, multiple sclerosis, or hepatitis B. Chinese medicine also has the concept of disease.
 - There are traditional names of diseases, for example, painful periods, cough, headache, constipation. Perhaps you could think of this as the chief complaint, but sometimes it is not. A patient may come in complaining of infertility (a Chinese disease), but you may find that they also suffer from painful periods and constipation. Chinese ‘diseases’ are often considered symptoms by Western medicine.
- Different individuals may have different patterns for the same Chinese disease, or one individual may have different patterns over the course of the same disease.

| 同病異治。 The same disease has different treatments. | | 異病同治。 Different diseases have the same treatment. | |
|---|--------------------|--|----------------------------|
| Painful periods | liver blood stasis | Liver qi depression | pre-menstrual irritability |
| | cold in the uterus | | painful periods |
| | kidney vacuity | | indigestion |

- Only certain patterns are possible for each Chinese disease. Therefore, whether or not you know the name of the Western disease, take the main clinical symptoms and find the corresponding Chinese disease or diseases. Then check which patterns are possible and focus your questioning on confirming or denying these patterns. If more than one disease is manifesting, look first for patterns that cover more than one of the diseases.

What causes illness?

- **External factors:** evils - wind, cold, fire (heat), dampness, dryness, and summerheat. If not expelled, they can cause internal damage, or sometimes they directly hit the internal organs.
- **Internal factors:** emotions – anger, joy, thinking too much, anxiety, sadness, fear, and fright. These directly affect the organs and the movement of qi (qi mechanism).
- **Neither-external-nor-internal factors:** diet, exercise/activity/work, rest, sex, trauma, etc. These easily affect the organs.
- **Pathologically formed evils** are produced when there is imbalance, and they cause further pathology: blood stasis, qi stagnation, food stagnation, phlegm, turbid fluids (rheum), internally generated wind, heat, cold, dampness, etc.
- **Constitutional issues.**

The most common type of pattern identification in the style called TCM is *organ pattern identification*. This combines:

- qi, blood, and body fluid patterns
- pathogenic factor (evil) patterns
- eight principles patterns
- the physiological and pathological workings of the five viscera and six bowels

Because it focuses on the organs, it is most useful for interior patterns, although a few exterior patterns are included, especially for the lungs. Pattern identification for exterior conditions is more detailed in:

- pathogenic factor (evil) patterns
- six channel patterns (cold damage)
- four levels patterns (warm disease)
- triple burner patterns
- channel patterns

Here are some important points regarding organ pattern identification:

- It is important to understand the mechanisms of disease and the relationships of the organs. You cannot simply memorize a list of signs and symptoms.
- Not all signs or symptoms are necessary to receive a diagnosis. A mild case will have fewer signs and symptoms.
- Many times patients have a combination of more than one pattern, but look for relationships between the various patterns a patient has.
- The points and formulas listed below are only examples. There are many other possibilities.

Eight Principles 八綱

| Category | Depth | Nature | Right versus evil |
|----------|------------|--------|-------------------|
| 陰 Yin | 內 Interior | 寒 Cold | 虛 Vacuity |
| 陽 Yang | 表 Exterior | 熱 Heat | 實 Repletion |

Eight Principles aids in understanding the location and nature of the disease, and the strength of right versus evil. These help you untangle your diagnosis of a complicated disease.

Exterior versus Interior

These indicate the depth of a disease, which to some degree also tells the severity of a disease. Interior disease is more serious, as the organs are affected. These two can also give information on the progression of disease, as an exterior disease usually moves to the interior if it has not been resolved.

Exterior refers to a disease on the defensive exterior: skin, body hair, flesh. It involves a battle between defense qi and an evil: wind, cold, dampness, dryness, fire, or summerheat. It can also be a battle with some kind of epidemic qi. The disease is shallow and light while on the exterior, although some may quickly and powerfully go deeper and become interior.

Interior especially means the viscera and the bowels (*zang fu*). A disease on the interior can easily become life threatening. Of course, not all interior disease is life-threatening, but an exterior disease cannot threaten life until it has penetrated to the interior.

| Exterior patterns 表証 | |
|---------------------------------|--|
| Key Signs and Symptoms | Fever, aversion to wind or cold |
| Other signs and symptoms | Headache, body aches, nasal congestion, runny nose, itching or painful throat |
| Tongue | thin white coat (unchanged) |
| Pulse | floating |
| Mechanisms | In exterior disease, the qi of the outside enters the body through the skin, pores, mouth, nose, etc. The patient feels feverish because of the battle between the evil and defense qi. He feels aversion to wind or cold because defense qi is having a hard time guarding the surface of the body. |
| Treatment Principle | Release the exterior using acrid herbs to induce sweating. This pushes the evil qi back out through the skin. |
| Notes | This is an acute pattern with a short course. The disease is light and shallow. Treatment is relatively easy. |

| | | |
|----------------------------|----------------------------------|----------------------------------|
| | Exterior Cold (wind-cold) | Exterior Heat (wind-heat) |
| Aversion to cold | strong | light, or aversion to wind |
| Fever | light | strong |
| Pulse: floating and | tight | rapid |

| | | |
|----------------------------|-------------------------|---------------------------------------|
| | Exterior Vacuity | Exterior Repletion (wind-cold) |
| Aversion to: | wind | cold |
| Sweating | yes | no |
| Pulse: floating and | rapid | tight |

| | |
|---------------------------------|---|
| Interior patterns 内証 | |
| Key Signs and Symptoms | Feeling cold without heat; Feeling hot without cold; or Feeling neither hot nor cold. Simultaneous aversion to cold and sensations of heat belong to exterior patterns. However, a patient with an interior pattern may feel hot in one area and cold in another area at the same time. Or a patient may have an exterior pattern at the same time as an interior pattern. |
| Other signs and symptoms | The patterns within this are so many and so broad, they cannot all be listed here. It depends on which organs or substances are affected, whether hot or cold, vacuity or repletion, etc. See the various organ patterns, below. |
| Mechanisms | An exterior evil, if not resolved often moves into the interior. An exterior evil may also directly strike an organ. Emotions and lifestyle may also lead to internal disease. |
| Treatment Principle | If there is cold, warm it. If there is heat, clear it. If there is vacuity, supplement it. If there is repletion, drain it. |
| Notes | The disease is located inside, in the viscera and bowels, qi and blood, bones and marrow, etc. Pretty much anything that is not an exterior pattern is interior. |

| | |
|---|--|
| Half-exterior half-interior pattern 半表半裏証 | Also known as: <i>Shao Yang</i> Pattern 少陽証 |
| Key Signs and Symptoms | Alternating sensations of cold and heat, chest and rib-side fullness or distention, bitter taste, dry mouth, dizziness, vexation, nausea, loss of appetite |
| Pulse | Wiry |
| Mechanisms | The evil is caught between the exterior and interior. It cannot go deeper in, but it cannot be expelled either. |
| Treatment Principle | Harmonize the exterior and interior |

| Exterior Patterns | Interior Patterns | Half-Exterior Half-Interior |
|--|---|---|
| simultaneous sensations of heat and cold | sensations of heat only or sensations of cold only or no imbalance of temperature | alternating sensations of heat and cold |
| floating pulse | various pulses but probably not floating | wiry pulse |

Cold versus Heat

This is called the *nature* of the disease. This relates to the yin-yang balance:

| | Repletion or excess | Vacuity or deficiency |
|-------------|---------------------|-----------------------|
| Yin | cold | hot |
| Yang | hot | cold |

| Cold patterns 寒証 | |
|---------------------------------|---|
| Key Signs and Symptoms | Dislikes cold, prefers warmth, no taste in mouth, no thirst, pale face, cold limbs, clear copious urination, thin sloppy stools |
| Other signs and symptoms | Desire to lie down or curl up. Other symptoms vary depending on vacuity or repletion, and the organs involved. |
| Tongue | Pale, white coat, moist |
| Pulse | Slow or tight |
| Mechanisms | Diminished function and movement due to yang vacuity or yin exuberance (especially cold evils). |
| Treatment Principle | Warm what is cold, eliminate yin evils. |

| Heat patterns 熱証 | |
|---------------------------------|---|
| Key Signs and Symptoms | Fever or feelings of heat, prefers coolness, thirst, red face or eyes, vexation, scant dark urine, dry stools or constipation |
| Other signs and symptoms | Other symptoms vary depending on vacuity or repletion, and the organs involved. |
| Tongue | Red, with dry yellow coat or no coat |
| Pulse | Rapid |
| Mechanisms | Hyperfunction of the organs and increased movement due to yang excess (especially heat evils) or yin vacuity. |
| Treatment Principle | Clear heat, drain fire or clear heat, nourish yin |

| | |
|-------------------------------|--|
| Heat above, cold below | |
| Heat above | Foul breath, thirst, swollen painful gums (stomach heat) |
| Cold below | Abdominal pain better with warmth, loose stool (intestines cold) |
| Note | This is just one example out of many possibilities. |

| | |
|-------------------------------|---|
| Cold above, heat below | |
| Cold above | Cold epigastric pain, vomiting of clear fluids (stomach cold) |
| Heat below | Frequent painful urination, hot smelly diarrhea (damp-heat in the lower <i>jiao</i>) |
| Note | This is just one example out of many possibilities. |

| | |
|-------------------------------------|--|
| Exterior cold, interior heat | |
| Exterior cold | Fever, aversion to cold, body aches (exterior wind-cold) |
| Interior heat | Vexation, thirst, abdominal pain (food accumulation) |
| Note | This is just one example out of many possibilities. |

| | |
|-------------------------------------|---|
| Exterior heat, interior cold | |
| Exterior heat | Fever, aversion to cold, thirst, sweating (exterior wind-heat) |
| Interior cold | Poor appetite, abdominal distention, sloppy stool (spleen-stomach vacuity cold) |
| Note | This is just one example out of many possibilities. |

Cold evils usually transform to heat as they go deeper in the body.

Qi stagnation usually transforms into heat.

Emotional excesses usually create heat.

Imbalance in the diet can make heat or cold.

When there are false symptoms of heat or cold, it is usually a critical condition.

| | |
|---|---|
| True heat, false cold (extreme heat appearing as cold) | |
| True heat | Dry throat, foul breath, thirst, desire for cold drinks, delirious speech, scant dark urine |
| False cold | Cold hands and feet, patient lies still |
| Note | Heat is extremely strong. Always treat the true. Don't be fooled by the false. |

| | |
|---|---|
| True cold, false heat (extreme cold appearing as heat) | |
| True cold | Faint voice, desire to be covered up, wants hot fluids, cold limbs, clear urine, sloppy stool |
| False heat | Hot body, red face, thirst, disquieted spirit |
| Note | Cold is extremely strong. Always treat the true. Don't be fooled by the false. |

The false usually manifests in the limbs, the skin, or the face. The true is shown by symptoms related to the organs. The false symptoms are usually a little different from the same symptom when it is true. For example red cheeks in yin vacuity are ‘rooted.’ Red cheeks from false heat look like powder on the surface. If limbs are cold due to false cold, the patient has no desire for blankets. If cold limbs were due to true cold, the patient would want to be covered up and would want to curl up. The false symptoms are only in the skin.

Vacuity and Repletion

| Vacuity | Repletion |
|---|--|
| Reduced right qi (qi, blood, essence, healthy body fluids, yin, yang, reduced function) | Presence of evil qi (exterior or interior evils, also including qi stagnation, blood stasis, phlegm, etc.) |
| Vacuity makes it easier for evils to enter or for substances to accumulate and become turbid. | Repletion easily damages right qi. |
| Often chronic | Often acute |
| Combined patterns have aspects of both. | |

| | |
|---------------------------------|--|
| Vacuity | Also known as: deficiency, insufficiency |
| Key Signs and Symptoms | Listlessness, fatigue, weakness, emaciation; pale complexion or malar flush; cold limbs or five heart heat; spontaneous sweating or night sweating |
| Other signs and symptoms | Palpitations, shortness of breath, loose stools, frequent urination, depending on the organs affected |
| Tongue | Pale or red with thin coat or no coat |
| Pulse | Forceless or thin |
| Mechanisms | If qi or yang is weak, symptoms will be on the cold side. If yin is weak, symptoms will be on the hot side. In all cases, structure or function is reduced due to insufficiency. |
| Treatment Principle | Supplement vacuity, nourish right. |
| Note | Pre-heaven vacuity refers to the kidneys and essence. Post-heaven vacuity refers to the spleen and stomach. |

| | |
|---------------------------------|---|
| Repletion | Also known as: excess |
| Key Signs and Symptoms | Agitated, excited, or vexed spirit, rapid breathing, distention and fullness in various areas, pain worse with pressure |
| Other signs and symptoms | Rough or inhibited urination, constipation |
| Tongue | Thick coat |
| Pulse | Forceful and strong |
| Mechanisms | Caused by invasion of exterior evils, or a lack of regulation of organ function, allowing build-up and blockages. |
| Treatment Principle | Drain repletion, expel evils |

| True repletion, false vacuity | |
|--------------------------------------|--|
| Example | Food and phlegm accumulation causes heat bind in the stomach and intestines, but now the patient has loss of appetite, quiet spirit, cold limbs. |
| Mechanisms | Blockage in the middle <i>jiao</i> leads to inability of qi to move freely in the limbs. |
| Treatment Principle | Treat the true: Disperse accumulations and clear heat. |

| True vacuity, false repletion | |
|--------------------------------------|---|
| Example | Spleen qi vacuity, but with abdominal fullness, distention, and pain. |
| Treatment Principle | Treat the true: Supplement the spleen, although you might also want to move qi. |

| Pattern | Vacuity | | Repletion | |
|---------------------------|---|--|--|--|
| | Vacuity cold | Vacuity heat | Repletion cold | Repletion heat |
| Mechanism | cold caused by yang vacuity | heat caused by yin vacuity | cold due to yin exuberance or yin evils | heat due to yang exuberance or yang evils |
| Signs and Symptoms | pale face, feels cold, cold limbs, shortness of breath, spontaneous sweating, bland taste, wants warmth, clear urine, sloppy stools or swill diarrhea | malar flush, five heart heat, emaciation, night sweats, dry mouth and throat, scant dark urine, dry stools | pale greenish or bluish face, feels cold, wants warmth, no sweating, bland taste, no thirst, clear copious urine, diarrhea | red face and eyes, feels hot or fever, sweating, vexation, likes cold, scant red rough painful urination, constipation |
| Tongue | fat, moist white coat | red or crimson, dry, thin or no coat | pale, moist thick white coat | red or crimson, thick yellow coat |
| Pulse | deep slow forceless | fine rapid | slow or tight | surging rapid or floating rapid |

Yin and Yang

Yin and yang refer to

- The overall categories of the other six principles, a summary of the nature of a disease. Interior, cold, and vacuity are yin, so diseases where these are predominant are yin diseases. Exterior, heat, and repletion are yang, so diseases where these are predominant are yang diseases.
- Aspects of the body, for example blood is yin, qi is yang; the *zang* are yin, the *fu* are yang.
- The yin and yang of various organs, for example, lung, liver, or kidney yin; spleen or kidney yang. Diseases involving yin or yang vacuity, liver yang rising.

| Yin patterns | |
|---------------------------------|---|
| Key Signs and Symptoms | Cold body and limbs, pale face or dark somber face, devitalized spirit, bland taste, no thirst or desire for warm drinks, profuse clear urination, sloppy stools |
| Other signs and symptoms | Depend on vacuity cold or cold repletion and location |
| Tongue | Pale, white moist coat |
| Pulse | Deep, slow |
| Mechanisms | Yin patterns include vacuity cold or cold repletion. There is coldness and function is slowed down or reduced. Caused by external cold evils; excessive intake of cold foods, drinks, or medicine; taxation or enduring disease; aging or pre-heaven vacuity. |
| Treatment Principle | Warm what is cold, disperse cold, fortify yang as needed. |

| Yang patterns | |
|---------------------------------|---|
| Key Signs and Symptoms | Sensation of heat or fever, dislikes heat, red face and eyes, vexation, agitation, lots of movement, bitter taste, thirst, likes cold fluids, dark urine, constipation |
| Other signs and symptoms | Depend on heat repletion or vacuity heat and location |
| Tongue | Red, dry. Yellow coat or no coat. |
| Pulse | Rapid |
| Mechanisms | Yang patterns include heat repletion or vacuity heat. There is heat, and function or movement is hyperactive. Caused by exterior heat evil, exterior evil transforms to heat as it moves inward; excessive intake of acrid, dry, hot food or medicine; excessive emotions; taxation or enduring disease; aging or pre-heaven vacuity. |
| Treatment Principle | Clear heat, drain fire, nourish yin as needed. |

| Yin vacuity | |
|---------------------------------|---|
| Key Signs and Symptoms | Thin body, sallow complexion with red cheeks, dizziness, tinnitus, dry mouth and throat |
| Other signs and symptoms | Five heart heat, tidal fever, night sweating. |
| Tongue | Red, with little or no coat |
| Pulse | Fine |
| Mechanisms | Due to insufficiency of yin (blood, fluids, essence). Yin nourishes and moistens, so this is lost. Caused by febrile disease damaging yin fluids; losses through bleeding, sweating, vomiting, diarrhea; enduring disease, taxation, excessive sex, long-term emotions; excessive consumption of warm dry food or medicine. |
| Treatment Principle | Nourish yin, clear heat, drain fire, subdue yang as needed. |

| Yang vacuity | |
|-------------------------------|---|
| Key Signs and Symptoms | Bright pale face, fatigue, lack of strength, shortness of breath, dislikes speaking, dislikes cold, cold limbs, curls up, spontaneous sweating, bland taste, clear copious urine, sloppy stools |
| Tongue | Pale and fat |
| Pulse | Slow forceless |
| Mechanisms | Due to insufficiency of yang. |
| Treatment Principle | Warm yang, dispel cold. |

| Collapse of yin | |
|-------------------------------|---|
| Key Signs and Symptoms | Copious sweating, sweat is hot and sticky, hot skin, warm hands and feet, thirst, wants cold fluids, rapid breathing, malar flush |
| Tongue | red dry |
| Pulse | fine rapid forceless |
| Mechanisms | This is exhaustion of yin fluids. Due to serious loss of fluids or blood. Caused by high fever with copious sweating, vomiting, diarrhea, or bleeding; more gradual depletion of yin over a period of time; yang vacuity so there is nothing to hold the fluids in. |
| Treatment Principle | Rescue yin |

| Collapse of yang | |
|-------------------------------|---|
| Key Signs and Symptoms | Profuse sweating of cold clear sweat, cool skin, counterflow cold of the hands and feet, bland taste, no thirst or desire for warm drinks, faint breath |
| Tongue | Pale dusky |
| Pulse | Faint or expiring |
| Mechanisms | Exhaustion of yang qi. Caused by extreme evils damaging yang; long-term yang vacuity becomes critical; collapse of yin may also lead to collapse of yang as yin anchors yang. |
| Treatment Principle | Rescue counterflow, return yang |

Qi and Blood Pattern Identification

Qi and blood are essential to the functioning of the body. However, it is really impossible to discuss qi and blood patterns without discussing the organs. Therefore, these patterns are only building blocks for organ pattern identification.

Qi Pattern Identification

The Functions of Qi in the Body

- **Activity:** all physiological functions depend on qi
- **Transformation:** transforms food qi and air qi to usable qi and blood. Transforms fluids, etc.
- **Transporting:** transports qi, blood, and fluids around the body.
- **Containment:** holds blood in the vessels, holds sweat in, holds the lower orifices shut.
- **Raising:** raises the organs and keeps them in their place.
- **Defense:** defends the exterior of the body from invasion.
- **Warming:** keeps the body warm.

The Qi Mechanism 氣機 qiji: “The activity, particularly the movement, of qi.” PDOCM

Qi enters 入, exits 出, rises 升, and falls 降.

| | |
|---------------------------------|--|
| Qi Vacuity 氣虛 | Also known as: Qi deficiency |
| Key Signs and Symptoms | Short breath, weak voice, spontaneous sweating, poor appetite, loose stool, tired |
| Other signs and symptoms | Fatigued spirit, lack of strength, dislikes speaking, qi timidity, dizzy, pale complexion |
| Tongue | Pale swollen tender body with teeth marks |
| Pulse | Vacuous forceless |
| Mechanisms | Due to constitutional insufficiency, taxation, unregulated diet, illness, aging. Qi is function, so organ function declines. Qi is unable to contain, transform, move, raise, defend, warm, etc. |
| Treatment Principle | Supplement qi. |
| Acu-Moxa Treatment | Points like Pi Shu (UB 20), Zhong Wan (Ren 12), (Ren 6), and (ST 36). Moxa is appropriate. |
| Formula | 1. 四君子湯 si jun zi tang |
| Notes | <ul style="list-style-type: none"> • The above are symptoms of lung-spleen qi vacuity. Other organs have other symptoms, for example: <ul style="list-style-type: none"> ○ Heart qi vacuity: palpitations, etc. ○ Kidney qi vacuity: frequent urination, etc. • If serious: qi desertion with clouded spirit, sweating, limb reversal, faint pulse that almost expires. Return yang, boost qi, secure desertion. 18. Shenfu tang 參附湯. • Qi fall: a type of more extreme vacuity. See next entry. • Can also cause bleeding if spleen qi cannot manage blood. |

| | |
|---------------------------------|---|
| Qi Fall 氣陷 | Also known as: Qi sinking |
| Key Signs and Symptoms | Qi vacuity symptoms plus prolapse of the intestines/rectum/anus, uterus/vagina, stomach, bladder, or other organs with sagging distended sensation in the abdomen (feeling of bearing down) or sore painful low back. |
| Other signs and symptoms | Breathlessness, chronic loose stools, listlessness, mental depression, chronic abnormal vaginal discharge |
| Pulse | Vacuous |
| Mechanisms | This is qi vacuity plus the spleen is unable to raise qi. Central qi is unable to rise, so organs sink, and there is downward pressure. |
| Treatment Principle | Supplement and raise qi. |
| Acu-Moxa Treatment | Moxa on Bai Hui (Du 20) plus appropriate points. |
| Formula | 2. 補中益氣湯 bu zhong yi qi tang |

| | |
|---------------------------------|--|
| Qi Stagnation 氣滯 | |
| Key Signs and Symptoms | <i>Distention</i> 脹 (pressure, bloating) and pain in a location, distention stronger than pain. It can be in the throat, chest, breasts, epigastrium, rib-sides, or abdomen, as well as in the limbs. Pain is sometimes mild, sometimes stronger, sometimes appears, sometimes disappears. The location is not fixed. Distention is diminished by sighing, belching, or flatulence. |
| Other signs and symptoms | Abdominal masses that appear and disappear, irregular periods, painful periods, mental depression, mood swings, irritability, headache. Other symptoms depend on the organ or area involved. |
| Tongue | May be normal, but can be dusky, or slightly red on the sides |
| Pulse | Bowstring (wiry) |
| Mechanisms | Qi moves (up, down, inward, outward, through the channels). Emotions, evils, trauma, or improper diet cause inappropriate movement of qi. Improper movement of qi causes pain. Accumulation of qi causes distention. Qi is insubstantial, so it comes and goes and changes location. |
| Treatment Principle | Rectify and move the qi. |
| Acu-Moxa Treatment | Depends on which organs are affected. However, the four gates (He Gu LI 4 and Tai Chong LV 3) are frequently used. |
| Formulas | 3. 柴胡疏肝湯 chai hu shu gan tang or 4. 越鞠丸 yue ju wan |
| Notes | Qi depression will be discussed under the liver. Qi depression is qi stagnation due to emotional causes. |

| | |
|---------------------------------|---|
| Qi Counterflow 氣逆 | Also known as: Rebellious qi |
| Key Signs and Symptoms | Often related to lungs, liver, and stomach, so signs differ according to the organ. |
| Other signs and symptoms | <ul style="list-style-type: none"> • Lung qi counterflow: panting, rapid breathing, cough. (Etiology: external evils, phlegm) • Stomach qi counterflow: nausea, vomiting, belching, hiccups, acid reflux. (Etiology: diet, heat) • Liver qi counterflow: headache, dizziness, irritability, even vomiting blood, nosebleeds. (Etiology: emotions, stress) • Kidney not grasping qi: panting, shortness of breath, sweating, all worse with activity; sore low back and knees, etc. (Etiology: taxation) |
| Mechanisms | This term refers to incorrect or excessive upward flow of qi. It is due to phlegm blockage, diet, emotions, evils. It especially affects organs that should descend, as well as the liver which can ascend excessively. Blood follows qi, so there can be bleeding from the upper orifices. |
| Treatment Principle | Must be based on the disease and location. <ul style="list-style-type: none"> • Open the lungs, transform phlegm, downbear qi, settle panting. • Harmonize the stomach, downbear counterflow. • Course the liver, rectify qi, clear the liver, drain fire. |
| Acu-Moxa Treatment | Depends on location. Needling Bai Hui (Du 20) or Dan Zhong (Ren 17) downward, or points on the feet like Yong Quan (KI 1) may be used. |
| Formulas | Lungs: 5. 蘇子降氣湯 su zi jiang qi tang; Stomach: 6. 橘皮竹茹湯 jupi zhu ru tang; Liver: 7. 四磨湯 si mo tang |

| | |
|---------------------------|--|
| Qi block 氣閉 | Also known as: Qi obstructed |
| Signs and Symptoms | Sudden unconsciousness (coma), red face, tinnitus, rattling sound in throat, clenched jaw, clenched fists, urinary and fecal stoppage. |
| Tongue | Stiff deviated body |
| Pulse | Bowstring (wiry) |
| Mechanisms | This is complete blockage and derangement of the qi mechanism due to repletion evils, such as phlegm, fire, wind, or blood stasis. Example: windstroke |

Blood Pattern Identification

Blood 血: part of yin, a very dense form of qi.

Functions:

- Nourishes the body.
- Moistens. Example: blood moistens and nourishes the eyes, sinews, skin, hair.
- The material foundation for shen (spirit, mind). Heart blood houses and anchors the shen (which governs emotions, consciousness, sleep, etc).
- Hair is the surplus of blood.

| | |
|---------------------------------|---|
| Blood vacuity 血虛 | Also known as: Blood deficiency |
| Key Signs and Symptoms | Pale lusterless or withered yellow face, pale lips and nails, dizziness, blurred vision, palpitations, insomnia, numb or tingling hands and feet, poor memory, emotional depression, slight anxiety |
| Other signs and symptoms | In women: diminished or delayed periods, amenorrhea, infertility |
| Tongue | Pale thin body, slightly dry |
| Pulse | Fine weak or rough |
| Mechanisms | Due to insufficient production, enduring disease, or loss of blood. Moistening and nourishment is lost. Also, yin blood anchors yang qi and spirit. |
| Treatment Principle | Nourish the blood. |
| Acu-Moxa Treatment | Points like Zu San Li (ST 36), San Yin Jiao (SP 6), Xue Hai (SP 10), Xin Shu (UB 15), Ge Shu (UB 17), Gan Shu (UB 18), Pi Shu (UB 20), plus points for the affected organ. Moxa is appropriate, |
| Formula | 8. 四物湯 si wu tang |
| Notes | Can affect the liver (and/or uterus) or heart. May be due to spleen or kidneys. Can cause lack of nourishment, dryness, liver wind, liver yang rising, etc. |

| | |
|----------------------------|--|
| Blood dryness 血燥 | |
| Signs and Symptoms | Blood vacuity symptoms plus dry eyes, dry vagina, dry mouth and throat, dry hair, dry itchy scaly skin, dry withered nails, thin body, dry stool, scant urine. |
| Tongue | Pale thin dry body |
| Pulse | Fine or rough |
| Treatment Principle | Nourish and moisten the blood. |
| Mechanisms | This is an extreme case of blood vacuity. Blood's moistening function is clearly impaired. |

| | |
|---|--|
| Blood stasis 血瘀 | Also known as: Blood stagnation |
| Key Signs and Symptoms | Swelling and distention in an area or lumps that do not move (concretions, accumulations, glomus lumps, etc.), piercing, stabbing, or boring pain in a fixed location and worse with pressure, green-blue skin, dark dusky complexion, rough dry scaly skin, green-blue-purple lips or nails, visible spider veins |
| Other signs and symptoms | If bleeding: dark purple blood, dark clots. Painful periods. Pain may be worse at night. Can be accompanied by signs of qi stagnation or bleeding |
| Notes | <ul style="list-style-type: none"> • Liver: purple nails, dark face, painful periods with dark blood and clots, abdominal pain, premenstrual pain, irregular periods, purple tongue on the sides, bowstring (wiry) pulse. • Heart: purple lips, stabbing or pricking pain in the chest, palpitations, mental restlessness, maybe psychosis, purple tongue tip, purple distended veins under the tongue, rough or intermittent pulse. • Lungs: Chest oppression and pain, coughing up dark blood, tongue purple in the front, purple distended veins under the tongue. • Stomach: epigastric pain, vomiting dark blood, dark blood in the stool, tongue purple in the center. • Intestines: Severe abdominal pain, dark blood in the stools. • Uterus: painful periods, severe stabbing pain, premenstrual pain, irregular periods, heavy periods or amenorrhea, dark blood with clots, abdominal masses, infertility. • Limbs: stiffness, swollen painful limbs, purple extremities, purple nails. |
| Tongue | Green-blue-purple body, stasis macules, possibly distended purple veins under the tongue |
| Pulse | Fine rough, bowstring (wiry), or regularly interrupted |
| Mechanisms | Due to qi or blood vacuity, qi stagnation, evils, heat causing frenetic movement, cold congealing, trauma, etc. Blood is substantial so can make fixed lumps and masses. Non-movement makes pain. Blood is unable to properly nourish when it does not move. |
| Treatment Principle and Formulas | <p>Quicken the blood, expel stasis, rectify qi.</p> <ul style="list-style-type: none"> • Due to cold (slows down movement): Warm the channels, quicken the blood: 9. 當歸四逆湯 dang gui si ni tang • Due to heat (blood leaves the vessels or congeals): Discharge heat, break stasis: 10. 大黃牡丹皮湯 da huang mu dan pi tang • Blood vacuity (cannot nourish qi, so qi does not move): Supplement and quicken blood: 8. 桃紅四物湯 tao hong si wu tang • Qi stagnation (qi moves blood): Rectify qi, transform stasis: 11. 逍遙散 xiao yao san with tao ren 桃仁 and hong hua 紅花 • Can also be due to qi vacuity (qi moves blood). |
| Acu-Moxa Treatment | Choose based on cause. The four gates (He Gu LI 4 and Tai Chong LV 3), Ge Shu (UB 17), or Xue Hai (SP 10). |

| Cold in the blood 血寒 | |
|-----------------------------|--|
| Signs and Symptoms | Feels cold, cold hands and feet, numb limbs, dry skin, cold painful chest, epigastrium, or abdomen, pain better with heat, green-blue or dull pale complexion, painful periods better with heat, feels colder during periods, scant periods, delayed periods, bright red blood with small dark clots, infertility. |
| Tongue | Pale or blue-purple |
| Pulse | Rough |
| Mechanisms | Cold slows down movement causing pain. |
| Treatment Principle | Warm the blood. |
| Acu-Moxa Treatment | Use moxa. Points depend on where the cold is. |

| Blood heat 血熱 | |
|---------------------------------|--|
| Key Signs and Symptoms | Fever or feels hot, worse at night, dry mouth, thirst, heart vexation, agitation and harassment as if crazy |
| Other signs and symptoms | Possibly bleeding, early copious periods with deep red blood. Possibly red eruptions on the skin. |
| Notes | <ul style="list-style-type: none"> • Heart: red face, thirst, anxiety, mental restlessness, insomnia, feeling of heat, palpitations, if severe: mania. Possibly blood in urine or heavy periods. • Liver: feels hot, thirst, red eruptions, irritable, outbursts of anger, nosebleed, red eyes, bitter taste, heavy periods (blood heat in uterus or chong vessel). • Stomach: feels hot, thirst, bleeding gums, vomiting blood, epigastric pain. • Intestines: blood in the stool |
| Tongue | Red or crimson |
| Pulse | Rapid |
| Mechanisms | Due to external heat evils, depressed qi transforming to fire. Heat makes blood move recklessly and agitates the spirit. |
| Treatment Principle | Clear heat, cool the blood. |
| Acu-Moxa Treatment | Xue Hai (SP 10), Ge Shu (UB 17), Qu Chi (LI 11), Wei Zhong (UB 40). Depending on the organ, points like Xing Jian (LV 2), Lao Gong (PC 8), Nei Ting (ST 44), etc. |
| Formula | Traditionally 犀角 xi jiao was used for heat in the blood, but that is no longer appropriate as rhinoceros is an endangered species. |

| | |
|---------------------------------|--|
| Blood spillage 血溢 | Also known as: Bleeding patterns |
| Key Signs and Symptoms | There are many causes and many locations so signs and symptoms vary: coughing blood, spitting blood, vomiting blood, nosebleeds, bloody urine, bloody stools, uterine bleeding, external trauma, etc. |
| Other signs and symptoms | Causes and patterns vary, but the color of the blood is significant: <ul style="list-style-type: none"> • Repletion: fresh red or dark, heavy loss. • Qi vacuity: pale red, heavy prolonged loss. • Blood stasis: dark purple and/or clots, scant loss. |
| Mechanisms | Due to qi unable to contain blood, heat causing reckless movement, trauma, qi stagnation, blood stasis, etc. Copious acute bleeding can lead to qi and/or blood desertion. |
| Treatment Principle | Stop the bleeding. The rest depends on the cause. The main causes are spleen qi vacuity so qi cannot manage blood, and heat in the blood causing reckless movement of blood. |
| Acu-Moxa Treatment | Moxa on Yin Bai (SP 1) for spleen vacuity. Da Dun (LV 1) for heat in the blood. |
| Formula | <ul style="list-style-type: none"> • Supplement qi, stop bleeding: 12. 黃土湯 huang tu tang • Cool blood, stop bleeding: 13. 十灰散 shi hui san or 14. 四生丸 si sheng wan • Quicken the blood, stop bleeding: 雲南白藥 yun nan bai yao or 田七 powder • Supplement the blood, stop bleeding: 8. 四物湯 si wu tang plus herbs to stop bleeding |

| | |
|---------------------------------|--|
| Collapse of blood 亡血 | |
| Key Signs and Symptoms | Sudden profuse bleeding, bright-pale face, sudden loss of luster and moisture on the face, dizziness, blurred vision, palpitations, shortness of breath, cold hands and feet, pale lips. |
| Other signs and symptoms | Unconsciousness in severe cases. |
| Tongue | Pale |
| Pulse | Scallion-stalk or faint |
| Mechanisms | From acute profuse sudden hemorrhage. The body loses the support of blood abruptly. |
| Treatment Principle | Stop bleeding, rescue collapse. |

Combined Qi and Blood Patterns

血為氣之母，氣為血之帥。

焦樹德 《從病例談辨證論治·中醫理論是辨證論治的堅實基礎》

Blood is the mother of qi. Qi is the commander of blood. Jiao Shude

- Qi moves blood. “When qi moves, blood follows.” “If qi stagnates, blood congeals.”
- Blood nourishes and harmonizes qi. Blood is the dwelling place of qi; it is the material basis to keep qi and spirit from floating away.
- Qi holds in the blood. It makes the blood stay in the vessels.

血之與氣，異名同類焉。《黃帝內經靈樞·營衛生會》

Blood and qi have different names but are of the same kind. *Magic Pivot* (Warring States Period)

- Both qi and blood are qi, but blood is more material and dense. They are inseparable in the channels and vessels.

人之一身，氣血而已。張秉成《成方便讀·理學之劑》

The whole human body is qi and blood, and that’s all.

Zhang Bingcheng (Qing dynasty)

男子以氣為主，女子以血為主。陳文昭《陳素庵婦科補解·調經總論全書》

Males use qi as the main thing. Females use blood as the main thing.

Chen Wenzhao (Ming dynasty)

| | |
|---------------------------------------|---|
| Dual qi and blood vacuity 氣血俱虛 | Also known as: Qi and blood deficiency |
| Signs and Symptoms | Combined symptoms and signs of qi vacuity and blood vacuity: Qi: tired, loose stool, poor appetite, weak muscles, weak voice, dislikes speaking, spontaneous sweating, short breath Blood: palpitations, blurred vision, dizzy, pale complexion, numb or tingling limbs, scant or heavy periods, late periods |
| Tongue | Pale |
| Pulse | Weak or rough |
| Mechanisms | Qi is the commander of blood and blood is the mother of qi. A problem with one can cause the vacuity of the other. |
| Treatment Principle | Boost qi and supplement blood. |
| Acu-Moxa Treatment | Guan Yuan (Ren 4), Qi Hai (Ren 6), Dan Zhong (Ren 17), Zu San Li (ST 36), San Yin Jiao (SP 6), Xue Hai (SP 10), Ge Shu (UB 17). Moxa is appropriate. |
| Formulas | 15. 八珍湯 ba zhen tang or 16. 當歸補血湯 dang gui bu xue tang |

| | |
|--|---|
| Qi stagnation and blood stasis 氣滯血瘀 | Also known as: Qi and blood stagnation |
| Key Signs and Symptoms | Combined symptoms and signs of qi stagnation and blood stasis |
| Mechanisms | Qi moves blood and blood carries qi. If one does not move, it influences the other. |
| Treatment Principle | Rectify qi, move the blood, quicken the blood, dispel stasis. |
| Acu-Moxa Treatment | Ge Shu (UB 17), Xue Hai (SP 10), Qi Hai (Ren 6), He Gu (LI 4), Tai Chong (LV 3), etc. |
| Formula | 11. 逍遙散 xiao yao san plus herbs to quicken the blood and dispel stasis |

| Comparison of Qi Stagnation and Blood Stasis | | |
|---|--------------------------|--|
| | Qi Stagnation | Blood Stasis |
| Pain or distention | more distention | more pain |
| Location | moving | fixed |
| Nature | distention, fullness | sharp, stabbing, boring |
| Masses | come and go | fixed |
| Skin | nothing special | may have green-blue or purple splotches or bruises |
| Face | nothing special | dusky or green-blue |
| Tongue | normal or slightly dusky | definitely purple, may have stasis macules or purple distended veins below |
| Pulse | bowstring (wiry) | bowstring (wiry) or rough |

| | |
|---|---|
| Qi failing to contain the blood 氣不攝血 | Also known as: Qi deficiency blood loss |
| Key Signs and Symptoms | Signs of qi vacuity with simultaneous bleeding, such as uterine bleeding, blood in the stools, easy bruising, etc. |
| Treatment Principle | Supplement qi, stop bleeding. |
| Mechanisms | Qi contains or holds things in (sweat, urine, stool, blood, etc.). Spleen qi contains or manages blood. In this case, it is too weak to do the job. |
| Acu-Moxa Treatment | Yin Bai (SP 1) (moxa), Guan Yuan (Ren 4), Qi Hai (Ren 6), Zu San Li (ST 36), Ge Shu (UB 17), Pi Shu (UB 20), possibly moxa on Bai Hui (Du 20) |
| Formulas | 17. 歸脾湯 gui pi tang or 2. 補中益氣湯 bu zhong yi qi tang, plus 12. 黃土湯 huang tu tang or other herbs to stop bleeding |

| Qi deserting with the blood 血脫氣脫 | |
|---|--|
| Key Signs and Symptoms | Sudden copious blood loss with pale lusterless complexion, reverting cold of the four limbs, copious sweating (serious: like pearls of oil), abstracted essence-spirit, indifferent expression |
| Other signs and symptoms | Possibly vexation and agitation at the onset, then clouded spirit. |
| Tongue | Pale white body |
| Pulse | Scallion stalk or fine weak forceless or faint, almost expiring |
| Mechanisms | Blood anchors qi. When there is sudden large loss of blood, qi has no anchor so it follows the blood. |
| Treatment Principle | Supplement qi, secure desertion, return yang, rescue counterflow. |
| Acu-Moxa Treatment | Moxa on Yin Bai (SP 1), Zu San Li (ST 36), Guan Yuan (Ren 4), Shen Que (Ren 8). |
| Formula | 獨參湯 du shen tang (only ginseng) or 18. 參附湯 shen fu tang |

Fluid Pattern Identification

Fluids moisten first, and nourish secondarily. They also help anchor qi.

Two types of fluids:

- 津 Jin is ‘liquids’ (thinner). They are clear, thin, and light, so they can move fast. They are controlled by the lungs and the upper *jiao*. They moisten and nourish the skin and flesh, and make sweat, tears, saliva, mucus, and part of blood.
- 液 Ye is ‘humors’ (thicker). They are turbid, heavy, and dense so they move slowly. They move on the interior, and are controlled by the spleen, kidneys, and the middle and lower *jiao*. They moisten the brain, marrow, joints, and lubricate the interior of the sense orifices.

氣化則水行。張隱庵《黃帝內經素問集注·經脈別論》

When qi transforms, water moves. Zhang Yin’an (Qing dynasty)

氣順則津液流通。嚴用和《濟生方·痰飲》

When qi flows properly, body fluids circulate. Yan Yonghe (Song dynasty)

There are two main types of patterns: insufficiency, and stagnation or accumulation of fluids. We must pay special attention to the lungs, the spleen, and the kidneys, and the coordinating function of the *san jiao*. Fluids, blood, essence, and yin have a mutual relationship, so if one is affected, the others may also be harmed.

A. Vacuity patterns

| Insufficiency of fluids 津液不足 | |
|-------------------------------------|--|
| Key Signs and Symptoms | Dryness: throat, lips, skin, nose, eyes, dry cough or dry stool. Thirst, scant dark urine. |
| Other signs and symptoms | Dessication, emaciation, vexation, hoarse voice. |
| Tongue | Dry coat. If there is fever or heat, red tongue, dry yellow coat. |
| Pulse | Rapid, thin. |
| Mechanisms | Disharmony of organs, may cause insufficient fluid production. Heat may damage fluids. Loss of fluids due to bleeding, vomiting, diarrhea, etc. Improper treatment. Old age, chronic disease, or other vacuities. Moistening and nourishing functions are lost, leading to dryness and thirst. |
| Treatment Principle | Enrich fluids. |
| Formulas | 68. 增液湯 Zeng Ye Tang 43. 益胃湯 Yi Wei Tang (for stomach) 41. 麻子仁丸 Ma Zi Ren Wan (constipation) 69. 清燥救肺湯 Qing Zao Jiu Fei Tang (for lungs) |

B. Repletion patterns

1. Phlegm patterns (痰 tan - thick turbid fluids)

| Wind-phlegm 風痰 | |
|---------------------------------|--|
| Key Signs and Symptoms | Externally-contracted: Aversion to wind and cold, fever, productive cough Internally-engendered: Gurgling in the throat, dizziness, insensitivity and numbness, hypertonicity of the limbs |
| Other signs and symptoms | Internally-engendered: Deviation of eyes and mouth, stiff tongue, sluggish speech, paralysis, loss of consciousness, convulsions, foamy vomiting |
| Tongue | Internally-engendered: white slimy coat |
| Pulse | Externally-contracted: floating Internally-engendered: wiry, slippery |
| Mechanisms | Externally-contracted: Wind-cold causes dysfunction of lungs so fluids are not dispersed. Internally-engendered: Liver wind combines with phlegm. This may be wind-stroke. Person may be fat or eat a fatty, greasy, sweet diet. If spleen is weak, damp and phlegm are engendered. Heat may also transform fluids into phlegm. |
| Treatment Principle | Externally-contracted: Release the exterior, transform phlegm. Internally-engendered: Subdue wind, transform phlegm, free the network vessels. |
| Formulas | 37. 導痰湯 Dao Tan Tang 70. 大秦朮湯 Da Qin Jiao Tang 71. 蘇合香丸 Su He Xiang Wan (with loss of consciousness) |

| Phlegm-heat 痰熱 | |
|----------------------------|--|
| Signs and Symptoms | Fever, cough, yellow sputum that is difficult to expectorate, sore throat, chest pain, vexation, thirst, yellow-red urine, dry bound stools. |
| Tongue | Red, yellow slimy coat |
| Pulse | Slippery rapid |
| Mechanisms | External or internal heat congeals fluids into phlegm. Or, damp-heat may brew phlegm. The lungs store phlegm. |
| Treatment Principle | Clear heat, transform phlegm. |
| Formulas | 72. 清氣化痰丸 Qing Qi Hua Tan Wan |

| Cold-phlegm 寒痰 | |
|---------------------------------|---|
| Key Signs and Symptoms | Feels cold, cold limbs, aversion to cold, prefers warmth, cough with thin clear or white sputum, no thirst. |
| Other signs and symptoms | Bland taste in the mouth, clear copious urine, sloppy stools. |
| Tongue | Pale, slimy white coat |
| Pulse | Deep slippery or deep slow |
| Mechanisms | External or internal cold, possibly from yang vacuity, enables fluids to congeal. |
| Treatment Principle | Warm the cold, transform phlegm. |
| Formulas | 55. 三子養親湯 San Zi Yang Qin Tang 57. 小青龍湯 Xiao Qing Long Tang Jia Wei |

| Phlegm-damp 痰濕 | |
|---------------------------------|---|
| Key Signs and Symptoms | Chest and epigastric fullness and oppression, heavy feeling, encumbering fatigue, poor appetite, nausea, cough with copious white sputum that is easily expectorated. |
| Other signs and symptoms | Clear urine, thin sloppy stools, incomplete defecation. |
| Tongue | Fat pale, thick white slimy coat |
| Pulse | Soggy moderate |
| Mechanisms | Exterior dampness or damage to spleen enables dampness to collect and transform to phlegm. Phlegm and damp are heavy and turbid and they obstruct qi. |
| Treatment Principle | Dry damp, transform phlegm. |
| Formulas | 73. 二陳湯 Er Chen Tang |

Note that cold-phlegm is mainly a lung issue while phlegm-damp is mainly a spleen issue.

| Dry-phlegm 燥痰 | |
|---------------------------------|--|
| Key Signs and Symptoms | Dry cough with scant phlegm, difficult to expectorate, possibly with threads of blood in it. Chest pain, worse with cough, dry throat and nose, thirst |
| Other signs and symptoms | Vexation, scant dark urine, dry stool |
| Tongue | Dry red, scant coat |
| Pulse | Fine rapid |
| Mechanisms | Summer-heat, heat, fire or autumn dryness dry out fluids. Sometimes the fluids transform into dry phlegm. |
| Treatment Principle | Moisten dryness, transform phlegm. |
| Formulas | 69. 清燥救肺湯 Qing Zao Jiu Fei Tang 49. 百合固金湯 Bai He Gu Jin Tang |

2. Rheum Patterns (飲 yin - thin turbid fluids) Note that classically there are four rheum patterns.

| Phlegm-rheum 痰飲 (tan yin) | |
|----------------------------------|---|
| Key Signs and Symptoms | Fullness and distention of the chest and rib-sides, panting, shortness of breath, vomiting phlegm-drool, clear thin phlegm-drool, gurgling in the intestines, abdominal fullness, reduced appetite, bland taste in the mouth, no thirst, dizziness, palpitations, thin sloppy stools. |
| Tongue | Pale, glossy white coat |
| Pulse | Wiry slippery |
| Mechanisms | Watery rheum retained in the middle <i>jiao</i> and intestines. Spleen yang is weak so fluids are not managed. |
| Treatment Principle | Warm and transform phlegm-rheum. |
| Acu-Moxa Treatment | zhōng wǎn (Ren 12), shén què (Ren 8), huá ròu mén (ST 24), shí dòu (SP 17), jiān shǐ (PC 5), zú sān lǐ (ST 36), yīn líng quán (SP 9), pí shù (BL 20) and wèi shù (UB 21) |
| Formulas | 74. 苓桂朮甘湯 Ling Gui Zhu Gan Tang 57. 小青龍湯 Xiao Qing Long Tang |
| Note | Phlegm-rheum may refer to all phlegm and rheum patterns, or it may specifically mean the above pattern. |

| Suspended rheum 懸飲 (xuan yin) | |
|--------------------------------------|---|
| Key Signs and Symptoms | Glomus lumps, distention of the chest and rib-sides, cough with spittle that causes pain in the rib-sides, dry throat, shortness of breath, rapid breathing, reduced food intake, sloppy stools |
| Tongue | White glossy coat |
| Pulse | Deep wiry |
| Mechanisms | Watery rheum retained in the rib-sides. It is <i>suspended</i> because it does not rise up to the chest nor fall down to the abdomen. The rib-sides belong to the liver, which is the beginning of the qi mechanism. The qi mechanism is obstructed so glomus lumps accumulate. |
| Treatment Principle | Attack with offensive treatment, expel the water-rheum. |
| Acu-Moxa Treatment | zhāng mén (LV 13), qī mén (LV 14), wài guān (SJ 5), liè quē (LU 7), shuǐ quán (KI 5), tiān tū (Ren 22) |
| Formulas | 75. 十棗湯 Shi Zao Tang 76. 控涎丹 Kong Xian Dan |

| Spillage rheum 溢飲 (yi yin) | |
|-----------------------------------|---|
| Key Signs and Symptoms | Deep heaviness and pain of the limbs. Possibly puffy swelling. Cough, panting, white sputum, fever, aversion to cold, no sweating, inhibited urination. |
| Tongue | White coat |
| Pulse | Floating tight |
| Mechanisms | Watery rheum flowing and seeping into the flesh of the limbs. This is due to contraction of external evils affecting the internal organs. |
| Treatment Principle | Warm yang, disinhibit water, resolve the exterior, transform rheum. |
| Acu-Moxa Treatment | jiān shǐ (PC 5), yīn líng quán (SP 9), zú sān lǐ (ST 36), chǐ zé (LU 5), liè quē (LU 7), gōng sūn (SP 4) |
| Formulas | 77. 五苓散 Wu Ling San combined with 78. 五皮散 Wu Pi San and 61. 真武湯 Zhen Wu Tang or possibly 57. 小青龍湯 Xiao Qing Long Tang |

| Propping rheum 支飲 (zhi yin) | |
|------------------------------------|---|
| Key Signs and Symptoms | Chest fullness, feeling of a lump in the epigastric region, cough, panting; if severe, an inability to lie flat. Copious white sputum, the patient looks swollen, puffy face and eyes, relapses when cold, inhibited urination. |
| Tongue | Slimy white coat |
| Pulse | Wiry slippery or wiry tight |
| Mechanisms | Watery rheum retained in the chest and lungs, so lungs cannot descend and disperse. The qi mechanism is congested. |
| Treatment Principle | Drain the lungs, expel phlegm. If there is an exterior pattern, release the exterior, transform rheum. |
| Acu-Moxa Treatment | liè quē (LU 7), chǐ zé (LU 5), dìng chuǎn (EX-B 1), dàn zhōng (Ren 17), yīn líng quán (SP 9), fēng lóng (ST 40) |
| Formulas | 79. 葶藶大棗瀉肺湯 Ting Li Da Zao Xie Fei Tang 57. 小青龍湯 Xiao Qing Long Tang |

It is *propping* rheum because the patient cannot lie flat and needs to be propped up in order to breathe.

| Rheum Patterns – all have respiratory symptoms, but these are the key symptoms | | |
|---|--|---|
| Phlegm-rheum | middle <i>jiao</i> and intestines – digestive symptoms | Vomiting phlegm-drool, gurgling in the intestines , abdominal fullness, reduced appetite, thin sloppy stools |
| Suspended rheum | rib-sides – lumps and rib-side discomfort | Glomus lumps, distention of the chest and rib-sides , pain in the rib-sides |
| Spillage rheum | the flesh of the limbs - swelling | Deep heaviness and pain of the limbs . Possibly puffy swelling |
| Propping rheum | chest and lungs – cough is worse | Chest fullness, feeling of a lump in the epigastric region, cough, panting |

Note: There is also

- *water swelling* (flooding of fluids into the flesh and skin of the limbs – this is similar to spillage rheum),
- *drum distention* (fluid accumulation in the abdomen), and
- *water-damp encumbering the spleen* (fluids collecting in the middle *jiao*).

Organ Pattern Identification

LIVER 肝 gan: the military general

- *The liver stores blood:*
 - regulates volume of blood during physical activity and rest
 - menstruation
 - liver blood moistens eyes and sinews
- *The liver is in charge of coursing and draining/discharging (smooth flow of qi):*
 - 氣機 qi mechanism of the whole body
 - emotional state
 - digestion, including secretion of bile
- *The liver houses the ethereal soul [魂 hun]:* Rooted in liver blood.
- *“The liver is the root of pre-heaven in women”* 葉天士 Ye Tianshi (Qing)
- *The liver governs the 筋 sinews and manifests in the nails:*
 - smooth movement: liver problems can cause convulsions, spasms, tremors
- *The liver opens into the eyes:* It moistens eyes. Tears are the fluid of the liver.
- *The liver is in charge of planning and strategy:* It holds the office of the general: drive and resolution come from the liver.
- *The liver governs upbearing:* Normal liver flow is upwards and outwards, as well as in all directions, like a tree growing. It does not like to be confined.
- *The liver’s emotion is anger.*
- *The liver generates internal wind* when it is not happy. “The liver is the traitor of the five viscera.” Wang Leting
- *The liver corresponds to wood element.*
- The liver is foot reverting yin 厥陰 jueyin channel. (Sometimes translated as absolute yin.)

Liver patterns are usually due to:

- emotions, especially anger, frustration, etc.
- diet
- blood loss
- exterior evils

| | |
|---------------------------------|--|
| Liver blood vacuity 肝血虛 | Also known as: Liver blood deficiency |
| Key Signs and Symptoms | Dry rough eyes, blurred vision, pale lusterless face, diminished menstruation or menstrual block |
| Other signs and symptoms | Numb tingling limbs, weak muscles, cramps, withered brittle nails, dry hair and skin, insomnia, blindness, dizziness, depression, pale lips/nails, rib-side pain |
| Tongue | Pale body |
| Pulse | Bowstring (wiry) and fine |
| Mechanisms | Due to diet, poor qi production, emotions, taxation, blood loss. More common in women due to menstruation. Liver blood nourishes and moistens the eyes, sinews, nails, and uterus. Liver blood anchors the ethereal soul (魂 hun) and its time is 1-3 a.m., so it affects sleep. This condition can lead to heart blood vacuity, liver yin vacuity, liver yang rising, or liver wind. |
| Treatment Principle | Supplement and nourish liver blood. |
| Acu-Moxa Treatment | Supplement Qu Quan (LV 8), San Yin Jiao (SP 6), Zu San Li (ST 36), Guan Yuan (Ren 4), Gan Shu (UB 18), Pi Shu (UB 20), Shen Shu (UB 23), Ge Shu (UB 17), yu yao (non-channel). Moxa is appropriate. |
| Formula | 19. 補肝湯 bu gan tang |

Case: 38 year old women with poor memory, fatigue, tingling limbs, dry hair, constipation with slightly dry stools, rough pulse, pale thin slightly dry tongue.

| | |
|---------------------------------|---|
| Liver yin vacuity 肝陰虛 | Also known as: Liver yin deficiency |
| Key Signs and Symptoms | Dry rough eyes, blurred vision, poor night vision, tidal fever or low fever, vexing heat of the five hearts, night sweats, dull pale complexion with red cheeks, dry lips and throat |
| Other signs and symptoms | Dizziness, rib-side pain, numb tingling limbs, insomnia, bitter taste, yellow urine, bound stool, brittle nails, dry hair and skin, scant periods or amenorrhea. May have more or less heat. |
| Tongue | Red dry body, no coat or thin yellow coat |
| Pulse | Bowstring (wiry), fine, rapid |
| Mechanisms | Due to diet, poor qi production, emotions, taxation, blood loss, kidney yin vacuity. There is insufficient yin to nourish and moisten. Lack of yin leads to heat symptoms. This condition can lead to kidney yin vacuity, liver yang rising, or liver wind. |
| Treatment Principle | Enrich and supplement liver yin; clear heat if necessary. |
| Acu-Moxa Treatment | Supplement Qu Quan (LV 8), San Yin Jiao (SP 6), Zu San Li (ST 36), Guan Yuan (Ren 4), Tai Xi (KI 3), Zhao Hai (KI 6), yu yao (non-channel). Drain Xing Jian (LV 2) if hot. No moxa. |
| Formula | 20. 一貫煎 yi guan jian |

| | |
|--|--|
| Binding depression of liver qi 肝氣鬱結 | Also known as: Liver qi stagnation or liver qi constraint |
| Key Signs and Symptoms | Depression, irritability, moody, tendency to sigh, distention and pain of the chest, rib-sides, or epigastrium, breast distention, abdominal pain or emotional outbursts prior to menstruation, irregular menstruation |
| Notes | <i>Distention</i> 脹 <i>zhang</i> (pressure, bloating). |
| Other signs and symptoms | <ul style="list-style-type: none"> • Possibly accumulations and gatherings (more stagnation/stasis) or plum pit qi (phlegm). • This pattern may transform to fire, with red face, thirst, more angry outbursts, etc. • This can lead to blood stasis with painful irregular periods, dark clotted blood, infertility, abdominal masses, purple nails and lips |
| Tongue | May be normal, may be red or dusky on the sides. |
| Pulse | Bowstring (wiry) |
| Mechanisms | Due to stress, frustration, or suppressed anger. Can be pure repletion or can be combined with vacuity (liver blood, spleen qi). Build-up and non-movement of qi causes distention and pain. Emotions are qi flow; when qi is stuck, emotions fluctuate. Menstrual symptoms also follow the uneven movement of qi. |
| Treatment Principle | Course the liver, resolve depression, move qi. |
| Acu-Moxa Treatment | Drain Nei Guan (PC 6), Yang Ling Quan (GB 34), Zhang Men (LV 13), Qi Men (LV 14), Tai Chong (LV 3), Zhi Gou (SJ 6). No moxa |
| Formulas | 3. 柴胡疏肝湯 <i>chai hu shu gan tang</i> or 11. 逍遙散 <i>xiao yao san</i> |

Case: 45 year old woman with fatigue, depression, pronounced mood swings, premenstrual depression and irritability, breast distention before periods, swelling of the thyroid, feeling of constriction in the throat, bowstring pulse, tongue red on the sides.

| | |
|---|---|
| Ascendant hyperactivity of liver yang 肝陽上亢 | Also known as: Liver yang rising |
| Key Signs and Symptoms | Tenseness, agitation, irritability, easily angered, headache (throbbing, often on the temples, behind the eyes, or side of head), distention of the eyes |
| Other signs and symptoms | Red face and eyes, blurred vision, dry mouth and throat. Possibly dizziness, stiff neck, deafness, tinnitus, yellow urine, bound stools. |
| Tongue | Red body, yellow coat, but can vary based on etiology. |
| Pulse | Rapid bowstring (wiry) |
| Mechanisms | Due to anger, stress, diet. Mixed vacuity and repletion, as yang rises when it is not sufficiently anchored by yin or blood. Yang rises and is hot so hot symptoms are above, but it is not as hot as fire. Can develop into liver fire or liver wind. |
| Treatment Principle | Calm the liver, subdue yang (nourish yin or blood). |
| Acu-Moxa Treatment | Drain Tai Chong (LV 3), Wai Guan (SJ 5), Nei Guan (PC 6), He Gu (LI 4), Xia Xi (GB 43), Yang Fu (GB 38), Zan Zhu (UB 2), tai yang (non-channel), Feng Chi (GB 20), Tian Chong (GB 9), Shuai Gu (GB 8), Xuan Li (GB 6). If yin or blood vacuity, supplement San Yin Jiao (SP 6), Tai Xi (KI 3), Qu Quan (LV 8), Zu San Li (ST 36). Probably no moxa. |
| Formula | 21. 天麻鉤藤飲 tian ma gou teng yin |

Case: 35 year old woman with headaches for 20 years. Right temple and eye throbbed, with nausea and blurred vision. Scant periods, fatigue, dry hair, poor memory, insomnia, rough slightly bowstring pulse, pale tongue with red spots on the sides.

| | |
|--|---|
| Liver fire flaming upwards 肝火上炎 | Also known as: Liver fire blazing upwards |
| Key Signs and Symptoms | Hot red face, red swollen painful eyes, temporal or vertex headache, irritable, easily angered |
| Other signs and symptoms | Difficulty sleeping, dream-disturbed sleep, vexing agitation, dizziness, bitter taste, dry throat, thirst, short red urination, bound stool. Possibly sudden onset of tinnitus or deafness, nosebleed, coughing up blood, vomiting blood |
| Tongue | Red body, dry yellow coat |
| Pulse | Rapid bowstring (wiry) |
| Mechanisms | Due to stress (long term liver qi depression), diet (alcohol, hot spicy greasy foods), liver yang rising. Wood feeds fire. Fire flares upward and is hot. Heat agitates and damages fluids. Can lead to liver yin vacuity or liver wind. |
| Treatment Principle | Drain fire, clear the liver. |
| Acu-Moxa Treatment | Drain Xing Jian (LV 2), Tai Chong (LV 3), Feng Chi (GB 20), tai yang (non-channel), Ben Shen (GB 13), Qu Chi (LI 11), Tong Zi Liao (GB 1), Tian Chong (GB 9), Shuai Gu (GB 8), Xuan Li (GB 6), Shen Ting (Du 24), San Yin Jiao (SP 6), Da Dun (LV 1). No moxa. |
| Formula | 22. 龍膽瀉肝湯 long dan xie gan tang |

| | |
|--|---|
| Extreme heat stirring up liver wind 熱極動肝風 | |
| Key Signs and Symptoms | High fever, convulsions (scurrying movement or upturned eyes, tightly closed jaw, stiffly straight back and neck, agitation or convulsions of the hands and feet) |
| Other signs and symptoms | Stupor, dry lips and mouth. Coma in severe cases. |
| Tongue | Red dry or crimson body, stiff, yellow or black dry coat |
| Pulse | Rapid bowstring (wiry) |
| Mechanisms | This derives from high fever often from external invasion of heat or other evils transforming to heat. Often seen in children. High fever whips up wind which causes uncontrolled movement. Extremes turn into their opposites, so movement ceases in coma. |
| Treatment Principle | Clear heat, downbear fire, cool the liver, cool blood, extinguish wind. |
| Acu-Moxa Treatment | Drain Tai Chong (LV 3), Xing Jian (LV 2), shi xuan (non-channel, bleed), Hou Xi (SI 3), Bai Hui (Du 20), Feng Fu (Du 16), Feng Chi (GB 20), Jin Suo (Du 8), Da Zhui (Du 14) |
| Formula | 23. 羚羊鉤藤湯 ling yang gou teng tang |

| Liver yang transforming into wind 肝陽化風 | |
|---|---|
| Key Signs and Symptoms | Usually dizziness, headache, tinnitus, heavy head, numb or tingling limbs, hand tremor, facial tic, dry throat, dry eyes, blurred vision, poor memory. Usually the patient has high blood pressure and may be elderly. |
| Other signs and symptoms | Possibly inhibited speech, abnormal gait. If there is sudden loss of consciousness, there may be deviation of the eyes and mouth, stiff tongue impeding speech, gurgling phlegm in the throat, hemiplegia: wind stroke. |
| Tongue | Red body |
| Pulse | Rapid bowstring (wiry) |
| Mechanisms | This derives from liver yin vacuity or liver-kidney yin vacuity. Yang is unanchored and rises so quickly that it turns into wind. |
| Treatment Principle | Settle the liver, subdue yang, extinguish wind, dispel phlegm (nourish yin). |
| Acu-Moxa Treatment | Drain Tai Chong (LV 3), Feng Chi (GB 20), He Gu (LI 4), Wai Guan (SJ 5), Hou Ding (Du 19). Supplement San Yin Jiao (SP 6), Qu Quan (LV 8), Tai Xi (KI 3). |
| Formula | 24. 鎮肝熄風湯 zhen gan xi feng tang |

| Differentiating Liver Wind due to Extreme Heat and Yang Rising | | |
|---|--|---|
| | due to extreme heat | due to yang rising |
| In common | liver wind, numbness, tremors, agitation, bowstring (wiry) pulse, can be complicated with phlegm | |
| Patient | often in children or adults with high fever | has yin or blood vacuity, often in alcoholics or obese, elderly |
| Onset | comes from acute disease, like summerheat, wind-heat, febrile disease, develops quickly | develops gradually, but wind can emerge suddenly |
| Fever | has high fever | no high fever |
| Treatment principle | clear heat, drain fire, cool the liver | settle the liver, subdue yang |
| | dispel phlegm, if it is present | |

| | |
|---|---|
| Liver blood vacuity giving rise to wind 血虛風動 | Also known as: Liver blood deficiency giving rise to wind |
| Signs and Symptoms | Fine tremor, facial tic, dizziness, blurred vision, numb tingling limbs, poor memory, insomnia, scant periods |
| Tongue | Pale thin body |
| Pulse | Bowstring (wiry), fine |
| Mechanisms | Insufficient liver blood fails to nourish the sinews, so wind tremor develops. It also fails to nourish the brain, the ethereal soul, and the uterus. |
| Treatment Principle | Nourish liver blood, extinguish wind. |
| Acu-Moxa Treatment | Drain Tai Chong (LV 3), Feng Chi (GB 20), He Gu (LI 4), Wai Guan (SJ 5), Hou Ding (Du 19). Supplement San Yin Jiao (SP 6), Qu Quan (LV 8), Tai Xi (KI 3), Ge Shu (UB 17) (moxa), Guan Yuan (Ren 4) |
| Formula | 25. 阿膠雞子黃湯 e jiao ji zi huang tang |

| | |
|---|---|
| Stagnation of cold in the liver channel 寒滯肝經 | |
| Key Signs and Symptoms | Painful distended full abdomen, pain referring to the genitals, pain better with warmth, feels cold, cold hands and feet |
| Other signs and symptoms | Vomiting clear watery fluids or dry retching |
| Tongue | Pale wet body, white coat |
| Pulse | Deep, bowstring (wiry), slow |
| Mechanisms | Due to invasion of exterior cold into the liver channel. The liver channel flows through the genitals. Cold contracts and causes severe pain. |
| Treatment Principle | Course the liver, expel cold. |
| Acu-Moxa Treatment | Drain Zhong Ji (Ren 3), Li Gou (LV 5), Da Dun (LV 1), Tai Chong (LV 3). Moxa is appropriate. |
| Formula | 26. 暖肝煎 nuan gan jian |

| | |
|---------------------------------|---|
| Liver yang vacuity 肝陽虛 | Also known as: Liver yang deficiency |
| Key Signs and Symptoms | Depression, unhappiness, worried, fearful, blurred vision, rib-side fullness or pain, impotence, lack of desire, cold abdominal pain, infertility |
| Other signs and symptoms | Possibly hypertonicity below the ribs, tenseness or withering of the sinews, inability to grasp things, weak legs or inability to stretch the legs, numbness or tingling, bright pale facial complexion, fear of cold, cold limbs |
| Tongue | Pale body, white coat |
| Pulse | Deep fine bowstring (wiry) and slow or tight |
| Mechanisms | The liver is the general and governs planning and strategy. It corresponds to anger and aggression and is related to the gallbladder function of courage and decisiveness. These are all lacking here. Liver qi and yang rise and are warm. These are also lacking. |
| Treatment Principle | Warm and supplement the liver. |
| Acu-Moxa Treatment | Qu Quan (LV 8), Tai Chong (LV 3), Gan Shu (UB 18), Shen Men (HT 7), Zhong Zhu (SJ 3), Bai Hui (Du 20). Moxa is appropriate. |
| Formula | 19. 補肝湯 bu gan tang |
| Notes | Many do not recognize liver qi or liver yang vacuity as a pattern. |

GALL BLADDER 膽 dan: the judge

- *The gall bladder is also an extraordinary organ.* It does not deal with food and waste
- *The gall bladder corresponds to wood element, and is paired with the liver* (close relationship)
- *The gall bladder stores and excretes bile:* It receives bile from the liver and stores it until needed in digestion. Bile is a clear fluid.
- *The gall bladder controls judgment and decision-making:* also courage. The ability to maintain balanced judgment in the face of adversity. Weak gall bladder qi leads to timidity. “The gall bladder is the bowel of justice, from which decisions issue. This means it is capable of choosing between joy and anger, flexibility and inflexibility.”
- *The gall bladder helps control the sinews:* similar to the liver, but related to qi, not blood
- The gall bladder and liver command ministerial fire.
- The gall bladder is foot lesser yang 少陽 shao yang channel.

| Damp-heat brewing in the liver-gallbladder 濕熱蘊結肝膽 | |
|--|---|
| Key Signs and Symptoms | Bitter taste, fullness in the rib-sides or abdomen, rib-side pain, thirst without large intake, poor appetite, nausea |
| Other signs and symptoms | Possibly jaundice, body feels heavy and/or hot, fever or alternating cold and heat, yellow short turbid urine, difficult urination, damp sores or rash on the genitals, swelling pain and scorching heat of the testicles, or yellow foul vaginal discharge. |
| Tongue | Red body, yellow slimy coat |
| Pulse | Rapid bowstring (wiry) slippery |
| Mechanisms | External damp can invade and combine with heat, or both can come from the exterior or interior. Diet (alcohol, spicy greasy food). Liver-gallbladder discharge bile (bitter taste, yellow color). Wood can invade earth causing digestive upset. Damp is yin and heat is yang so symptoms are mixed or moderated. |
| Treatment Principle | Clear heat, disinhibit damp, course and discharge the liver and gallbladder |
| Acu-Moxa Treatment | Drain Qi Men (LV 14), Ri Yue (GB 24), Yang Ling Quan (GB 34), Gan Shu (UB 18), Dan Shu (UB 19), Zhi Yang (Du 9), Zhong Wan (Ren 12), Yin Ling Quan (SP 9), San Yin Jiao (SP 6), Tai Bai (SP 3), Qu Chi (LI 11), Xing Jian (LV 2), Tai Chong (LV 3). No moxa. |
| Formulas | 27. 茵陳蒿湯 yin chen hao tang or 22. 龍膽瀉肝湯 long dan xie gan tang |

| | |
|-----------------------------|---|
| Gall bladder heat 膽熱 | Also known as: Gall bladder heat congesting and stagnating |
| Signs and Symptoms | Fever or alternating cold and heat, dizzy, tinnitus, dry throat, bitter taste, red face, irritability, unceasing retching, hypertonicity and pain below the ribs, yellow urine, bound stool |
| Tongue | Red body, yellow coat |
| Pulse | Rapid bowstring (wiry) |
| Mechanisms | Related to shao yang pattern, shao yang is the pivot. Heat agitates and damages fluids. |
| Treatment Principle | Clear the gall bladder and free stagnation |
| Acu-Moxa Treatment | Drain Ri Yue (GB 24), Yang Ling Quan (GB 34), dan nang xue (non-channel), Zhi Yang (Du 9), Dan Shu (UB 19), Qu Chi (LI 11), Zhi Gou (SJ 6), Bu Rong (ST 19), Xia Xi (GB 43). |
| Formula | 28. 大柴胡湯 da chai hu tang |

| | |
|---------------------------------|--|
| Gall bladder vacuity 膽虛 | Also known as: Gall bladder deficiency, vacuity vexation of the liver and gall bladder |
| Key Signs and Symptoms | Gall bladder timidity, nervous, easily frightened, lack of courage and initiative, indecision, fright palpitations |
| Other signs and symptoms | Blurred vision, dizzy, bitter taste, dry throat, vacuity vexation, difficulty sleeping, waking up early, frequent restless dreams, shortness of breath, lack of strength, laziness in speaking, sighing, sweating easily |
| Tongue | Pale body, white coat |
| Pulse | Bowstring (wiry) fine and rapid |
| Mechanisms | Gallbladder is courage, decision making. |
| Treatment Principle | Nourish the blood, calm the spirit, clear heat, boost qi. (Supplement and warm the gall bladder, supplement liver qi.) |
| Acu-Moxa Treatment | Supplement Qiu Xu (GB 40), Qu Quan (LV 8), Zu San Li (ST 36), San Yin Jiao (SP 6), Guan Yuan (Ren 4), Gan Shu (UB 18), Dan Shu (UB 19), Hun Men (UB 47). Moxa is appropriate. |
| Formula | 29. 溫膽湯 wen dan tang |

| | |
|--|--|
| Depressed gall bladder with phlegm harassing 膽郁痰擾 | Also known as: Stagnation of the gall bladder with phlegm-heat |
| Signs and Symptoms | Dizziness, blurred vision, fright palpitations, vexing heat, irritability, difficulty sleeping, excessive dreaming, chest and rib-side fullness and oppression, sighing, bitter taste, desire to vomit |
| Tongue | Yellow slimy coat |
| Pulse | Slippery or bowstring (wiry), rapid |
| Mechanisms | Excessive emotions transform to heat, which cook the fluids into phlegm, or hot spicy food and alcohol engender damp-heat which transforms to phlegm. |
| Treatment Principle | Discharge heat, dispel phlegm, clear the gall bladder, harmonize the stomach. |
| Acu-Moxa Treatment | Ri Yue (GB 24), Yang Ling Quan (GB 34), Yin Ling Quan (SP 9), Bu Rong (ST 19), Zhong Wan (Ren 12), Feng Long (ST 40), Lie Que (LU 7), Zhi Gou (SJ 6), Nei Guan (PC 6), Qu Chi (LI 11) |
| Formula | 29. 黃連溫膽湯 huang lian wen dan tang |

HEART 心 xin1: the emperor

- *The heart stores the spirit [mind]:* the seat of consciousness, emotions, memory, logical thought, mental activity, sleep and dreams.
 - 神 shen2: The dictionary says:
 1. gods, deities, immortals, spiritual beings;
 2. supernatural, marvelous, wondrous, miraculous, mysterious, mystical;
 3. *soul, mind, spirit;*
 4. smart, clever,
 5. appearances, looks, expressions, airs.
 - the five shen are the five spirits, one in each zang (viscera, yin organ)
 1. 神 shen2 spirit in the heart
 2. 魂 hun2 or ethereal soul in liver
 3. 魄 po4 or corporeal (animal) soul in lung
 4. 志 zhi4 or will (or mind) in kidney
 5. 意 yi4 or thought (reflection) in spleen
 - heart blood and yin allow the spirit to root or anchor.
 - Since Ming dynasty (1368-1644) some doctors said the brain was in charge of intelligence and memory.
- *The heart governs the blood and the vessels (or blood vessels).* All blood homes to the heart.
 - 脈 mai can mean either vessels or pulse
- *The heart is reflected in the face.* It manifests in the complexion and facial expression
- *Sweat is the fluid of the heart:* blood and body fluids have a common origin.
 - Li Shizhen (52-21): “Sweat originates in the heart. While it remains within the body, it is blood. When it is excreted through the skin, it becomes sweat. Therefore, when there is excessive perspiration, there will not be much blood left in the body. Or when someone loses a great amount of the blood, it will be difficult for him to perspire.”
- *The heart opens into the tongue and governs speech* which should be coherent and without excessive laughter.
- *The emotion of the heart is joy.*
- *The heart corresponds to the fire element.*
- The heart is hand lesser yin 少陰 shaoyin channel.

Heart patterns are usually due to:

- emotions
- diet
- taxation

Note: Pericardium patterns are generally due to external evils moving inward toward the heart. They will be discussed in the *Diagnosis 3 Class*.

| | |
|---------------------------------|--|
| Heart blood vacuity 心血虛 | Also known as: Heart blood deficiency |
| Key Signs and Symptoms | Palpitations (more often at night), insomnia, dream-disturbed sleep, forgetfulness |
| Other signs and symptoms | Vexation, anxiety, easily startled, dizzy head and eyes, pale lusterless face, pale lips and nails |
| Tongue | Thin pale body, white coat |
| Pulse | Fine weak or rough |
| Mechanisms | Due to diet, emotional taxation, blood loss, liver blood vacuity. Can lead to heart yin vacuity. Blood nourishes and anchors the spirit. Blood is the mother of qi, leading to palpitations. |
| Treatment Principle | Supplement heart blood, calm the spirit. |
| Acu-Moxa Treatment | Supplement Shen Men (HT 7), Nei Guan (PC 6), Ju Que (Ren 14), Jiu Wei (Ren 15), Guan Yuan (Ren 4), Ge Shu (UB 17) (moxa), Pi Shu (UB 20). Moxa is appropriate. |
| Formula | 8. 四物湯 si wu tang plus herbs to calm the spirit. |

Case: 51 year old woman, poor circulation in hands and feet, poor memory, dizzy, numb fingers, dull vertex headaches, palpitations, insomnia. Pale tongue, slightly orange on the sides, rough pulse.

| | |
|---------------------------------|--|
| Heart yin vacuity 心陰虛 | Also known as: Heart yin deficiency |
| Key Signs and Symptoms | Palpitations, vexation, insomnia, dream-disturbed sleep, tidal or low fever, five heart heat, night sweats |
| Other signs and symptoms | Anxiety, easily startled, forgetfulness, dry lips and throat, bitter taste, yellow urine, bound stools. If more heat develops: more heat signs and symptoms. |
| Tongue | Red body, dry, no coat or thin yellow coat |
| Pulse | Fine rapid |
| Mechanisms | Due to emotional or physical taxation, heat damaging yin, kidney or liver yin vacuity. Symptoms are of heart blood vacuity plus heat due to yin vacuity. |
| Treatment Principle | Enrich yin, calm the spirit. Clear heat if it is a problem. |
| Acu-Moxa Treatment | Supplement Shen Men (HT 7), Nei Guan (PC 6), Ju Que (Ren 14), Jiu Wei (Ren 15), Yin Xi (HT 6), Guan Yuan (Ren 4), San Yin Jiao (SP 6), Fu Liu (KI 7), Zhao Hai (KI 6). No moxa. |
| Formula | 30. 天王補心丹 tian wang bu xin dan |

| Differentiating Heart Blood and Heart Yin Vacuity | | |
|--|----------------------------------|------------------------------------|
| | Heart blood vacuity | Heart yin vacuity |
| In common | palpitations, vexation, insomnia | |
| Face | pale | red cheeks |
| Temperature | little or no heat | heat signs |
| Tongue | pale | red, dry |
| Pulse | fine weak | fine rapid |
| Combines with | spleen qi or liver blood vacuity | kidney, liver, or lung yin vacuity |

| | |
|---------------------------------|---|
| Heart qi vacuity 心氣虛 | Also known as: Heart qi deficiency |
| Key Signs and Symptoms | Palpitations (light, occasional, more often in the daytime), tired, difficulty falling asleep, pale face |
| Other signs and symptoms | Fatigued spirit, easily frightened, forgetfulness, shortness of breath on exertion, dislikes speaking, spontaneous sweating, lack of strength |
| Tongue | Pale body, white coat |
| Pulse | Fine weak |
| Mechanisms | Generally due to emotional taxation or blood loss. It can lead to heart yang vacuity. General qi vacuity symptoms plus loss of heart function. Heart qi keeps a regular heart beat. |
| Treatment Principle | Supplement and boost heart qi. |
| Acu-Moxa Treatment | Supplement Tong Li (HT 5), Nei Guan (PC 6), Xin Shu (UB 15), Dan Zhong (Ren 17), Qi Hai (Ren 6). |
| Formulas | 31. 養心湯 yang xin tang or 32. 保元湯 bao yuan tang |

| | |
|---------------------------------|---|
| Heart yang vacuity 心陽虛 | Also known as: Heart yang deficiency |
| Key Signs and Symptoms | Palpitations, bright pale face, cold limbs (especially hands) |
| Other signs and symptoms | Easily frightened, difficulty falling asleep despite desire to sleep, forgetfulness, slightly dark lips, tired, shortness of breath on exertion, slight feeling of stuffiness in the heart region, dislikes speaking, spontaneous sweating, fatigued spirit, lack of strength, fear of cold <ul style="list-style-type: none"> • If severe (collapse of yang), copious dripping sweat, reverting cold of the four limbs, clouded spirit, weak shallow breathing, blue-purple lips, grey-pale complexion, possibly stupor, faint pulse almost expiring, bound or regularly interrupted. Rescue yang, restore consciousness, stop sweating. • Phlegm may accumulate due to lack of yang, with phlegm in the throat, cloudy thinking, slippery pulse, etc. |
| Tongue | Pale moist body, white coat |
| Pulse | Fine, weak, slow, deep. |
| Mechanisms | Generally due to emotional taxation, blood loss, or kidney yang vacuity. It can lead to heart qi stagnation or blood stasis, phlegm accumulation, or collapse of yang. Symptoms of heart qi vacuity plus cold and the beginning of stagnation or stasis. |
| Treatment Principle | Warm and supplement heart yang. |
| Acu-Moxa Treatment | Supplement Tong Li (HT 5), Nei Guan (PC 6), Xin Shu (UB 15), Dan Zhong (Ren 17), Qi Hai (Ren 6), Da Zhui (Du 14). Moxa is appropriate. |
| Formula | 32. 保元湯 <i>bao yuan tang</i> plus 肉桂 <i>rou gui</i> and 附子 <i>fu zi</i> |

| Differentiating Heart Qi and Heart Yang Vacuity | | |
|--|--|---------------------------|
| | Heart qi vacuity | Heart yang vacuity |
| In common | Palpitations, easily frightened, difficulty falling asleep, forgetfulness, shortness of breath, dislikes speaking, spontaneous sweating, fatigued spirit, lack of strength | |
| Disease | gradual, moderate, mild | quick, violent, critical |
| Face | pale | bright pale |
| Temperature | normal or slightly cold | cold |

| | |
|---------------------------------|--|
| Constrained heart qi 心氣郁 | Also known as: Heart qi stagnation, heart qi depression |
| Key Signs and Symptoms | Palpitations, vexation, insomnia, unregulated joy and anger, sorrow for no reason, dislikes light, chest oppression, frequent sighing, yawning and stretching |
| Other signs and symptoms | Slight lump in throat, slight shortness of breath, poor appetite, dislike lying down, weak cold limbs, slightly purple lips, pale complexion |
| Tongue | Pale or pale purple body |
| Pulse | Deep weak or deep rough |
| Mechanisms | Due to emotions, liver qi constraint, heart qi vacuity. Can lead to heart blood stasis. Symptoms are due to non-movement of heart qi. Long-term depression/constraint can injure qi, blood, or yin. Deng treats this more as vacuity and repletion mixed; Maciocia treats it as repletion. |
| Treatment Principle | Nourish the heart, calm the spirit, boost qi, open constraint (Deng). Or move heart qi, open the chest, calm the spirit (Maciocia). |
| Acu-Moxa Treatment | Drain Tong Li (HT 5), Shen Men (HT 7), Nei Guan (PC 6), Jiu Wei (Ren 15), Dan Zhong (Ren 17), Lie Que (LU 7), Feng Long (ST 40), He Gu (LI 4). |
| Formula | 33. 半夏厚朴湯 ban xia hou po tang |

| | |
|---------------------------------|--|
| Heart blood stasis 心血瘀 | |
| Key Signs and Symptoms | Dull stagnant-looking complexion, blue purple lips and nails, palpitations, glomus blockage of the heart or stifling oppression and stabbing or pricking pain especially around Dan Zhong (Ren 17), possibly radiating to the back and inside shoulder, rising to the neck or descending to the epigastrium and abdomen. The pain is intermittent. |
| Other signs and symptoms | Shortness of breath, cold hands. When the pain is severe, complexion is somber pale with sweating and reverting cold of the limbs. |
| Tongue | Dull red or purple body, stasis macules |
| Pulse | Fine rough bound or regularly interrupted. If serious, faint and almost expiring. |
| Mechanisms | Due to emotions, heart yang vacuity, heart qi stagnation, or liver qi constraint. Symptoms vary according to the root, but most symptoms are due to non-movement of blood. |
| Treatment Principle | Free yang, move blood, transform stasis. |
| Acu-Moxa Treatment | Drain Nei Guan (PC 6), Xi Men (PC 4), Shen Men (HT 7), Dan Zhong (Ren 17), Jue Yin Shu (UB 14), Ge Shu (UB 17), Xue Hai (SP 10), Shen Cang (KI 25). Use moxa if due to heart yang vacuity. |
| Formula | 34. 血府逐瘀湯 xue fu zhu yu tang |

Case: 52 year old woman, severe bouts of palpitations and stabbing chest pain radiating down the left arm for 30 years. During attacks: blue lips, feels cold. Blue-purple tongue, rough pulse.

| | |
|--|--|
| Stasis obstruction of the heart vessels 心脈瘀阻 | Also known as: Heart vessel obstruction, irregularity of the heart vessel |
| Signs and Symptoms | Palpitations, short breath, chest oppression or stuffiness, expectoration of phlegm, heavy feeling, spirit fatigue with desire to sleep, cannot lie down, restlessness, dislikes speaking, dizzy head and eyes, pale face, cold hands, sighing |
| Tongue | Pale or purple body |
| Pulse | Skipping, bound, or regularly interrupted |
| Mechanisms | This is a complex pattern due to qi stagnation, blood stasis, cold, and phlegm (emotions, diet, taxation). Deng treats it more as vacuity; Maciocia treats it more as repletion. |
| Treatment Principle | Boost qi, nourish blood, supplement yin, free yang (Deng). Move heart qi and blood, eliminate stasis, open the chest, resolve phlegm, expel cold, calm the spirit (Maciocia). |
| Acu-Moxa Treatment | Drain Nei Guan (PC 6), Lie Que (LU 7), Jian Shi (PC 5), Dan Zhong (Ren 17), He Gu (LI 4), Feng Long (ST 40), Jiu Wei (Ren 15), Ju Que (Ren 14), Ge Shu (UB 17), Jue Yin Shu (UB 14), Da Zhui (Du 14) (moxa). Supplement Zhong Wan (Ren 12). |
| Formula | 35. 炙甘草湯 zhi gan cao tang |

| | |
|--|---|
| Heart fire flaming upward 心火上炎 | Also known as: Heart fire blazing, upflaring heart fire |
| Key Signs and Symptoms | Palpitations, insomnia, dream-disturbed sleep, thirst, mouth or tongue sores, erosion and scorching pain on the tip of the tongue |
| Other signs and symptoms | Red face and lips, feels hot, vexation, thirst |
| Tongue | Red body, yellow coat |
| Pulse | Rapid |
| Mechanisms | Due to emotional excess, diet, liver fire. Can lead to heart yin vacuity. This is repletion heat in the heart. Heat agitates and damages fluids. The tongue is the sprout of the heart. |
| Treatment Principle | Clear the heart, drain fire, calm the spirit. |
| Acu-Moxa Treatment | Drain Shao Chong (HT 9), Shao Fu (HT 8), Shen Men (HT 7), Jiu Wei (Ren 15), Qu Chi (LI 11), Shen Ting (Du 24), Hou Ding (Du 19). Supplement San Yin Jiao (SP 6), Zhao Hai (KI 6). No moxa. |
| Formula | 36. 瀉心湯 xie xin tang |

| | |
|---|--|
| Phlegm fire harassing the heart 痰火擾心 | Also known as: Phlegm fire disturbing the heart |
| Key Signs and Symptoms | Palpitations, confused essence-spirit, nonsensical speech, manic agitation, frenetic movement, abnormal laughing and crying, shouting, tends to hit or scold people |
| Other signs and symptoms | Insomnia, dream disturbed sleep, expectoration of phlegm, rattling sound in throat, red face, chest oppression, hasty breathing, thirst, bitter taste, dark urine, bound stool |
| Tongue | Red body, yellow slimy coat |
| Pulse | Slippery rapid |
| Mechanisms | Emotions, diet, spleen vacuity cause phlegm or fire condenses fluids. Phlegm causes confusion. Fire causes agitation. |
| Treatment Principle | Drain fire, transform phlegm, calm the spirit, open the orifices. |
| Acu-Moxa Treatment | Drain Jian Shi (PC 5), Shen Men (HT 7), Shao Fu (HT 8), Shao Chong (HT 9), Da Ling (PC 7), Jiu Wei (Ren 15), Xin Shu (UB 15), Feng Long (ST 40), San Yin Jiao (SP 6), Bai Hui (Du 20), Ben Shen (GB 13), Zheng Ying (GB 17), Da Zhui (Du 14). Supplement Zhong Wan (Ren 12), Pi Shu (UB 20). No moxa. |
| Formula | 29. 溫膽湯 wen dan tang |

Case: 37 year old woman, bipolar since teenage years. When manic: palpitations, uncontrolled activity, talks fast, overexcited, uncontrolled laughter, obsessive thought. When depressed: frightened of failure, frustrated, depressed, withdrawn, tired, unable to work, mentally cloudy. Red tongue, redder tip, swollen, red dots, thick sticky yellow coat, replete pulse.

| | |
|---|---|
| Phlegm confounding the heart orifices 痰迷心竅 | Also known as: Phlegm misting the mind |
| Key Signs and Symptoms | Feeble-minded spirit-affect, somnolence or stupor, dull eyes, incoherent speech, gurgling phlegm in the throat |
| Other signs and symptoms | Aphasia, muttering to self or won't speak, vomiting phlegm-drool |
| Tongue | Pale body, white slimy coat |
| Pulse | Slippery |
| Mechanisms | Due to constitution, diet, spleen vacuity leading to phlegm. Phlegm causes confusion. Can be in children (retardation), after windstroke, or in mental illness. |
| Treatment Principle | Dispel phlegm, open the orifices. |
| Acu-Moxa Treatment | Drain Shao Fu (HT 9), Jian Shi (PC 5), Xin Shu (UB 15), Feng Long (ST 40), Ren Zhong (Du 26), Bai Hui (Du 20), Da Zhui (Du 14). Supplement Zhong Wan (Ren 12), Pi Shu (UB 20). |
| Formula | 37. 導痰湯 dao tan tang |

| Differentiating Phlegm Confounding the Heart Orifices and Phlegm Fire Harassing the Heart | | |
|--|--|--|
| | Phlegm Confounding the Heart Orifices | Phlegm Fire Harassing the Heart |
| In common | phlegm, clouded orifices, changed spirit | |
| Bearing | feeble-minded | manic agitation |
| Tongue | slimy white coat | slimy yellow coat |
| Pulse | slippery | slippery rapid |
| Repletion/vacuity | Repletion or combined | Repletion only |
| Temperature | cold | hot |

SMALL INTESTINE 小腸 xiaochang:

- *The small intestine corresponds to fire element, and is paired with the heart*
- *The small intestine governs receiving and transforming (holds the office of reception)*
- *The small intestine governs the separation of the clear (pure) and the turbid (impure).*
- *The small intestine is hand greater yang 太陽 tai yang channel.*

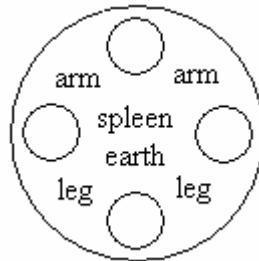
| | |
|---|--|
| Repletion heat in the small intestine 小腸實熱 | Also known as: Full heat in the small intestine, heat of the heart shifts to the small intestine |
| Key Signs and Symptoms | Abdominal pain, tongue and mouth sores, short red rough painful urination |
| Other signs and symptoms | Red face and lips, vexation, insomnia, thirst |
| Tongue | Red body, yellow coat |
| Pulse | Bowstring (wiry) rapid |
| Mechanisms | Due to diet, emotions, heart fire. Can lead to heart fire. Heat agitates, damages fluids, causes blood to move recklessly. Small intestine sends the clear to the urinary bladder. |
| Treatment Principle | Clear heat (drain heart and small intestine fire), abduct the redness |
| Acu-Moxa Treatment | Drain Qian Gu (SI 2), Yang Gu (SI 5), Tong Li (HT 5), Shao Fu (HT 8), Xia Ju Xu (ST 39). No moxa. |
| Formula | 38. 導赤散 dao chi san |

| Differentiating Heart Fire Flaming Upwards and Repletion Heat in the Small Intestine | | |
|---|---|---|
| | Heart Fire Flaming Upwards | Repletion Heat in the Small Intestine |
| In common | exuberant heart fire, red face and lips, vexation, thirst, tongue and pulse | |
| Different | symptoms above: mouth and tongue sores | symptoms move downward: red rough painful urination |
| Note | Both patterns may occur at once. | |

| Small intestine qi pain 小腸氣痛 | |
|-------------------------------------|--|
| Key Signs and Symptoms | Mounting qi (疝氣 shan qi) distention and twisting pain, binding stagnation of the lesser abdomen, sometimes severe, worse with cold and pressure, better with heat |
| Tongue | White glossy coat |
| Pulse | Deep bowstring (wiry) slow |
| Mechanisms | Due to diet, emotions, liver qi constraint. Non-movement causes pain. Cold contracts, causing pain. |
| Treatment Principle | Move qi, stop pain, soften hardness, disperse the binds. |
| Acu-Moxa Treatment | Drain Qi Hai (Ren 6), Yang Ling Quan (GB 34), Zhang Men (LV 13), Da Ju (ST 27), Gui Lai (ST 29), San Yin Jiao (SP 6), Tai Chong (LV 3), Xia Ju Xu (ST 39). Use moxa if patient experiences cold symptoms. |
| Formula | 39. 橘核丸 ju he wan |

SPLEEN 脾 pi:

- *The spleen governs transportation and transformation* 運化: Spleen yang and spleen qi
 - transform food and drink to extract qi from it which later becomes true qi and blood.
 - transform and separate fluids.
 - transport food qi and food essence to various parts of the body, including the limbs
 - transport clear fluids up to the lungs and let turbid fluids continue on down
- *The spleen raises the clear and the stomach descends the turbid.*
 - Spleen qi moves upwards and holds the organs in their place
 - The spleen's proper upbearing leads to fortification. It sends food qi to the upper jiao, prevents food from passing through the digestive tract too fast, raises clear yang or upbears the clear
- *The spleen likes dryness and the stomach likes moisture:* In disharmony, the spleen forms phlegm.
- *The spleen is in charge of the production of qi and blood:* It is the later-heaven root of qi.
- *The spleen causes the blood to stay within the vessels.*
- *The spleen governs the flesh of the whole body, especially the four limbs:*



- *The spleen opens in the mouth and manifests in the lips.* The spleen channel connects with the root of the tongue and scatters below the tongue. When the spleen is harmonious, the mouth is able to know the flavor of the grains. The spleen is 'the granary official from whom the five tastes are derived.' The spleen forms drool.
- *The spleen stores* 意 *yi reflection and its emotion is thought:* thinking, studying, concentrating, focusing, memorizing (spleen is school-type of thinking and memorization. Heart is clear thinking and emotional memories, kidney is short-term memory.)
- *The spleen corresponds to earth element and the center.*
- The spleen is foot taiyin 太陰 greater yin channel.

Spleen patterns are usually due to:

- diet
- emotions and thinking
- exterior evils such as cold and damp
- taxation

| | |
|---------------------------------|--|
| Spleen qi vacuity 脾氣虛 | Also known as: Spleen qi deficiency |
| Key Signs and Symptoms | Fatigue, poor appetite, sloppy stools, abdominal distention after eating |
| Other signs and symptoms | Short breath, dislikes speaking, lack of strength, weak limbs, pale complexion. Possibly slight depression, tends toward obesity. |
| Tongue | Pale body, white coat |
| Pulse | Weak |
| Mechanisms | Due to diet, emotional taxation, chronic disease, dampness. Qi is function so all function declines, especially that of the spleen. Dampness can accumulate, making a feeling of heaviness and worse digestive symptoms. Phlegm can also develop. Spleen yang or heart blood vacuity can result, or qi vacuity of any other organ. Spleen qi may sink, or not contain the blood. |
| Treatment Principle | Supplement qi, fortify the spleen. |
| Acu-Moxa Treatment | Supplement Zhong Wan (Ren 12), Zu San Li (ST 36), Tai Bai (SP 3), San Yin Jiao (SP 6), Pi Shu (UB 20), Wei Shu (UB 21). Moxa is appropriate. |
| Formula | 1. 四君子湯 si jun zi tang |

| | |
|---------------------------------|---|
| Spleen yang vacuity 脾陽虛 | Also known as: Spleen yang deficiency |
| Key Signs and Symptoms | Bright pale face, cold body and limbs, weak limbs, bland taste, lack of thirst, poor appetite, abdominal distention after eating, dizziness, tired, tinnitus, cold pain of the low back and knees, loose stool, fifth watch diarrhea, edema |
| Other signs and symptoms | Possibly slight depression, tends toward obesity |
| Tongue | Pale body, white moist coat |
| Pulse | Deep fine slow weak |
| Mechanisms | This derives from spleen qi vacuity, and can lead to dampness or phlegm. The symptoms are of spleen qi vacuity plus coldness. |
| Treatment Principle | Warm the center, dispel cold, fortify the spleen, disinhibit water |
| Acu-Moxa Treatment | Supplement Zhong Wan (Ren 12), Zu San Li (ST 36), Tai Bai (SP 3), San Yin Jiao (SP 6), Pi Shu (UB 20), Wei Shu (UB 21). Drain Yin Ling Quan (SP 9), Shui Fen (Ren 9), San Jiao Shu (UB 22), Shui Dao (ST 28) if there is dampness. Moxa is appropriate. |
| Formula | 40. 理中丸 li zhong wan |

| | |
|---|---|
| Spleen failing to contain blood 脾不攝血 | Also known as: Spleen failing to control blood |
| Key Signs and Symptoms | Fatigue, weak limbs, poor appetite, slight abdominal distention after eating, loose stool, flooding and spotting, bloody urine, bloody stool, purple patches. |
| Other signs and symptoms | Pale lusterless or withered yellow face, pale lips and nails, short breath. Possibly depression, tends toward obesity. |
| Tongue | Pale moist body |
| Pulse | Fine weak |
| Mechanisms | Spleen earth is like the banks of a river, holding the water (blood) within its course. If too weak, the river floods out of its banks. |
| Treatment Principle | Supplement the spleen, contain the blood. |
| Acu-Moxa Treatment | Supplement Zhong Wan (Ren 12), Zu San Li (ST 36), Tai Bai (SP 3), San Yin Jiao (SP 6), Pi Shu (UB 20), Wei Shu (UB 21), Bai Hui (Du 20), Qi Hai (Ren 6), Ge Shu (UB 17), Xue Hai (SP 10), Yin Bai (SP 1) (moxa) |
| Formula | 17. 歸脾湯 gui pi tang |

| | |
|---------------------------------|--|
| Spleen qi fall 脾氣下陷 | Also known as: spleen qi sinking |
| Key Signs and Symptoms | Poor appetite, slight abdominal distention after eating, tired, loose stools, bearing down sensation in the abdomen. |
| Other signs and symptoms | Pale complexion, weak limbs, depression, tends toward obesity, prolapse of uterus, stomach, anus, or bladder, frequent urgent urination. |
| Tongue | Pale body |
| Pulse | Weak |
| Mechanisms | Due to prolonged spleen qi vacuity. Here, spleen qi (which should rise) falls due to lack of strength, so things descend that shouldn't due to lack of support. |
| Treatment Principle | Supplement and raise spleen qi. |
| Acu-Moxa Treatment | Supplement Zhong Wan (Ren 12), Zu San Li (ST 36), Tai Bai (SP 3), San Yin Jiao (SP 6), Pi Shu (UB 20), Wei Shu (UB 21), Bai Hui (Du 20) (moxa), Qi Hai (Ren 6), Chang Qiang (Du 1). Moxa is appropriate. |
| Formula | 2. 補中益氣湯 bu zhong yi qi tang |

| | |
|---------------------------------|---|
| Spleen yin vacuity 脾陰虛 | Also known as: Spleen yin deficiency |
| Key Signs and Symptoms | Emaciation, lack of strength, poor appetite and digestion, abdominal distention after eating, dry lips and mouth, five heart heat, night sweating. |
| Other signs and symptoms | Yellow urine, bound stool, sallow complexion possibly with red tip of nose. Possibly retching, gnawing hunger, slight epigastric pain if stomach yin is also vacuous. |
| Tongue | Red body, little coat |
| Pulse | Fine rapid or rough |
| Mechanisms | Spleen governs the flesh, which is substantial (yin). Lack of yin is lack of substance. |
| Treatment Principle | Enrich the spleen, harmonize the center. |
| Acu-Moxa Treatment | Supplement Zu San Li (ST 36), Zhong Wan (Ren 12), San Yin Jiao (SP 6). No moxa. |
| Formula | 41. 麻子仁丸 ma zi ren wan |
| Notes | Some say spleen yin vacuity does not exist since the spleen is moist earth and likes dryness; it is really stomach yin vacuity, as the stomach is dry earth and tends to lack yin and fluids. |

| | |
|--|---|
| Cold-damp encumbering the spleen 寒濕困脾 | Also known as: Cold-dampness invading the spleen |
| Key Signs and Symptoms | Heavy head and body, abdominal distention or fullness, cold epigastrium, prefers warmth, fatigue, cumbersome limbs |
| Other signs and symptoms | Bland but slimy taste, no thirst, nausea, poor appetite, epigastric oppression, pain and hypertonicity of the epigastrium and abdomen, dull pale complexion. Possibly smoky yellow skin, inhibited urine, sloppy stools, abnormal vaginal discharge |
| Tongue | Pale body, white slimy coat |
| Pulse | Moderate slow, maybe soggy or slippery |
| Mechanisms | Due to exterior damp (and cold) in the weather or living conditions. However, once it hits the spleen, it is an interior pattern. Dampness is heavy, descending, yin, turbid, and it obstructs and lingers. It also prevents clear yang from rising. Can lead to spleen yang vacuity. |
| Treatment Principle | Dry damp, fortify the spleen |
| Acu-Moxa Treatment | Drain or even on Yin Ling Quan (SP 9), Zhong Wan (Ren 12), Tou Wei (ST 8), San Jiao Shu (UB 22), Shui Fen (Ren 9), Jian Li (Ren 11), Guan Men (ST 22), Shui Dao (ST 28). Supplement San Yin Jiao (SP 6), Tai Bai (SP 3), Pi Shu (UB 20). Moxa is appropriate. |
| Formula | 42. 平胃散 ping wei san |

STOMACH 胃 wei: with spleen, the root of after-heaven qi

- *The stomach corresponds to earth element, and is paired with spleen: close relationship.*
- *The stomach is in charge of receiving and fermenting: a bubbling cauldron. The stomach is called the sea of water and grains.*
- *The stomach assists the spleen in transportation of food essences.*
- *Its qi reaches the pulse, and the tongue coating is related to stomach. “Because stomach qi is the root of man, if there is stomach qi, there is life. If stomach qi is strong, the prognosis is good.”*
- *The stomach is the ‘origin of fluids’: The kidneys are the (exit) gate of the stomach.*
- *The stomach is foot yangming 陽明 yang brightness channel.*

| Damp-heat obstructing the spleen and stomach 濕熱阻滯脾胃 | |
|--|---|
| Key Signs and Symptoms | Epigastric and abdominal fullness, distention and oppression, nausea, poor appetite, cumbersome fatigue of the limbs |
| Other signs and symptoms | Bright yellow body and eyes (color of tangerine peel), bitter taste, thirst but no desire to drink. Possibly feels hot or actual low-grade fever, scant dark urine, sloppy stools with foul odor, burning anus, heavy head, oily sweat, sweating does not relieve heat or fever, skin eruptions |
| Tongue | Red body, slimy yellow coat |
| Pulse | Rapid, soggy or slippery |
| Mechanisms | Due to diet, emotions. Dampness obstructs the middle burner, affecting ascending and descending. |
| Treatment Principle | Clear heat, disinhibit damp, regulate ascending and descending. |
| Acu-Moxa Treatment | Drain or even technique on Yin Ling Quan (SP 9), San Yin Jiao (SP 6), Zhi Yang (Du 9), Qu Chi (LI 11), Pi Shu (UB 20), Yang Ling Quan (GB 34), Shui Fen (Ren 9), Jian Li (Ren 11), Guan Men (ST 22), Shui Dao (ST 28), San Jiao Shu (UB 22). Supplement Zhong Wan (Ren 12) if chronic. |
| Formula | 27. 茵陳蒿湯 yin chen hao tang |

| Differentiating Cold-Damp Encumbering the Spleen and Damp-Heat of the Spleen-Stomach | | |
|---|---|--|
| | Cold-Damp | Damp-Heat |
| In common | heavy encumbered body and limbs, nausea, poor appetite, yellow skin, sloppy stools, slimy coat, soggy pulse | |
| Different | cold, so abdominal pain, prefers warmth, pale fat tongue, white coat, slow pulse | heat, so bitter taste, feels hot, red tongue, yellow coat, rapid pulse |
| | pure repletion or mixed vacuity and repletion | usually pure repletion |

| Differentiating Damp-Heat of the Spleen-Stomach and Damp-Heat of the Liver-Gallbladder | | |
|---|---|---------------------------------------|
| | Spleen-Stomach | Liver-Gallbladder |
| In common | jaundice, body heat, bitter taste, nausea, yellow slimy coat, soggy rapid pulse | |
| Different | abdominal distention, sloppy stool | rib-side pain |
| | heavy limbs, sores or rashes on the limbs | genital sores or swelling, leukorrhea |

| | |
|---------------------------------|--|
| Stomach yin vacuity 胃陰虛 | Also known as: Stomach yin deficiency |
| Key Signs and Symptoms | Dull but burning epigastric pain, clamoring stomach (empty burning in the epigastric region, feeling like hunger or pain but not really, with belching, reflux, and fullness), dry mouth and tongue especially in the afternoon |
| Other signs and symptoms | Thirst, wants to drink, no appetite or slight hunger with no desire to eat or increased appetite with swift digestion, glomus, distention, dry retching or hiccups, dry stools. Possibly wasting-thirst or dysphagia-occlusion (blockage on swallowing, difficult getting food or drink down, sometimes with vomiting) |
| Tongue | Red dry body with little coat or red crimson bare bright body |
| Pulse | Fine rapid |
| Mechanisms | Due to diet, constitution, fever, drying medications. Can lead to kidney yin vacuity. Stomach likes moisture, which helps descend. Insufficient yin makes heat. |
| Treatment Principle | Enrich yin, boost the stomach. |
| Acu-Moxa Treatment | Supplement Zhong Wan (Ren 12), Zu San Li (ST 36), San Yin Jiao (SP 6), Tai Bai (SP 3). No moxa. |
| Formula | 43. 益胃湯 yi wei tang |

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|---------------------------------|--|
| Stomach fire 胃火 | Also known as: Scorching exuberance of stomach heat |
| Key Signs and Symptoms | Burning pain of epigastrium, dry mouth, intense thirst for cold drinks |
| Other signs and symptoms | Dislikes pressure, acid reflux, rapid hungering, swollen painful bleeding gums, mouth ulcers, scorched lips, bad breath, yellow urine, bound stools, feels hot, mental restlessness, nausea, vomiting. |
| Tongue | Red body, yellow coat |
| Pulse | Bowstring (wiry) rapid |
| Mechanisms | Due to diet, emotions. Can lead to stomach yin vacuity, bleeding, or blood stasis. Fire burns, dries fluids, and ascends. |
| Treatment Principle | Drain fire, clear the stomach. |
| Acu-Moxa Treatment | Drain Nei Ting (ST 44), Liang Qiu (ST 34), Liang Men (ST 21), Qu Chi (LI 11), He Gu (LI 4), Jian Li (Ren 11), Da Heng (SP 15). Even technique on Zhong Wan (Ren 12), Shang Wan (Ren 13). No moxa. |
| Formula | 44. 清胃散 qing wei san |

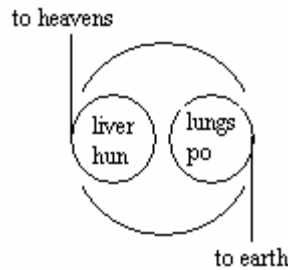
Case: 60 year old woman lost sense of smell and taste two years ago. For 10 years: epigastric pain, a knot in her stomach, nausea. Often thirsty, drank lots of water daily, occasional bleeding gums, poor appetite, loose stools, bowstring (wiry) pulse, red tongue, dry yellow coat.

| | |
|---|--|
| Stomach cold malign obstruction 胃 寒惡阻 | Also known as: Cold invading the stomach |
| Key Signs and Symptoms | Cold pain in the stomach and epigastrium, no thirst but wants warm fluids, hiccups, clear urine |
| Other signs and symptoms | Possibly vomiting. |
| Tongue | Pale fat body |
| Pulse | Deep, bowstring (wiry) or tight, slow |
| Mechanisms | Invasion of stomach by exterior cold from food and drink. Can lead to yang vacuity. Cold contracts causing pain, no damage to fluids. Because of contraction, stomach qi cannot descend. |
| Treatment Principle | Warm the stomach, dissipate cold, descend qi. |
| Acu-Moxa Treatment | Drain or even technique on Zu San Li (ST 36), Zhong Wan (Ren 12), Liang Men (ST 21), Gong Sun (SP 4) with Nei Guan (PC 6), Feng Long (ST 40). Moxa is appropriate. |
| Formulas | 45. 良附丸 liang fu wan with 46. 大建中湯 da jian zhong tang |

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|---|--|
| Food stagnating in the stomach duct 食 滯胃脘 | Also known as: Food retention, food accumulation |
| Key Signs and Symptoms | Acid reflux; epigastric and abdominal pain, fullness, and distention |
| Other signs and symptoms | Aversion to food, refusing food, nausea, sour vomiting, rotten belching, foul breath. Possibly insomnia, loose stool or constipation |
| Tongue | Yellow and white thick slimy coat |
| Pulse | Slippery |
| Mechanisms | Due to diet or adverse environment while eating, spleen qi vacuity. Can lead to stomach fire, dampness, or phlegm. Accumulation of food obstructs and prevents stomach qi from descending. Stagnation causes heat. |
| Treatment Principle | Disperse food, abduct stagnation, descend stomach qi. |
| Acu-Moxa Treatment | Drain Shang Wan (Ren 13), Xia Wan (Ren 10), Liang Men (ST 21), Nei Ting (ST 44), Li Dui (ST 45), Gong Sun (SP 4), Nei Guan (PC 6), Feng Long (ST 40), Bu Rong (ST 19), You Men (KI 21), Zhong Wan (Ren 12) |
| Formula | 47. 保和丸 bao he wan |

LUNGS 肺 fei4: the prime minister

- *The lungs govern the qi of the whole body.* This includes respiration as qi can also mean air and breath.
 - extracts clean qi from air and exhales dirty qi
 - formation of qi: air qi combines with food qi to make gathering qi (宗氣 zong qi).
 - pushes qi through the vessels and channels
- *The lungs store the corporeal (animal) soul 魄 po:* Related to breathing, sighing, and crying.



- *The emotion of the lungs is sorrow (sadness and grief).*
- *The lungs are in charge of orderly flow (administration):* They are the prime minister.
 - They help heart qi circulate blood. Qi moves blood.
 - They push qi through the channels
- *The lungs are the delicate organ and cannot endure heat or cold:* The lungs are most external zang (viscus, yin organ), easily attacked by external evils.
- *The lungs are in charge of **descending** qi, and thus opening and regulating the water passages.* The lungs are the upper source of water.
 - They descend qi and fluids to the kidneys (they also send fluids to the urinary bladder and help in the urinary function). The lungs are the 華蓋 florid canopy of the five viscera.
 - They push the body's waste down to the large intestine.
- *The lungs are in charge of the outward **dissemination** of qi, and thus connect with the skin and body hair.* The lungs govern the exterior of the whole body, controlling the skin, body hair, and pores. They disperse and diffuse fluids to moisten the skin, like a mist. They also disperse defense qi, which governs the opening and closing of pores
- Because of the last two functions, we say, "*The lungs control dispersing and descending.*"
- *The lungs open into the nose and connect with the throat.*
 - Breathing and smelling. Snivel is the fluid of the lungs.
 - The lungs govern the voice (like the sound of a metal bell).
- *The lungs are the receptacle that holds phlegm* (the spleen makes phlegm).
- *The lungs are metal element.*
- The lungs are hand greater yin 太陰 taiyin channel

Lung patterns are usually due to:

- exterior evils
- diet
- emotions
- lifestyle (such as constantly hunching over a desk, smoking, etc.)

| | |
|---------------------------------|---|
| Lung qi vacuity 肺氣虛 | Also known as: Lung qi deficiency |
| Key Signs and Symptoms | Short breath, dislikes speaking, fatigue, frequent spontaneous sweating, weak voice |
| Other signs and symptoms | Lack of strength, rapid breathing, forceless cough, panting, copious thin clear phlegm, easily gets wind attack, dislikes cold, bright pale complexion |
| Tongue | Pale body, thin white coat |
| Pulse | Vacuous weak |
| Mechanisms | Due to constitution, emotions, lifestyle, speaking too much, exterior evils, spleen qi vacuity. Can develop into phlegm. Insufficient qi to support the lung's descending and dispersing functions. |
| Treatment Principle | Supplement and boost lung qi. |
| Acu-Moxa Treatment | Supplement Tai Yuan (LU 9), Lie Que (LU 7), Qi Hai (Ren 6), Fei Shu (UB 13), Shen Zhu (Du 12), Zu San Li (ST 36), Zhong Wan (Ren 12). Moxa is appropriate. |
| Formula | 48. 人參補肺湯 ren shen bu fei tang |

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|---------------------------------|---|
| Lung yin vacuity 肺陰虛 | Also known as: Lung yin deficiency |
| Key Signs and Symptoms | Weak hoarse voice, dislikes speaking, dry cough (no phlegm, scant phlegm, or blood-streaked phlegm) |
| Other signs and symptoms | Red cheeks, tidal fever, night sweats, five heart heat, dry mouth and throat, tired, thin body, yellow urine, bound stools. Can have more or less heat. |
| Tongue | Red body, little coat |
| Pulse | Fine rapid |
| Mechanisms | Due to emotions, smoking, speaking too much, yin vacuity elsewhere. Can lead to kidney yin vacuity. Yin vacuity leads to reduced fluids and heat. It affects areas related to the lungs, such as the throat, voice, and large intestine. |
| Treatment Principle | Enrich yin, moisten the lungs. |
| Acu-Moxa Treatment | Supplement Tai Yuan (LU 9), Dan Zhong (Ren 17), Gao Huang (UB 43) (moxa), Fei Shu (UB 13), Shen Zhu (Du 12), Guan Yuan (Ren 4), Zhao Hai (KI 6), Zhong Wan (Ren 12), San Yin Jiao (SP 6). Drain Yu Ji (LU 10), Qu Chi (LI 11). No moxa (except Gao Huang - UB 43). |
| Formula | 49. 百合固金湯 bai he gu jin tang |

| | |
|---------------------------------|---|
| Lung dryness 肺燥 | |
| Key Signs and Symptoms | Dry skin mouth nose and throat, thirst, dry cough or with scant sticky phlegm, hoarse voice |
| Other signs and symptoms | <ul style="list-style-type: none"> • If cough is severe: chest pain. • Maybe with exterior pattern, with aversion to cold, headache, body heat, thirst, floating rapid pulse. |
| Tongue | Thin yellow coat, red tip, dry |
| Pulse | Rapid |
| Mechanisms | Due to exterior dryness, diet, yin vacuity. Can lead to lung yin vacuity. Fluids are damaged, but there may not be much heat. |
| Treatment Principle | Moisten the lungs, nourish fluids. |
| Acu-Moxa Treatment | Supplement Tai Yuan (LU 9), Guan Yuan (Ren 4), Zhao Hai (KI 6), San Yin Jiao (SP 6), Zhong Wan (Ren 12), Zu San Li (ST 36). No moxa. If due to exterior evil, drain points to release the exterior. |
| Formula | 49. 百合固金湯 bai he gu jin tang |

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|--|--|
| Invasion of lungs by wind cold 風寒束肺 | Also known as: Wind cold fettering the lungs |
| Key Signs and Symptoms | Aversion to wind or cold, feverish feeling, occipital headache, body aches, no sweating |
| Other signs and symptoms | Clear watery nasal discharge, sneezing, itchy throat, cough, thin white phlegm |
| Tongue | Thin white coat |
| Pulse | Floating tight |
| Mechanisms | Due to attack of external evils. Defense fights back. Cold contracts, causing pain and preventing sweating. Lungs cannot descend and disperse. If the evil is not expelled, it can go deeper and transform into internal heat. |
| Treatment Principle | Release the exterior, disperse cold, descend and disperse lung qi. |
| Acu-Moxa Treatment | Drain Lie Que (LU 7), Feng Men (UB 12) (cup), Feng Fu (Du 16). Moxa is appropriate. |
| Formula | 50. 麻黃湯 ma huang tang |

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|--|---|
| Invasion of lungs by wind heat 風熱襲肺 | Also known as: Wind heat assailing the lungs |
| Key Signs and Symptoms | Aversion to cold, feverish feeling or actual fever, sore throat |
| Other signs and symptoms | Cough, stuffy nose with yellow discharge, headache, slight sweating, slight thirst |
| Tongue | Slightly red in the tip |
| Pulse | Floating rapid |
| Mechanisms | Due to attack of external evils. Defense fights back. Heat damages fluids. Lungs cannot descend and disperse. If the evil is not expelled, it can go deeper and transform into internal heat. |
| Treatment Principle | Release the exterior, clear heat, descend and disperse lung qi. |
| Acu-Moxa Treatment | Drain He Gu (LI 4), Qu Chi (LI 11), Shao Shang (LU 11), Da Zhui (Du 14), Feng Men (UB 12) (cup), Feng Fu (Du 16), Feng Chi (GB 20), Wai Guan (SJ 5). No moxa. |
| Formulas | 51. 桑菊飲 sang ju yin or 52. 銀橋散 yin qiao san |

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|---------------------------------|---|
| Lung heat 肺熱 | Also known as: Heat evil congesting the lungs |
| Key Signs and Symptoms | Feels hot or fever, thirst, cough |
| Other signs and symptoms | Chest pain, rapid breathing, flaring nostrils, yellow or blood streaked phlegm, bitter taste, dry throat, thirst, red face, yellow urine, bound stools |
| Tongue | Red body, yellow coat |
| Pulse | Bowstring (wiry) rapid or surging rapid |
| Mechanisms | This can be acute or chronic. Acute is usually from external invasion that penetrated deeper. Chronic may be from diet, alcohol, smoking, etc. or from residual heat after external invasion. Heat damages fluids and prevents lungs from descending and dispersing properly. Lung heat can lead to lung yin vacuity. |
| Treatment Principle | Clear heat, diffuse and descend lung qi. |
| Acu-Moxa Treatment | Drain Chi Ze (LU 5), Yu Ji (LU 10), Lie Que (LU 7), Qu Chi (LI 11), Zhong Fu (LU 1), Fei Shu (UB 13). No moxa. |
| Formulas | 53. 麻杏石甘湯 ma xing shi gan tang. If there is lung abscess, clear the lungs and expel pus with 54. 千金葶藶湯 qian jin wei jing tang. |

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| Phlegm-turbidity obstructing the lungs 痰濁阻肺 | Also known as: Damp-phlegm in the lungs |
| Key Signs and Symptoms | Cough, copious clear thin white phlegm |
| Other signs and symptoms | Dislikes lying down, panting, wheezing, pasty pale complexion. Possibly chest oppression, palpitations. |
| Tongue | White slimy coat, swollen body |
| Pulse | Slippery |
| Mechanisms | Due to exterior evils, diet, spleen qi or yang vacuity. The spleen makes phlegm but the lungs store it. Phlegm obstructs the lungs' ability to descend and disperse. |
| Treatment Principle | Rectify qi, dispel phlegm, calm panting. |
| Acu-Moxa Treatment | Drain Chi Ze (LU 5), Lie Que (LU 7), Zhong Fu (LU 1), Dan Zhong (Ren 17), Feng Long (ST 40), Nei Guan (PC 6), Tian Tu (Ren 22), Shui Fen (Ren 9), Fei Shu (UB 13). Supplement Pi Shu (UB 20), Zhong Wan (Ren 12). Moxa is appropriate. |
| Formula | 55. 三子養親湯 san zi yang qin tang |

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|---|--|
| Phlegm-heat congesting in the lungs 痰熱壅肺 | |
| Key Signs and Symptoms | Barking cough with profuse sticky yellow or green sputum |
| Other signs and symptoms | Short breath, wheezing, chest oppression, feels hot, thirst, insomnia, agitation |
| Tongue | Red swollen body, sticky yellow coat |
| Pulse | Slippery rapid |
| Mechanisms | Due to diet, smoking, exterior evils, emotions. Phlegm obstructs the lungs' ability to descend and disperse. Heat damages fluids. |
| Treatment Principle | Clear heat, transform phlegm, descend lung qi. |
| Acu-Moxa Treatment | Drain Chi Ze (LU 5), Lie Que (LU 7), Yu Ji (LU 10), Qu Chi (LI 11), Zhong Fu (LU 1), Fei Shu (UB 13), Feng Long (ST 40). Supplement Zhong Wan (Ren 12). No moxa. |
| Formula | 56. 清氣化痰湯 qing qi hua tan tang |

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|---|---|
| Water-cold invading the lungs 水寒犯肺 | Also known as: Water and cold afflicting the lungs, water cold shooting into the lungs, invasion of the lungs by wind-water |
| Key Signs and Symptoms | Cough, panting, copious foamy phlegm, no thirst or little thirst, inhibited urination |
| Other signs and symptoms | <ul style="list-style-type: none"> • In severe cases, inability to lie flat. • Can be with aversion to cold or wind, sudden swelling of the face, body aches, floating pulse. |
| Tongue | White glossy coat |
| Pulse | Bowstring (wiry) tight or floating slippery |
| Mechanisms | Usually due to invasion of wind cold-damp evils. The lungs are unable to descend and disperse fluids. |
| Treatment Principle | Warm the lungs, transform rheum, release the exterior, descend and diffuse lung qi. |
| Acu-Moxa Treatment | Drain Chi Ze (LU 5), Tai Yuan (LU 9), Dan Zhong (Ren 17), Fei Shu (UB 13), Feng Long (ST 40), Gao Huang (UB 43), Zhong Wan (Ren 12), Zu San Li (ST 36), Shui Fen (Ren 9), Yin Ling Quan (SP 9). Moxa is appropriate. |
| Formula | 57. 小青龍湯 xiao qing long tang |

LARGE INTESTINE 大腸 da chang:

- *The large intestine corresponds to metal element, and is paired with the lungs.*
 - Lung qi pushes the stool down.
 - Lung fluids moisten the large intestine.
 - The anus is called 魄門 gate of the po.
- *The large intestine governs conduction and conveyance of waste: receives food and drink from small intestine, reabsorbs fluids, excretes stool*
- *The large intestine likes moisture and is averse to dryness.*
- *Malfunction of the large intestine is more often related to the spleen or stomach.*
- *The large intestine is hand yang brightness 陽明 yangming channel. The large intestine and the stomach together are the yangming channels. Therefore, its diseases are mostly treated through the stomach (and its pair, the spleen).*

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| Heat in the large intestine 熱迫大腸 | Also known as: Heat distressing the large intestine |
| Signs and Symptoms | Constipation, dry stool, abdominal pain, fever, dry tongue, burning swollen anus, scant dark urine |
| Tongue | Dry thick yellow (or brown or black) coat |
| Pulse | Replete rapid |
| Mechanisms | This can develop from an exterior attack going deeper, or it can be caused by other means. It is not necessarily the same as <i>yangming fu</i> pattern. Heat dries out the intestines, causing constipation. |
| Treatment Principle | Clear heat in the intestines, promote movement in the bowels. |
| Acu-Moxa Treatment | Drain Tian Shu (ST 25), Da Chang Shu (UB 25), Qu Chi (LI 11), Shang Ju Xu (ST 37), Nei Ting (ST 44), Er Jian (LI 2), San Yin Jiao (SP 6), Zhao Hai (KI 6). No moxa. |
| Formula | 41. 麻子仁丸 ma zi ren wan |

陽明腑証 (*yang ming fu zheng*) Yang brightness bowel pattern: In externally contracted febrile disease, the heat can enter into the large intestine and cause severe constipation.

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| Damp-heat in the large intestine 濕熱下注大腸 | Also known as: Damp-heat pouring down into the large intestine |
| Key Signs and Symptoms | <ul style="list-style-type: none"> • Abdominal pain, diarrhea with pus and blood, tenesmus or • Abdominal pain followed by diarrhea, fulminant distressing downpour, burning anus, foul stools |
| Other signs and symptoms | Possibly fever, sweating that does not decrease the fever, feels hot, thirst with no desire to drink, scant dark urine, heavy body and limbs |
| Tongue | Red body, slimy yellow coat |
| Pulse | Slippery rapid |
| Mechanisms | Due to diet or eating unclean food. Heat causes burning and reckless movement of blood. Damp causes it to linger and become turbid. Together they lead to toxicity (pus or mucus in stool). |
| Treatment Principle | Clear heat, dispel damp. |
| Acu-Moxa Treatment | Drain Yin Ling Quan (SP 9), San Yin Jiao (SP 6), San Jiao Shu (UB 22), Tian Shu (ST 25), Da Ju (ST 27), Qi Hai (Ren 6), Da Chang Shu (UB 25), Qu Chi (LI 11), Zhong Wan (Ren 12), Shang Ju Xu (ST 37), Pi Shu (UB 20). No moxa. |
| Formula | 58. 白頭翁湯 bai tou weng tang |

Case: 45 year old male, chronic diarrhea with mucus, abdominal pain, flatulence, irritability, bowstring (wiry) replete slightly slippery pulse, red tongue, sticky yellow coat, thicker on the root of the tongue. He had a Western diagnosis of Crohn's disease.

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| Dampness obstructing the large intestine 濕阻大腸 | Also known as: Dampness in the large intestine |
| Key Signs and Symptoms | Rumbling intestines, abdominal distention and fullness, cold umbilical and abdominal pain, clear thin diarrhea, difficult urination, sticky taste, nausea, vomiting, mucus in the stool |
| Tongue | White glossy coat |
| Pulse | Moderate |
| Mechanisms | Due to diet. Cold and damp obstruct qi flow, causing pain. Food is not transformed to stool. |
| Treatment Principle | Dry damp, harmonize the center, resolve the exterior, rectify qi. |
| Acu-Moxa Treatment | Drain Tian Shu (ST 25), Da Chang Shu (UB 25), Shang Ju Xu (ST 37), Da Ju (ST 27), San Yin Jiao (SP 6), Yin Ling Quan (SP 9), Zhong Wan (Ren 12), San Jiao Shu (UB 22). Moxa is appropriate. |
| Formula | 59. 胃苓湯 wei ling tang |

| Intestinal welling abscess 大腸癰 | |
|---------------------------------------|---|
| Key Signs and Symptoms | Pain in the right lower abdomen, dislikes pressure, scorching heat and violent pain with pressure, lying curled up |
| Other signs and symptoms | Generally fever, yellow or red scant urine |
| Tongue | Red body, yellow coat |
| Pulse | Bowstring (wiry) rapid |
| Mechanisms | Due to diet. Damp accumulates. Obstruction turns to heat, which stagnates and develops toxins (pus). |
| Treatment Principle | Drain heat, eliminate stasis. |
| Acu-Moxa Treatment | Send to Western doctor, as this is likely to be appendicitis. In theory, drain points like Tian Shu (ST 25), Shang Ju Xu (ST 37), lan wei (non-channel), etc. |
| Formula | 10. 大黃牡丹皮湯 da huang mu dan pi tang |

KIDNEYS 腎 shen:

- *The kidneys store essence* and govern birth, growth, reproduction, development, and aging: They are the ‘root of before-heaven qi.’
 - Essence 精 jing: before-heaven from parents, partly replenished by after-heaven essence.
 - The kidneys are the root of 原氣 source (*yuan*) qi, which comes from essence.
 - Essence governs birth, growth, reproduction, fertility, sexual maturation, and development, as well as constitution. It is the material foundation for sperm, semen, menstrual blood, breast milk, etc.
 - Although essence is yin, it is the material basis for kidney yin, kidney yang, and source qi.
- *The kidneys are the foundation of yin and yang for the whole body.* They are the ‘origin of water and fire.’
 - Kidney yin is ‘original yin.’ It is the fundamental substance for birth, growth, reproduction.
 - Kidney yang is ‘original yang.’ It is the moving force of all physiological processes.
 - Both kidney yin and kidney yang rely on each other. Like an oil lamp: yin is the oil and yang is the flame.
- *The kidneys store the 志 zhi will or mind or desire:* the mind is focused on goals and able to pursue them: will, purpose, ambition, or determination is strong. 志 zhi will can mean mind, the capacity to think, feel, and respond, affect, emotion. It also implies memory (related to 誌, to record). Fear and fright adversely affect the kidneys and the will.
- *The kidneys govern the water of the whole body:* The kidneys are the water organ.
 - The kidneys govern the five fluids. Spittle is the fluid of the kidneys. This is the fluid excreted in the mouth during meditation.
 - Fluids enter through the stomach, are sent up by the spleen, descended and dispersed by the lungs, eventually to the kidneys.
 - Kidney qi governs the excretion of turbid fluids through the urinary bladder.
 - Kidney yang helps spleen yang in transformation and transportation of fluids.
- *The kidneys engender marrow, fill up the brain, and govern the bones:*
 - The kidneys make bones, teeth, bone marrow, the brain, and spinal cord.
 - Marrow 髓 fills up the brain. The brain is the sea of marrow.
 - The teeth are the surplus of the kidneys. The cheekbones are the root of the bones.
 - The low back is the mansion of the kidneys. The knees are also related.
 - The kidneys control strength and skill: the capacity for hard work, also skilled and delicate activities
- *The kidneys manifest in the head hair:* essence nourishes it, giving color and thickness.

- *The kidneys control the reception of qi* (The kidneys grasp or contain qi): kidney pulls down the qi from air as it enters the lung. This is a yang function, related to kidney qi. Abdominal (丹田 dantian) breathing is best. Zhuangzi said, “The true person breathes using his heels. The average person breathes using his throat.”
- *The kidneys open* into the ears and also the *two lower (yin) orifices*, and control the opening and closing. The kidneys govern storage.
- *The kidneys cooperate with the triple burner to transform qi and move water*: see below.
- *Life gate or gate of vitality 命門 mingmen is associated with the kidneys*:
 - Life gate fire is the basic fire of life, kidney yang. It is the moving force of all physiological activity of the body, the source of fire or heat for all bodily functions:
 - it warms the lower burner and the urinary bladder.
 - it warms the spleen and stomach to aid digestion.
 - it harmonizes sexual function and warms the essence and uterus.
 - it assists the kidney function of reception of qi.
 - it assists the heart function of housing the mind.
- *The kidneys correspond to water element.*
- The kidneys are foot lesser yin 少陰 shao yin channel.

Kidney patterns are usually due to:

- constitution and pre-heaven factors
- emotions, especially fear and fright
- excessive sexual activity or pregnancies (sexual taxation)
- chronic illness
- taxation
- aging

| | |
|---------------------------------|--|
| Kidney yang vacuity 腎陽虛 | Also known as: Kidney yang deficiency |
| Key Signs and Symptoms | Sore cold low back, abundant clear urine, nocturia |
| Other signs and symptoms | <p>Cold weak knees, weak legs, tinnitus, dizziness, bright pale face, spirit fatigue, weakness, prefers lying down, likes sleeping, feels cold, cold limbs, sloppy stools. Possibly impotence, decreased sexual desire, infertility, edema.</p> <p>Kidney yang is the root of all yang in the body:</p> <ul style="list-style-type: none"> • If heart is affected: palpitations, sweating, short breath. If severe, dribbling sweat, cold limbs and body, faint breath, clouded spirit. • If liver is affected: blurred vision, rib-side fullness or pain, tense or withered sinews. • If spleen is affected: feels cold, cold limbs, poor appetite, distention after eating, possibly fifth watch diarrhea. • If urinary bladder is affected: nocturia or enuresis. |
| Tongue | Pale fat body, moist white coat |
| Pulse | Deep fine slow weak |
| Mechanisms | <p>Due to chronic illness, sexual taxation, taxation, diet, spleen yang vacuity.</p> <p>Can lead to yang vacuity of other organs: kidney yang is the root of all yang in the body.</p> <p>Yang warms, transforms, activates.</p> |
| Treatment Principle | Warm and supplement kidney yang (life gate fire). |
| Acu-Moxa Treatment | Supplement Shen Shu (UB 23), Ming Men (Du 4), Guan Yuan (Ren 4), Qi Hai (Ren 6), Tai Xi (KI 3), Fu Liu (KI 7), Zhi Shi (UB 52). Moxa is necessary. |
| Formula | 60. 右歸丸 you gui wan |

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| Kidney yang vacuity with water flooding 腎陽虛水泛 | Also known as: Kidney yang deficiency with water overflowing, kidney vacuity water flood |
| Key Signs and Symptoms | Puffy edema in entire body, pitting edema in the legs, sore weak low back and knees, dizziness, tinnitus, bright pale face, feels cold, cold limbs, abdominal distention and fullness, rapid breathing, scant clear urine |
| Other signs and symptoms | Possibly cough, panting, watery phlegm (lungs). Possibly palpitations, breathlessness, cold hands (heart). |
| Tongue | Pale fat body, glossy white coat |
| Pulse | Deep fine slow |
| Mechanisms | Due to kidney yang vacuity. Fluids are not transformed and excreted. |
| Treatment Principle | Warm yang, disinhibit water. |
| Acu-Moxa Treatment | Supplement Ming Men (Du 4), Shen Shu (UB 23), Pi Shu (UB 20), Fu Liu (KI 7). Drain San Jiao Shu (UB 22), Shui Fen (Ren 9), Shui Dao (ST 28), Yin Ling Quan (SP 9), San Yin Jiao (SP 6). <ul style="list-style-type: none"> • For heart, supplement Da Zhui (Du 14), Xin Shu (UB 15). • For lungs, supplement Fei Shu (UB 13), Shen Zhu (Du 12), Lie Que (LU 7). Moxa is necessary. |
| Formula | 61. 真武湯 zhen wu tang |

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|---------------------------------|--|
| Kidney yin vacuity 腎陰虛 | Also known as: Kidney yin deficiency |
| Key Signs and Symptoms | Sore weak low back and knees, dizziness, tinnitus, deafness, poor memory, nocturnal emission, premature ejaculation, infertility, tired, emaciation, five heart heat, tidal fever or low fever, night sweating, red cheeks, dry mouth and throat at night, scant dark urine, bound stool |
| Other signs and symptoms | Kidney yin is the root of all yin in the body: <ul style="list-style-type: none"> • If liver is affected: blurred vision, rough eyes, night blindness, rib-side pain, bowstring (wiry) pulse. • If lungs are affected: hoarse voice, dry cough, little phlegm, coughing blood if extreme. • If heart is affected: red face, scorched tongue, palpitations, vexation, difficulty sleeping. • If stomach is affected: thirsty, no appetite or swift digestion with rapid hungering, scorching epigastric pain, dry retching, belching. |
| Tongue | Red dry tongue, little coat |
| Pulse | Fine rapid |
| Mechanisms | Due to chronic illness, sexual taxation, taxation, diet, too many drying medications, loss of fluids, yin vacuity of other organs. It can lead to yin vacuity of other organs. May have more or less heat signs and symptoms. Kidney yin is the root of all yin in the body. Yin moistens, cools, and nourishes. It is the root of marrow. |
| Treatment Principle | Enrich and supplement kidney yin. |
| Acu-Moxa Treatment | Supplement Guan Yuan (Ren 4), Tai Xi (KI 3), Zhao Hai (KI 6), Yin Gu (KI 10), Zhu Bin (KI 9), San Yin Jiao (SP 6), Yin Jiao (Ren 7), Lie Que (LU 7) with Zhao Hai (KI 6). No moxa. |
| Formula | 62. 六味地黃丸 liu wei di huang wan |

| | |
|---|---|
| Insufficiency of kidney essence 腎精不足 | Also known as: Kidney essence deficiency, kidney jing depletion |
| In children | Slow development, weak bones, emaciation, fontanels don't close, slow movement, low intelligence, deaf |
| In adults | Early senility, absent-minded, hair loss, withered loose teeth, soft bones, burnt face, white hair, difficulty walking, sore low back, weak knees, dizzy, tinnitus. Scant semen, sterility in men. Infertility, primary amenorrhea in women. |
| Tongue | Pale body |
| Pulse | Weak |
| Mechanisms | Due to constitution, sexual taxation, blood loss, pregnancies, kidney yin and/or yang vacuity. Essence governs development, growth, sexuality, fertility, and aging. It generates marrow and bone and nourishes the eyes and ears. |
| Treatment Principle | Supplement and boost kidney essence. |
| Acu-Moxa Treatment | Supplement Tai Xi (KI 3), Zhao Hai (KI 6), Guan Yuan (Ren 4), Qi Xue (KI 13), Shen Shu (UB 23), Ming Men (Du 4), Jue Gu (GB 39), Bai Hui (Du 20), Da Zhui (Du 14), Xin Shu (UB 15), Da Zhu (UB 11), Nao Hu (Du 17), Feng Fu (Du 16). Moxa is appropriate unless there are a lot of heat signs and symptoms due to yin vacuity. |
| Formula | 63. 河車大造丸 he che da zao wan |

| | |
|-------------------------------------|--|
| Insecurity of kidney qi 腎氣不固 | Also known as: Kidney qi not firm |
| Key Signs and Symptoms | Sore low back, clear profuse vaginal discharge, frequent clear abundant urination with weak stream or dribbling afterwards |
| Other signs and symptoms | Weak knees, dizziness, tinnitus, seminal emission without dreams or sexual thoughts, premature ejaculation, incontinence of urine, nocturia, enuresis. In pregnant women, possibly bleeding, pain in the abdomen, stirring fetus, recurrent miscarriage. |
| Tongue | Pale body, white coat |
| Pulse | Deep fine |
| Mechanisms | Kidneys (water) govern storage. Kidney qi holds the lower orifices shut. Qi contains things. Due to sexual taxation, childbirth, taxation, kidney yang vacuity. Can lead to kidney yang vacuity. |
| Treatment Principle | Secure the kidneys, contain fluids and essence. |
| Acu-Moxa Treatment | Supplement Shen Shu (UB 23), Ming Men (Du 4), Zhi Shi (UB 52), Tai Xi (KI 3), Qi Xue (KI 13), Guan Yuan (Ren 4), Qi Hai (Ren 6), Bai Hui (Du 20), Ci Liao (UB 32). Moxa is appropriate. |
| Formula | 64. 金鎖固精丸 jin suo gu jing wan |

| | |
|--|--|
| Kidneys failing to absorb qi 腎不納氣 | Also known as: Kidneys not receiving qi, kidneys fail to grasp qi |
| Key Signs and Symptoms | Sore low back, short breath, dislikes speaking, panting, rapid breathing, more exhalation less inhalation, severe panting with exercise, chronic cough or asthma. |
| Other signs and symptoms | Weak knees, cold body and limbs, dizzy, tinnitus, pale or bright pale face, fatigue, weakness, frequent spontaneous sweating, clear urine. Possibly swollen face, emaciation. |
| Tongue | Pale body |
| Pulse | Weak pulse |
| Mechanisms | Due to constitution, chronic illness, taxation, kidney yang vacuity, chronic lung qi vacuity. Kidneys receive qi and are related to inhalation. Lungs disperse qi and are related to exhalation. Absorbing qi is a function of kidney qi and yang. |
| Treatment Principle | Supplement the kidneys to absorb qi, descend lung qi. |
| Acu-Moxa Treatment | Supplement Fu Liu (KI 7), Tai Xi (KI 3), Lie Que (LU 7) with Zhao Hai (KI 6), Zu San Li (ST 36), Shen Shu (UB 23), Ming Men (Du 4), Qi Xue (KI 13), Guan Yuan (Ren 4), Qi Hai (Ren 6), Dan Zhong (Ren 17), Shen Cang (KI 25), Shen Zhu (Du 12), Fei Shu (UB 13). Moxa is appropriate. |
| Formula | 62. 都氣丸 du qi wan |

URINARY BLADDER 膀胱 pang guang:

- *The urinary bladder corresponds to water element, and is paired with the kidneys. Kidney qi opens and closes the urinary bladder, and transforms fluids into urine.*
- *The urinary bladder governs the storage of fluids and humors. The urinary bladder is the official of the municipal waterworks.*
- *The urinary bladder removes water by qi transformation: It stores and excretes urine, receives fluids from the lungs and small intestine and transforms them into urine, aided by kidney yang. Qi transformation means ‘transformation of fluids by kidney qi.’*
- The urinary bladder is foot greater yang 太陽 tai yang channel

| Damp-heat in the urinary bladder 膀胱濕熱 | |
|--|--|
| Key Signs and Symptoms | Frequent urgent urination, burning pain on urination, dark yellow urine |
| Other signs and symptoms | Possibly sand, stones, or blood in the urine, dribbling or blockage of urine, feverish feeling, thirst but no desire to drink, low back pain |
| Tongue | Red body, yellow slimy coat |
| Pulse | Slippery rapid or bowstring (wiry) rapid |
| Mechanisms | Due to exterior evils, emotions. Dampness obstructs, making difficult urination. Heat causes urgency and burning pain. |
| Treatment Principle | Clear heat, disinhibit damp. |
| Acu-Moxa Treatment | Drain Yin Ling Quan (SP 9), San Yin Jiao (SP 6), San Jiao Shu (UB 22), Pang Guang Shu (UB 28), Zhong Ji (Ren 3), Shui Dao (ST 28), Jin Men (UB 63), Tong Gu (UB 66). No moxa. |
| Formula | 65. 八正散 ba zheng san |

Case: 73 year old woman with persistent burning pain on urination, experienced in urethra and below the stomach region. Dark urine, occasionally some hesitancy in urination, replete bowstring (wiry) pulse, red tongue, sticky yellow coat at the root.

| Urinary bladder damp-turbidity 膀胱濕濁 | |
|--|--|
| Key Signs and Symptoms | Turbid urine like rice-water, rough painful but frequent urgent urination |
| Other signs and symptoms | Sore low back, weak knees. Possibly slippery or slimy matter in the urine, dribbling like oil |
| Tongue | Pale body, slimy coat |
| Pulse | Slippery slow |
| Mechanisms | Due to exterior cold-damp, kidney yang vacuity. Damp is heavy and obstructs. It is turbid and dirty. |
| Treatment Principle | Disinhibit damp, supplement kidneys, soothe the roughness. |
| Acu-Moxa Treatment | Drain Yin Ling Quan (SP 9), San Yin Jiao (SP 6), San Jiao Shu (UB 22), Pang Guang Shu (UB 28), Zhong Ji (Ren 3), Shui Dao (ST 28), Shui Fen (Ren 9). Moxa is appropriate. |
| Formula | 65. 八正散 ba zheng san |

| Urinary bladder vacuity cold 膀胱虛冷 | Also known as: Urinary bladder deficient and cold |
|--|---|
| Key Signs and Symptoms | Bright pale face, feels cold, cold limbs, frequent abundant clear urine, low back pain, dizzy |
| Other signs and symptoms | Possibly incontinence, enuresis or nocturia |
| Tongue | Pale fat body, moist white coat |
| Pulse | Deep fine slow weak |
| Mechanisms | Due to excessive sexual activity, taxation, kidney yang vacuity. This is basically kidney yang vacuity manifesting in urinary symptoms. |
| Treatment Principle | Warm the kidneys, reduce fluids |
| Acu-Moxa Treatment | Supplement Shen Shu (UB 23), Ming Men (Du 4), Pang Guang Shu (UB 28), Guan Yuan (Ren 4), Zhong Ji (Ren 3), Bai Hui (Du 20). Moxa is appropriate. |
| Formula | 66. 縮泉丸 suo quan wan |

Appendix 1: Twenty-Nine Pulse Images

| Chinese | Wiseman | Other | Description | Significance |
|-------------------|----------|--------------------------------------|---|---|
| 浮脈 fu2 mai4 | floating | superficial | Stronger with light pressure; weaker when pressed down. | Exterior patterns. Floating forceless: critical internal vacuity |
| 沉脈 chen2 mai4 | sunken | deep, submerged, sinking | Can only be felt with heavy pressure. | Interior patterns. |
| 遲脈 chi2 mai4 | slow | - | Below 60 BPM; less than 4 beats / breath. | Cold patterns: vacuity or repletion. |
| 數脈 shu4 mai4 | rapid | quick | Above 90 BPM; more than 5 beats / breath. | Heat patterns. Floating yang. |
| 虛脈 xu1 mai4 | vacuous | deficient, weak, empty | A) General term for forceless pulses. B) Floating, empty, wide, forceless, slow. | Vacuity. Any vacuity, but especially qi or qi and blood. |
| 實脈 shi2 mai4 | replete | excess, strong, full, powerful | A) General term for forceful pulses. B) A forceful, wide, long, surplus in all levels and positions. | Repletion. Exuberant evils, stagnation and stasis. |
| 長脈 chang2 mai4 | long | - | Long, can be felt beyond the cun, guan, and chi positions. | Yang, heat, repletion. Can be normal. |
| 短脈 duan3 mai4 | short | - | Does not fill the three positions. | Short forceless: qi vacuity. Short forceful: qi stagnation. |
| 細脈 xi4 mai4 | fine | thready, thin, small | Fine, forceless, soft. | Qi, blood, or yin vacuity, especially yin and blood. Dampness. |
| 大脈 da4 mai4 | large | - | Large, wide. | forceful: repletion, entrance of disease forceless: floating yang. |
| 滑脈 hua2 mai4 | slippery | rolling | Smoothly flowing and uninhibited, rolling. Not rough or irregular. | Normal: Pregnancy, healthy. Repletion: Phlegm-rheum, damp, fluid or food accumulation. Repletion heat. |
| 澀脈 se4 mai4 | rough | hesitant, choppy | Slow, fine, short, variable rate, does not hit the fingers with even force. | Forceful: blood stasis, qi stagnation, masses. Forceless: blood/essence vacuity. |

| Twenty-Nine Pulse Images, page 2 | | | | |
|---|----------------|--|---|---|
| Chinese | Wiseman | Other | Description | Significance |
| 弦脈 xian2 (xuan) mai4 | string-like | wiry, taut, string-taut, bowstring | Fine, long, forceful, taut. | Liver gall bladder patterns, phlegm-rheum, pain. |
| 緊脈 jin3 mai4 | tight | tense | Taut, forceful, wide, feels like twisted rope. | Cold causing contraction, pain, food retention. |
| 緩脈 huan3 mai4 | moderate | relaxed | A) Normal: harmonious, relaxed, forceful. B) Relaxed, loose, sluggish, on the verge of slow. | Dampness, spleen vacuity. Floating moderate: damage by wind. |
| 濡脈 ru2 mai4 | soggy | 軟脈 ruan3 mai4 soft | Floating, fine, forceless, and soft. | Vacuity. External dampness. |
| 弱脈 ruo4 mai4 | weak | frail, feeble | Deep, fine, forceless, and soft; like a thread. | Dual yin and yang vacuity. Dual qi and blood vacuity. |
| 微脈 wei1 mai4 | faint | indistinct | Very fine, very forceless, soft, barely detectible. | Collapse of yang, loss of blood, qi desertion. |
| 伏脈 fu2 mai4 | hidden | - | Very deep, very fine, very forceless. | Very deep blockage or evils: qi stagnation, blood stasis, extreme pain, food or phlegm retention. Yang desertion. |
| 芤脈 kou1 mai4 | scallion-stalk | hollow | Floating, forceless, wide, empty, but the sides are replete. | Great blood loss, desertion of blood, collapse of yin. |
| 散脈 san4 mai4 | scattered | - | Floating, wide, forceless, without root. Disappears with pressure. | Yuan qi, essence, qi, or blood consumed. In serious disease: death. |
| 革脈 ge2 mai4 | drum-skin | - | Floating, hard, wide, with an empty center. | Extreme exuberance of exterior cold. |

| Twenty-Nine Pulse Images, page 3 | | | | |
|---|----------------|---|---|--|
| Chinese | Wiseman | Other | Description | Significance |
| 洪脈 hong2 mai4 | surging | huge, flooding, full | Floating, forceful, very wide. | Repletion heat or fire. Surging but forceless: Yin vacuity, yang exuberance. |
| 疾脈 ji2 mai4 | racing | swift | Very rapid, over 120 BPM or 7-8 beats per breath. | Extreme heat. |
| 動脈 dong4 mai4 | stirred | stirring | Slippery, rapid, forceful, short. | Pain, fright, fever. |
| 牢脈 lao2 mai4 | firm | confined | Only felt at deep level, forceful, wide, hard, and long. | Interior repletion cold patterns. Accumulations and gatherings. |
| 促脈 cu4 mai4 | skipping | abrupt, short, hurried, rapidly irregularly interrupted, rapid intermittent | Rapid and stops at irregular intervals. | Fire, repletion heat, stagnation of qi and stasis of blood, retention of food or phlegm. Right qi vacuity if forceless. |
| 結脈 jie2 mai4 | bound | knotted, slow intermittent | Slow or moderate, stops at irregular intervals. | Accumulation of yin, qi stagnation, blood stasis, cold phlegm, obstruction, masses. Yang vacuity. |
| 代脈 dai4 mai4 | intermittent | regularly- intermittent, regularly interrupted, slow- intermittent- regular | Slow or moderate and forceless; stops at regular intervals. | Debility of yang, yuan qi, and the organs. |

Appendix 2: The Formulas

Qi-Blood

1. 四君子湯 (si jun zi tang) *Four Gentleman Decoction* (Ju Fang)

| | |
|-------------|--|
| ren shen | supplement spleen qi |
| bai zhu | supplement spleen qi, transform dampness |
| fu ling | drain dampness, supplement spleen qi |
| zhi gan cao | envoy, supplement spleen qi |

Boost qi, supplement the spleen and stomach.

For 六君子湯 (liu jun zi tang) *Six Gentlemen Decoction*, add chen pi and ban xia to transform phlegm.

2. 補中益氣湯 (bu zhong yi qi tang) *Decoction to Supplement the Center and Boost Qi* (Li Dongyuan)

| | |
|-------------|--|
| huang qi | supplement and raise qi |
| ren shen | supplement spleen qi |
| bai zhu | supplement spleen qi, transform dampness |
| chen pi | regulates qi, facilitates digestion of formula |
| dang gui | nourish blood |
| chai hu | raise qi |
| sheng ma | raise qi |
| zhi gan cao | envoy, supplement spleen qi |

Supplement qi, supplement the spleen and stomach, raise qi.

3. 柴胡疏肝湯 (chai hu shu gan tang) *Bupleurum Decoction to Course the Liver* (Zhang Jiebin)

| | |
|-------------|----------------------------------|
| chen pi | regulate qi, protect the stomach |
| chai hu | course liver qi |
| chuan xiong | regulate qi and blood |
| zhi qiao | regulate qi |
| bai shao | nourish liver blood and yin |
| zhi gan cao | envoy, supplement qi |
| xiang fu | regulate liver qi |

Course liver qi, harmonize the blood, alleviate pain.

4. 越鞠丸 (yue ju wan) *Escape Restraint Pill* (Zhu Danxi)

| | |
|-------------|--|
| xiang fu | move qi, disperses stasis |
| cang zhu | dry damp, transform phlegm, benefit the center |
| chuan xiong | move qi and blood |
| zhi zi | clear heat that has built up from stagnation |
| shen qu | relieve food stagnation |

Move qi, release constraint.

5. 蘇子降氣湯 (su zi jiang qi tang) *Perilla Fruit Decoction to Descend Qi* (Ju Fang)

| | |
|-------------|--|
| zi su zi | calm panting, open the lungs |
| qian hu | transform phlegm |
| chen pi | regulate qi, benefit the spleen |
| ban xia | transform phlegm |
| rou gui | dispel coldness |
| hou po | regulate qi |
| dang gui | supplement blood |
| sheng jiang | warm and protect the stomach, warm the lungs |
| zhi gan cao | envoy, supplement spleen qi |

Descend counterflow qi, calm panting, resolve cold phlegm.

6. 橘皮竹茹湯 (ju pi zhu ru tang) *Tangerine Peel and Bamboo Shaving Decoction* (Ji Sheng Fang)

| | |
|--------------|------------------------------|
| chi fu ling | drain heat through urine |
| chen pi | harmonize the stomach |
| pi pa ye | stop vomiting |
| mai men dong | nourish stomach yin |
| zhu ru | clear heat, calm the stomach |
| ban xia | descend qi, stop vomiting |
| ren shen | supplement qi |
| zhi gan cao | envoy, supplement qi |

Descend stomach counterflow, stop vomiting, harmonize the stomach, clear heat.

7. 四磨湯 (si mo tang) *Four Milled Herb Decoction* (Ji Sheng Fang)

| | |
|------------|-------------------------------|
| wu yao | move liver qi |
| bing lang | move qi, transform stagnation |
| chen xiang | descend qi |
| ren shen | supplement and protect qi |

Descend counterflow qi, expand the chest, move depressed liver qi.

8. 四物湯 (si wu tang) *Four Things Decoction* (Ju Fang)

| | |
|--------------|----------------------------|
| shu di huang | nourish blood |
| dang gui | nourish and regulate blood |
| bai shao | nourish blood and yin |
| chuan xiong | regulate blood |

Nourish blood, regulate the movement of blood.

Variation: 桃紅四物湯 tao hong si wu tang: add tao ren and hong hua to move blood.

9. 當歸四逆湯 (dang gui si ni tang) *Dang Gui Decoction for Frigid Extremities* (Shang Han Lun)

| | |
|-------------|----------------------------------|
| dang gui | supplement and moves the blood |
| bai shao | supplement the blood |
| gui zhi | warm the channels, disperse cold |
| xi xin | disperse cold |
| zhi gan cao | supplement spleen qi |
| da zao | supplement spleen qi |
| mu tong | move qi in the channels |

Warm the channels, disperse cold, nourish the blood, unblock the vessels.

10. 大黃牡丹皮湯 (da huang mu dan pi tang) *Rhubarb and Moutan Decoction* (Jin Gui Yao Lue)

| | |
|--------------|--|
| da huang | drain heat, break blood stasis |
| mang xiao | soften stool, help drain heat down |
| mu dan pi | cool blood, eliminate masses due to stasis |
| tao ren | break blood stasis |
| dong gua ren | expel pus, eliminate heat |

Drain heat, break blood stasis, disperse lumps, reduce swelling.

11. 逍遙散 (xiao yao san) *Rambling Powder* (Ju Fang)

| | |
|-------------|------------------------------|
| chai hu | course the liver |
| dang gui | move and supplement blood |
| bai shao | soften the liver |
| bai zhu | strengthen the spleen |
| fu ling | strengthen the spleen |
| zhi gan cao | envoy, strengthen the spleen |

Course liver qi, strengthen the spleen, nourish blood.

12. 黃土湯 (huang tu tang) *Yellow Earth Decoction* (Jin Gui Yao Lue)

| | |
|----------------|---|
| zao xin tu | warm the middle, stop bleeding (ashes from a cooking stove) |
| sheng di huang | nourish yin and blood, stop bleeding |
| e jiao | nourish yin and blood, stop bleeding |
| bai zhu | warm yang, strengthen the spleen |
| fu zi | warm yang, strengthen the spleen |
| huang qin | prevent heat from yin and blood vacuity |
| gan cao | envoy, harmonize formula |

Warm yang, strengthen the spleen, nourish blood, stop bleeding.

13. 十灰散 (shi hui san) *Ten Ash Powder*

| | |
|--------------|---|
| da ji | cool blood, stop bleeding |
| xiao ji | cool blood, stop bleeding |
| he ye | cool blood, stop bleeding |
| ce bai ye | cool blood, stop bleeding |
| bai mao gen | cool blood, stop bleeding |
| qian cao gen | cool blood, stop bleeding |
| zhi zi | clear heat, drain fire through urine |
| da huang | descends liver and stomach heat through stool |
| mu dan pi | cools blood, eliminates stasis |
| zong lu pi | astringent, stops bleeding |

Cool blood, stop bleeding.

14. 四生丸 (si sheng wan) *Four Fresh Things Pill*

| | |
|-----------------|------------------------------------|
| fresh ce bai ye | cool blood, stop bleeding |
| fresh di huang | clear heat, cool blood |
| fresh he ye | stop bleeding, harmonize the blood |
| fresh ai ye | stop bleeding, harmonize the blood |

Cool blood, stop bleeding.

15. 八珍湯 (ba zhen tang) *Eight Pearls Decoction*

This consists of 1. 四君子湯 (Si jun zi tang) *Four Gentleman Decoction* plus 8. 四物湯 (si wu tang) *Four Things Decoction*. It supplements qi and nourishes blood.

16. 當歸補血湯 (dang gui bu xue tang) *Danggui Supplement Blood Decoction* (Li Dongyuan)

dang gui nourish and move blood
huang qi supplement and raise qi

Supplement qi and blood.

17. 歸脾湯 (gui pi tang) *Return the Spleen Decoction* (Ji Sheng Fang)

dang gui supplement and move blood
ren shen supplement qi
bai zhu supplement qi
fu ling drain damp, supplement qi
zhi gan cao envoy, supplement qi
huang qi supplement and raise qi
long yan rou nourish blood, calm the spirit
suan zao ren calm the spirit
yuan zhi calm the spirit
mu xiang regulate qi

Supplement spleen qi and nourish heart blood.

18. 參附湯 (shen fu tang) *Ginseng and Aconite Decoction*

ren shen prevent collapse of yang
fu zi raise yang, dispel cold

Restore yang, strongly supplement source qi, rescue yang from collapse.

Liver-Gallbladder

19. 補肝湯 (bu gan tang) *Liver Supplementing Decoction*

8. 四物湯 (si wu tang) *Four Things Decoction plus:*

suan zao ren calm spirit, nourish heart and liver
mu gua soften the liver
zhi gan cao harmonize

Supplement and regulate blood, nourish liver yin.

20. 一貫煎 (yi guan jian) *All-The-Way-Through Brew*

sheng di huang soften the liver by nourishing blood and yin
gou qi zi soften the liver by nourishing blood and yin
sha shen enrich lung and stomach yin to protect it from the liver
mai men dong enrich lung and stomach yin to protect it from the liver
dang gui nourish and invigorate blood
chuan lian zi disperse constrained liver qi

Enrich yin, spread liver qi.

21. 天麻鉤藤飲 (tian ma gou teng yin) *Gastrodia and Uncaria Beverage*

| | |
|---------------|---------------------------------|
| tian ma | calm the liver, extinguish wind |
| gou teng | calm the liver, extinguish wind |
| shi jue ming | calm the liver, extinguish wind |
| zhi zi | clear heat, drain fire |
| huang qin | clear heat, drain fire |
| yi mu cao | invigorate blood |
| chuan niu xi | conduct blood down |
| du zhong | nourish liver and kidneys |
| sang ji sheng | nourish liver and kidneys |
| ye jiao teng | calm the spirit |
| fu shen | calm the spirit |

Calm the liver, extinguish wind, clear heat, invigorate blood, supplement liver-kidneys.

22. 龍膽瀉肝湯 (long dan xie gan tang) *Gentian Liver Draining Decoction*

| | |
|----------------|--|
| long dan cao | drain repletion heat from liver gallbladder, eliminate damp-heat |
| huang qin | drain fire, eliminate damp |
| zhi zi | drain fire, eliminate damp |
| mu tong | drain heat, eliminate damp heat |
| che qian zi | drain heat, eliminate damp heat |
| ze xie | drain heat, eliminate damp heat |
| chai hu | disperse heat from liver gallbladder qi |
| sheng di huang | protect yin and blood |
| dang gui | protect yin and blood |

Drain repletion fire from the liver-gallbladder, clear and drain damp heat from the lower burner.

23. 羚羊鉤藤湯 (ling yang gou teng tang) *Antelope Horn and Uncaria Decoction*

| | |
|----------------|---------------------------------|
| ling yang jiao | extinguish wind, cool blood |
| sang ye | clear heat |
| chuan bei mu | course liver qi |
| sheng di huang | cool blood, nourish yin |
| gou teng | extinguish wind, pacify yang |
| ju hua | clear heat |
| bai shao | soften the liver, nourish blood |
| gan cao | harmonize |
| zhu ru | clear heat, transform phlegm |
| fu shen | calm the spirit |

Extinguish liver wind, clear heat, calm convulsions.

24. 鎮肝熄風湯 (zhen gan xi feng tang) *Liver Settling Wind Extinguishing Decoction*

| | |
|---------------|---|
| huai niu xi | conduct blood down, nourish liver and kidneys |
| zhe shi | direct qi down, anchor yang |
| long gu | calm liver, extinguish wind, anchor yang |
| mu li | calm liver, extinguish wind, anchor yang |
| gui ban | nourish yin and fluids |
| xuan shen | nourish yin and fluids |
| tian men dong | nourish yin and fluids |
| bai shao | nourish yin and fluids |
| yin chen hao | drain liver yang |
| chuan lian zi | drain liver yang |
| mai ya | drain liver yang |
| gan cao | envoy, harmonizes |

Calm the liver, extinguish wind, nourish yin, anchor yang.

25. 阿膠雞子黃湯 (e jiao ji zi huang tang) *Ass Hide Glue and Egg Yolk Decoction*

| | |
|----------------|---|
| e jiao | nourish yin and blood, extinguish wind, pacify yang |
| ji zi huang | nourish yin and blood, extinguish wind, pacify yang |
| sheng di huang | soften the liver, extinguish wind |
| bai shao | soften the liver, extinguish wind |
| zhi gan cao | soften the liver, extinguish wind |
| gou teng | pacify yang, extinguish wind |
| shi jue ming | pacify yang, extinguish wind |
| mu li | pacify yang, extinguish wind |
| fu shen | calm the liver and spirit |
| luo shi teng | focuses the formula on the sinews and network vessels |

Enrich yin, nourish blood, soften the liver, extinguish yin.

26. 暖肝煎 (nuan gan jian) *Warm the Liver Decoction* (Zhang Jiebin)

| | |
|----------------|---|
| xiao hui xiang | warm kidneys, disperse cold |
| dang gui | invigorate and supplement liver blood |
| gou qi zi | warm and supplement liver and kidneys |
| rou gui | warm and supplement liver and kidneys |
| wu yao | move qi, alleviate pain, especially in lower burner |
| chen xiang | move qi, alleviate pain, especially in lower burner |
| fu ling | drains damp, strengthens the spleen |
| sheng jiang | scatter cold, harmonize the stomach |

Warm the liver and kidneys, moves qi, alleviates pain.

27. 茵陳蒿湯 (yin chen hao tang) *Capillaris Decoction* (Shang Han Lun)

| | |
|--------------|------------------------------------|
| yin chen hao | treat jaundice due to damp heat |
| zhi zi | drain damp heat through the urine |
| da huang | drain damp heat through the bowels |

Clear heat, resolve damp, reduce jaundice.

28. 大柴胡湯 (da chai hu tang) *Major Bupleurum Decoction* (Shang Han Lun)

| | |
|-------------|---|
| chai hu | release the shaoyang |
| huang qin | clear heat from liver gallbladder |
| zhi shi | regulate qi, break up stagnation |
| da huang | drain heat through the intestines |
| bai shao | nourish blood, soften the liver |
| ban xia | harmonize middle burner, descend stomach qi |
| sheng jiang | stop vomiting, harmonize |
| da zao | harmonize |

Harmonize and release shaoyang, drain internal heat accumulation.

29. 溫膽湯 (wen dan tang) *Gallbladder Warming Decoction*

| | |
|-------------|--|
| zhu ru | clear heat and phlegm from the gallbladder and stomach |
| zhi shi | descend counterflow qi |
| ban xia | dry damp and transform phlegm |
| chen pi | dry damp and transform phlegm |
| fu ling | strengthen spleen, drain damp |
| gan cao | strengthen spleen, drain damp |
| sheng jiang | stop vomiting |

Regulate qi, transform phlegm, clear gallbladder, harmonize the stomach.

黃連溫膽湯 (huang lian wen dan tang) *Coptis Gallbladder Warming Decoction* adds huang lian for severe phlegm heat with more restlessness and irritability, and a very bitter taste in the mouth.

Heart-Small Intestine

30. 天王補心丹 (tian wang bu xin dan) *Heavenly Emperor Heart Supplementing Elixir*

| | |
|----------------|--|
| sheng di huang | nourish yin, clear heat |
| dan shen | nourish heart blood without causing stasis |
| dang gui | nourish heart blood without causing stasis |
| ren shen | assist heart qi |
| fu ling | assist heart qi |
| yuan zhi | calm the spirit |
| bai zi ren | calm the spirit |
| tian men dong | nourish yin, clear heat |
| mai men dong | nourish yin, clear heat |
| xuan shen | nourish yin, clear heat |
| wu wei zi | prevent leakage of heart qi |
| suan zao ren | prevent leakage of heart qi |
| jie geng | conducts the formula up |
| zhu sha | anchors and calms the spirit (illegal in California) |

Enrich yin, nourish blood, supplement the heart, calm the spirit.

31. 養心湯 (yang xin tang) *Heart Nourishing Decoction*

| | |
|----------------|--|
| dang gui | nourish heart blood without causing stasis |
| sheng di huang | nourish yin, clear heat |
| shu di huang | nourish blood and yin |
| fu shen | assist heart qi , calm spirit |
| ren shen | assist heart qi |
| mai men dong | nourish yin, clear heat |
| suan zao ren | prevent leakage of heart qi |
| wu wei zi | prevent leakage of heart qi |
| bai zi ren | calm the spirit |
| zhi gan cao | harmonize, supplement qi |

Nourish the heart, calm the spirit.

32. 保元湯 (bao yuan tang) *Origin Preserving Decoction* (Zhang Jiebin)

| | |
|-------------|----------------|
| huang qi | supplement qi |
| ren shen | supplement qi |
| zhi gan cao | supplement qi |
| rou gui | warm the heart |

Supplement qi, warm yang.

33. 半夏厚朴湯 (ban xia hou po tang) *Pinellia and Magnolia Bark Decoction* (Jin Gui Yao Lue)

| | |
|-------------|--|
| ban xia | transform phlegm, dissipate accumulations, descend counterflow |
| hou po | open the chest, descend counterflow |
| fu ling | drain damp, transform phlegm |
| sheng jiang | harmonize the stomach |
| zi su ye | disperses qi |

Move qi, dissipate accumulations, descend counterflow, transform phlegm.

34. 血府逐瘀湯 (xue fu zhu yu tang) *House of Blood Stasis Dispelling Decoction* (Wang Qingren)

| | |
|----------------|---|
| tao ren | invigorate blood, dispel stasis in the upper body |
| hong hua | invigorate blood, dispel stasis in the upper body |
| chuan xiong | invigorate blood, dispel stasis in the upper body |
| dang gui | invigorate blood, dispel stasis in the lower body |
| chi shao | invigorate blood, dispel stasis in the lower body |
| chuan niu xi | eliminate stasis, move blood down |
| chai hu | course liver qi |
| jie geng | open the chest, move qi |
| zhi ke | open the chest, move qi |
| sheng di huang | cool blood, clear heat |
| gan cao | harmonize |

Invigorate blood, dispel stasis, spread liver qi, unblock the channels.

35. 炙甘草湯 (zhi gan cao tang) *Honey-fried Licorice Decoction* (Shang Han Lun)

| | |
|----------------|----------------------------------|
| zhi gan cao | supplement qi, nourish the heart |
| ren shen | supplement source qi |
| gui zhi | unblock heart qi |
| sheng di huang | nourish heart yin and blood |
| e jiao | nourish yin and blood |
| mai men dong | moisten lungs and stomach |
| huo ma ren | moisten the intestines |
| sheng jiang | protect stomach |
| da zao | benefit spleen and heart |

Supplement qi, nourish blood, enrich yin, restore the pulse.

36. 瀉心湯 (xie xin tang) *Heart Draining Decoction* (Jin Gui Yao Lue)

| | |
|------------|--------------------------|
| da huang | drain fire through stool |
| huang lian | clear heat |
| huang qin | clear heat |

Drain fire, relieve toxicity, dry dampness.

37. 導痰湯 (dao tan tang) *Phlegm Abducting Decoction* (Ji Sheng Fang)

| | |
|---------------|---------------------------|
| ju hong | move qi, transform phlegm |
| ban xia | transform phlegm and damp |
| fu ling | promote urination |
| zhi shi | move qi |
| tian nan xing | transform phlegm |
| gan cao | harmonize |

Dry damp, transform phlegm, move qi, open constraint.

38. 導赤散 (dao chi san) *Redness Abducting Powder*

| | |
|----------------|--|
| sheng di huang | cool heart blood, nourish yin |
| mu tong | clears heat from the heart through urination |
| dan zhu ye | clears heat from the heart |
| gan cao tips | envoy, treat <i>lin</i> pattern |

Clear the heart, promote urination.

39. 橘核丸 (ju he wan) *Tangerine Pip Pill* (Ji Sheng Fang)

| | |
|-------------|---|
| ju he | move qi, dissolve accumulations, alleviate pain |
| jin ling zi | move qi |
| mu xiang | move qi |
| tao ren | move blood |
| yan hu suo | move blood |
| rou gui | warm liver and kidneys |
| mu tong | unblock the vessels of the lower burner |
| hou po | direct qi down |
| zhi shi | move qi, dissolves accumulations |
| hai zao | soften hardness |
| kun bu | soften hardness |
| hai dai | soften hardness |

Move qi, alleviate pain, soften hardness, dissolve accumulations.

Spleen-Stomach

40. 理中丸 (li zhong wan) *Center Rectifying Pill* (Shang Han Lun)

| | |
|-------------|---|
| gan jiang | warm spleen-stomach yang, eliminate interior cold |
| ren shen | supplement source qi, reinforce yang |
| bai zhu | supplement spleen-stomach, dry damp |
| zhi gan cao | harmonize, boost middle burner qi |

Warm the middle burner, strengthen the spleen and stomach.

For 附子理中丸 (fu zi li zhong wan) *Aconite Center Rectifying Decoction*, add fu zi aconite. This warms yang, dispels cold, boosts qi, strengthens the spleen.

41. 麻子仁丸 (ma zi ren wan) *Cannabis Pill* (Shang Han Lun)

| | |
|------------|--|
| huo ma ren | moisten intestines, unblock bowels |
| xing ren | direct qi down, moisten intestines |
| bai shao | nourish yin, harmonize interior |
| zhi shi | break up accumulations, especially in the intestines |
| hou po | remove fullness and distention |
| da huang | promote bowel movement |
| honey | moisten |

Moisten the intestines (and spleen-stomach), drain heat, move qi, unblock the bowels.

For spleen yin vacuity, can be taken with 2. 補中益氣湯 (bu zhong yi qi tang) *Decoction to Supplement the Center and Boost Qi*.

42. 平胃散 (ping wei san) *Balance the Stomach Powder* (Ju Fang)

| | |
|-------------|--|
| cang zhu | dispel damp, benefit the spleen function of transportation |
| hou po | dispel damp, disperse fullness |
| chen pi | regulate qi, disperse damp |
| zhi gan cao | supplement the spleen, harmonize |

Dry damp, benefit the spleen function of transportation, move qi, harmonize the stomach.

43. 益胃湯 (yi wei tang) *Stomach Boosting Decoction* (Wen Bing Tiao Bian)

| | |
|----------------|------------------------------|
| sha shen | nourish lung and stomach yin |
| mai men dong | nourish lung and stomach yin |
| sheng di huang | nourish yin, cool the blood |
| yu zhu | nourish lung and stomach yin |
| bing tang | moisten |

Benefit the stomach, generate fluids.

44. 清胃散 (qing wei san) *Stomach Clearing Powder* (Li Dongyuan)

| | |
|----------------|---------------------------------|
| huang lian | drain stomach fire |
| sheng ma | disperse heat, relieve toxicity |
| mu dan pi | cool blood, nourish yin |
| sheng di huang | cool blood, nourish yin |
| dang gui | reduce swelling, alleviate pain |

Drain stomach fire, cool the blood, nourish yin.

45. 良附丸 (liang fu wan) *Lesser Galangal and Cypress Pill*

gao liang jiang warm stomach, disperse cold
xiang fu regulate qi, relieve constraint

Warm the middle burner, dispel cold, move qi, alleviate pain.

46. 大建中湯 (da jian zhong tang) *Major Center Fortifying Decoction* (Jin Gui Yao Lue)

chuan jiao stimulate yang of the middle burner, dispel cold, alleviate pain
gan jiang warm yang, dispel cold
ren shen supplement and strengthen central qi
yi tang supplement and strengthen central qi

Warm and supplement the middle burner, descend counterflow, alleviate pain.

47. 保和丸 (bao he wan) *Harmony Preserving Pill* (Zhu Danxi)

shan zha resolve all food stagnation, especially from meat and fats
shen qu resolve stagnant accumulation of alcohol and food
lai fu zi resolve accumulation of phlegm from stagnant grains
chen pi move qi, transform stagnation, harmonize stomach, stop nausea
ban xia move qi, transform stagnation, harmonize stomach, stop nausea
fu ling strengthen spleen, drain dampness
lian qiao clear heat from stagnation

Resolve food stagnation, harmonize the stomach.

Lungs-Large Intestine

48. 人參補肺湯 (ren shen bu fei tang) *Ginseng Lung Supplementing Decoction*

ren shen supplement qi, fortify defense
huang qi supplement qi, fortify defense
shu di huang nourish essence
wu wei zi astringe lung qi, help kidneys grasp qi
zi wan moisten lungs, stop cough
sang bai pi descend lung qi

Supplement qi, stabilize the exterior.

49. 百合固金湯 (bai he gu jin tang) *Lily Bulb Metal Securing Decoction*

bai he moisten lungs, nourish dryness, clear heat
sheng di huang enrich yin, supplement kidneys, cool blood, stop bleeding
shu di huang nourish liver and kidney yin
mai men dong nourish yin of the upper burner
xuan shen ascend kidney water to lungs
chuan bei mu moisten lungs, transform phlegm, stop cough
jie geng stop cough
dang gui nourish blood to support yin
bai shao nourish blood to support yin
gan cao harmonize, benefit throat

Nourish yin, moisten lungs, transform phlegm, stop cough.

50. 麻黃湯 (ma huang tang) *Ephedra Decoction* (Shang Han Lun)

| | |
|-------------|---|
| ma huang | disseminate lung qi, stop wheezing |
| gui zhi | release the exterior, warm the channels |
| xing ren | descend lung qi |
| zhi gan cao | harmonize, moderate mahuang |

Release the exterior, stop wheezing.

51. 桑菊飲 (sang ju yin) *Morus Chrysanthemum Decoction* (Wen Bing Tiao Bian)

| | |
|-----------|--|
| sang ye | release exterior heat, clear heat from lungs, stop cough |
| ju hua | release exterior heat, disperse wind heat in upper burner and eyes |
| lian qiao | release exterior heat |
| bo he | release exterior heat |
| jie geng | ascend, benefit lung function and throat |
| xing ren | descend, benefit lung function, stop cough |
| lu gen | clear heat, generate fluids |
| gan cao | harmonize |

Release exterior wind heat, stop cough, benefit lungs.

52. 銀橋散 (yin qiao san) *Lonicera and Forsythia Powder* (Wen Bing Tiao Bian)

| | |
|-------------|--|
| jin yin hua | release heat from the exterior, relieve toxicity |
| lian qiao | release heat from the exterior, relieve toxicity |
| jie geng | spread lung qi, benefit the throat |
| niu bang zi | spread lung qi, benefit the throat |
| bo he | release heat from the exterior |
| dan dou chi | release heat from the exterior |
| jing jie | release heat from the exterior |
| dan zhu ye | generate fluids, alleviate thirst |
| xian lu gen | generate fluids, alleviate thirst |
| gan cao | generate fluids, alleviate thirst |

Disperse wind heat, clear heat, relieve toxicity.

53. 麻杏石甘湯 (ma xing shi gan tang) *Ephedra, Apricot Kernel, Gypsum and Licorice Decoction* (Shang Han Lun)

| | |
|-------------|--------------------------------|
| ma huang | descend lung qi, stop wheezing |
| shi gao | clear heat from the lungs |
| xing ren | descend lung qi, stop cough |
| zhi gan cao | moisten lungs, harmonize |

Facilitate lung qi, clear heat, calm wheezing, descend qi.

54. 千金葶藶湯 (qian jin wei jing tang) *Phragmites Decoction from Thousand Pieces of Gold* (Qian Jin Fang)

| | |
|--------------|--|
| lu gen | clear heat from the lungs, treat lung abscess |
| yi yi ren | clear heat from the lungs, disperse pus from upper body |
| dong gua ren | clear heat, transform lung heat, resolve damp, eliminate pus |
| tao ren | move blood, eliminate stasis |

Clear heat from the lungs. transform phlegm, transform blood stasis, discharge pus.

55. 三子養親湯 (san zi yang qin tang) *Three Seed Filial Devotion Decoction*
 bai jie zi warm and disseminate lung qi, transform phlegm, relax the diaphragm
 su zi descend lung qi, stop cough and wheezing
 lai fu zi reduce food stagnation, transform phlegm, descend qi,
 Descend qi, relax the diaphragm, reduce food stagnation.

56. 清氣化痰湯 (qing qi hua tan tang) *Clearing Qi Resolving Phlegm Decoction*
 dan nan xing treat blockage by phlegm and fire
 ban xia transform phlegm
 gua lou ren drain lung fire, clear phlegm heat
 huang qin drain lung fire, clear phlegm heat
 chen pi regulate qi
 zhi shi regulate qi
 xing ren descend lung qi
 fu ling transform phlegm, supplement the spleen
 Clear heat, transform phlegm, descend counterflow, stop cough.

57. 小青龍湯 (xiao qing long tang) *Minor Green-blue Dragon Decoction* (Shang Han Lun)
 ma huang release exterior, stop wheezing, descend lung qi
 gui zhi release the exterior
 gan jiang warm the interior, transform fluids, help release the exterior
 xi xin warm the interior, transform fluids, help release the exterior
 wu wei zi prevent scattering of qi
 bai shao nourish construction and blood
 ban xia transform fluids, harmonize stomach
 zhi gan cao supplement qi, harmonize
 Release the exterior, transform congested fluids, warm the lungs, descend counterflow.

58. 白頭翁湯 (bai tou weng tang) *Pulsatilla Decoction* (Shang Han Lun)
 bai tou weng clear damp heat, relieve fire toxin
 huang lian clear damp-heat from stomach and intestines
 huang bai clear damp heat from lower burner
 qin pi astringe, restrain diarrhea
 Clear heat, remove toxicity, cool the blood, alleviate dysentery.

59. 胃苓湯 (wei ling tang) *Calm the Stomach and Poria Decoction* (Zhu Danxi)
 Take 42. 平胃散 (ping wei san) *Balance the Stomach Powder* plus 77. 五苓散 (wu ling san) *Five-Ingredient Powder with Poria*.

Kidneys-Urinary Bladder

60. 右歸丸 (you gui wan) *Restoring the Right [Kidney] Pill* (Zhang Jiebin)

| | |
|--------------|---|
| fu zi | warm and supplement kidney yang |
| rou gui | warm and supplement kidney yang |
| lu jiao jiao | warm and supplement kidney yang, replenish essence and marrow |
| shu di huang | nourish liver and kidney yin, nourish blood |
| shan zhu yu | nourish liver and kidney yin, supplement the spleen |
| shan yao | nourish liver, supplement the spleen |
| gou qi zi | nourish liver and kidney yin |
| tu si zi | nourish liver and kidney yin |
| du zhong | nourish liver and kidney yin |
| dang gui | supplement liver, nourish blood |

Warm and supplement kidney yang, replenish essence, nourish blood.

61. 真武湯 (zhen wu tang) *True Warrior Decoction* (Shang Han Lun)

| | |
|-------------|------------------------------|
| fu zi | restore kidney yang |
| bai zhu | strengthen spleen |
| fu ling | promote urination |
| sheng jiang | warm and dispel water evils |
| bai shao | preserve yin, alleviate pain |

Warm yang, promote urination.

62. 六味地黃丸 (liu wei di huang wan) *Six Ingredient Rehmannia Pill* (Qian Yi)

| | |
|--------------|--|
| shu di huang | enrich kidney yin and essence |
| shan zhu yu | nourish liver, restrain leakage of essence |
| shan yao | stabilize essence, supplement spleen |
| fu ling | drain damp, strengthen spleen |
| mu dan pi | drain liver fire |
| ze xie | drain kidney fire |

Enrich yin, nourish the kidneys.

For 都氣丸 (du qi wan) *Metropolis Qi Pill*, add wu wei zi to astringe the lungs.

For 八仙長壽丸 (ba xian chang shou wan) *Eight Immortals Pill for Longevity*, add mai men dong and wu wei zi.

63. 河車大造丸 (he che da zao wan) *Placenta Great Creation Pill*

| | |
|---------------|--|
| zi he che | supplement qi and blood |
| ren shen | supplement qi |
| shu di huang | supplement blood |
| du zhong | fortify kidney yang |
| tian men dong | nourish yin |
| mai men dong | nourish yin |
| gui ban | nourish yin |
| huang bai | clear heat in lower burner |
| fu ling | supplement spleen |
| huai niu xi | nourish liver and kidney yin, move blood |

Nourish lung and kidney yin, drain fire.

64. 金鎖固精丸 (jin suo gu jing wan) *Metal Lock Consolidate Essence Pill*

sha yuan ji li supplement kidneys, benefit essence, stop leakage
qian shi stabilize essence, stop leakage
lian xu bind semen/essence, stop leakage
crisp-fried long gu suppress fire, prevent loss of semen
calcined mu li suppress fire, prevent loss of semen
lian zi essence, stop leakage

Stabilize kidneys, bind up semen/essence.

65. 八正散 (ba zheng san) *Eight Corrections Powder* (Ju Fang)

mu tong clear heat, promote urination
hua shi clear damp heat by promoting urination
che qian zi clear damp heat by promoting urination
qu mai clear damp heat by promoting urination
bian xu clear damp heat by promoting urination
zhi zi drain heat through urination
zhi da huang drain heat through stool
deng xin cao guide heat down
gan cao harmonize, relieve abdominal pain

Clear heat, promote urination, unblock *lin* pattern.

66. 縮泉丸 (suo quan wan) *Stream Reducing Pill*

yi zhi ren warm kidneys, firm kidney qi
wu yao disperse cold in lower burner, restrain urination
shan yao strengthen spleen and kidneys, bind up essence

Warm the kidneys, dispel cold, stop frequent urination, stop leakage.

Fluid Patterns

68. 增液湯 (Zeng Ye Tang) *Increase Fluids Decoction* (Wen Bing Tiao Bian)

xuan shen nourish yin, generate fluids, moisten dryness, clear heat
mai men dong enrich and moisten yin
sheng di huang nourish yin, clear heat

Generates fluids, moistens dryness, unblocks the bowels.

69. 清燥救肺湯 (Qing Zao Jiu Fei Tang) *Eliminate Dryness and Rescue the Lungs Decoction*

sang ye clear and disperse dryness from the lungs
shi gao clear lung and stomach heat, relieve thirst
mai men dong moisten the lungs, nourish yin
e jiao moisten the lungs, nourish yin
hei zhi ma moisten the lungs, nourish yin
xing ren descend lung qi, moisten the lungs
pi pa ye, honey-fried descend lung qi, moisten the lungs
ren shen supplement qi, harmonize the middle *jiao*
gan cao supplement qi, harmonize the middle *jiao*

Clears dryness, moistens the lungs.

70. 大秦芩湯 (Da Qin Jiao Tang) *Major Gentiana Qinjiao Decoction*

| | |
|-------------|-----------|
| qin jiao | huang qin |
| gan cao | shi gao |
| chuan xiong | bai zhi |
| dang gui | bai zhu |
| bai shao | sheng di |
| xi xin | shu di |
| qiang huo | fu ling |
| fang feng | du huo |

Expels wind, clears heat, nourishes and invigorates the blood.

71. 蘇合香丸 (Su He Xiang Wan) *Liquid Styrax Pill* (Ju Fang)

| | |
|-------------|--|
| su he xiang | penetrate through turbidity, open the orifices |
| she xiang | penetrate through turbidity, open the orifices, unblock the channels |
| bing pian | penetrate through turbidity, open the orifices, unblock the channels |
| an xi xiang | penetrate through turbidity, open the orifices |
| mu xiang | regulate and descend qi, open constraint, dispel cold, transform turbidity |
| tan xiang | regulate and descend qi, open constraint, dispel cold, transform turbidity |
| chen xiang | regulate and descend qi, open constraint, dispel cold, transform turbidity |
| ru xiang | regulate and descend qi, open constraint, dispel cold, transform turbidity |
| ding xiang | regulate and descend qi, open constraint, dispel cold, transform turbidity |
| xiang fu | regulate and descend qi, open constraint, dispel cold, transform turbidity |
| bi ba | warm the center, dispel cold, stop pain, open constraint |
| xi jiao | penetrate turbidity, resolve toxins. DO NOT USE, ENDANGERED. |
| zhu sha | calms the spirit. DO NOT USE, ILLEGAL. |
| bai zhu | supplement spleen qi, dry dampness, transform turbidity |
| he zi | restrain leakage of qi |

Warms and aromatically opens the orifices, promotes movement of qi, transforms turbidity.

72. 清氣化痰丸 (Qing Qi Hua Tan Wan) *Clear the Qi and Transform Phlegm Pill*

| | |
|--------------|-------------------------------------|
| dan nan xing | open blockage by phlegm and fire |
| ban xia | strengthen spleen, transform phlegm |
| gua lou ren | drain lung fire, clear phlegm-heat |
| huang qin | drain lung fire, clear phlegm-heat |
| chen pi | regulate qi |
| xing ren | descend lung qi |
| zhi shi | regulate qi |
| fu ling | strengthen spleen, drain dampness |

Clears heat, transforms phlegm, descends qi, stops cough.

73. 二陳湯 (Er Chen Tang) *Two Matured Substances Decoction* (Ju Fang)

| | |
|---------------|--|
| jiāng bàn xià | dry damp, transform phlegm, descend stomach qi |
| chén pí | aromatically revive the spleen, regulate qi |
| fú líng | percolate dampness, strengthen the spleen |
| gān cǎo | supplement the spleen |

Dries dampness, transforms phlegm, regulates qi, harmonizes the middle *jiao*.

74. 苓桂朮甘湯 (Ling Gui Zhu Gan Tang) *Poria, Cinnamon Twig, Atractylodes Macrocephala and Licorice Decoction* (Shang Han Lun)

fú líng strengthen the spleen, percolate dampness

guì zhī warm yang, resolve congested fluids

bái zhú strengthen the spleen, dry dampness

zhī gān cǎo supplement middle *jiao*

Warms and transforms phlegm and congested fluids, strengthens the spleen, resolves dampness.

75. 十棗湯 (Shi Zao Tang) *Ten Jujubes Decoction* (Shang Han Lun)

yuán huā eliminate congested fluids from the chest and rib-sides

gān suì expel fluids and dampness from the channels

jīng dà jǐ drain fluids and dampness from the organs

dà zǎo protect the stomach

Expels and drives out congested fluids.

76. 控涎丹 (Kong Xian Dan) *Drizzling-Relieving Elixir*

yuán huā

gān suì

bái jiè zǐ

Dispels phlegm, expels congested fluids

77. 五苓散 (wu ling san) *Five-Ingredient Powder with Poria* (Shang Han Lun)

ze xie percolates dampness, promotes urination

fu ling percolate damp, promotes urination, strengthens the spleen

zhu ling eliminate dampness, promote urination

bai zhu strengthens the spleen

gui zhi warm *ming men* fire

Promotes urination, drains dampness, strengthens the spleen, and warms yang.

78. 五皮散 (Wu Pi San) *Five-Peel Powder* (Zhong Zang Jing)

sang bai pi promote urination, descend lung qi

sheng jiang pi transform dampness, disperse swelling

fu ling pi percolate damp, promote urination, strengthen the spleen

chen pi regulate qi

da fu pi regulate qi

Resolves dampness, reduces water swelling, regulates qi, strengthens the spleen

79. 葶藶大棗瀉肺湯 (Ting Li Da Zao Xie Fei Tang) *Descurainia and Jujube Decoction to Drain the Lungs* (Jin Gui Yao Lue)

ting li zi

da zao

Drains the lungs, moves fluids, drives out phlegm, calms wheezing