

A PORTABLE
REFERENCE

Acupuncture

An Aid to Differential Diagnosis

Susanna Dowie

Foreword by

Giovanni Maciocia



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Dedication

To Ross, my beloved unsung hero.

**CHURCHILL
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Notice

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- The **first twenty-six pages** of the book are a brief overview of the building blocks of Chinese medicine: just enough to serve as a rapid reminder. These pages are distinguished from the main body of the book by the patterned background and should be read up and down (from top to bottom verso, to top to bottom recto) as with a normal book with attention being paid to page numbers.
- In **the main body of the book** the **top left hand quadrant** gives the differential diagnosis of a wide range of orthodox medical conditions, arranged in alphabetical order. If you cannot readily find the condition you want, you should refer back to the contents page at the start of the book. The groupings of conditions are deliberately often more similar to what you would expect to find in Chinese medicine
- The Chinese medicine counterpart is on the **top right hand quadrant**. This section suggests how you might differentiate the given condition in Chinese medicine and, in the inset box, proposes probable patterns related to the presenting symptoms, which you can cross-reference in the patterns section below. If a pattern in the inset box is not precisely represented, it will normally be a standard pattern combined with one of the external causes of disease described on page Bxv
- The patterns themselves are shown in the **bottom two quadrants**. Each organ has a number of patterns listed in alphabetical order, which can be readily compared. If you are searching for a particular pattern you may want to refer back to the contents page at the start of the book

Foreword

The body of knowledge required to practise acupuncture is huge. One needs to master the basic theories of Chinese medicine, the theory of the *zangfu*, the principles of diagnosis, the patterns of the *zangfu*, the pathways of the channels, the location of 365 points and the points combinations for each pattern. In addition, one needs to be familiar with the most common patterns appearing in various diseases such as 'headaches', 'abdominal pain', etc.

This is an enormous volume of information that may lead the student and new practitioner to feel lost. Besides the difficulty in mastering all this information, there is an added practical difficulty in that such information is contained in several huge textbooks that are impractical to carry around in the clinic.

There has long been a need for a concise handbook of Chinese medicine that would help the student and recently qualified practitioner to memorise the huge amount of information needed to practise. Such a handbook is particularly needed in the practice as a source of quick reference with easy-to-find information. Susanna Dowie has compiled such a handbook in a masterly way. The pocketbook gives a comprehensive Western and Chinese differential diagnosis, referenced by presenting condition and by acupuncture diagnosis.

The pocketbook has a section on Western medicine differential diagnosis, one on Chinese medicine differential diagnosis, the possible syndromes for the given condition together with specific points and a classical herbal formula for every syndrome.

Susanna Dowie is well qualified to write such a pocketbook as she combines three essential qualities: she is an experienced practitioner of many years' standing, she is a clinical and theory teacher, and she has been the principal of a major acupuncture college for many years. She is therefore uniquely placed to know the needs of students and junior practitioners.

I am sure that her pocketbook will be a welcome addition to the existing literature for every acupuncture student.

Giovanni Maciocia
Amersham June 2007

Introduction

The purpose of this book is to give those of us acupuncturists who have less than perfect memories a better chance of being the best we can be. Aimed at students and practitioners still finding their feet, it provides the briefest of summaries for the Chinese medicine interpretation of our clinic encounters. The tyranny of 200 words demanded in the writing of this book (each quadrant is 200 words) threatened to get the better of me from time to time. But my resolve was held firm by the thought of how much I would have appreciated this book in my own clinic when I started in practice. Having spent 13 years watching students go through the London College of Traditional Acupuncture (LCTA), the college of which I am principal, I know the clinical value of instant access to small condensations of huge volumes of knowledge.

Thus I make no apology for plagiarizing, paraphrasing and précising liberally throughout this book. I have sourced my information widely and none of my material is new; in fact, the whole point is to reiterate what we already know – but in the excitement of the moment perhaps we forget.

Two comments on language: in selecting the titles for the conditions I have used broad categories of disease such as we would commonly find in Chinese medicine textbooks. Where this does not accord directly with Western disease categories, I have endeavoured to cross-reference effectively in the contents and index.

The second note on language relates to my choice of translation. Where ambiguity was liable

to arise, I decided to use the translation proposed by Nigel Wiseman so that the words are pegged to a source. In this way, if we choose to go back to the original character, we can do so without difficulty to clarify the meaning. The glossary, showing the Chinese characters, common alternative translations and contexts, is designed to enable anyone who struggles with the words I have used to gain greater understanding.

I would like to thank a number of people who gave unstintingly of their time, effort, imagination and good will in this project: Sharminee Kumaradevan for her excellent co-authoring, Dr Richard Laing for his conventional medicine expertise, Stefan Chmelik for working on the herbal formulae, Paul Johnson, Dr Anne-Sophie Morel and Ana-Maria Lavin for general advice, Karen Morley and Kerry McGeachie from Elsevier, Frances Turner for her expertise on language and her wonderful attention to detail, Bonny Williams, Jackie Whitmore and Rajini Pani for being supportive, patient and allowing me time, James Cattermole for nurturing the original inspiration, and of course the students, graduates and staff of LCTA for being the underlying reason for doing this in the first place. Lastly I want to thank Giovanni Maciocia, one of my original Chinese medicine teachers, to whom I am indebted for passing on his ideas, his immense knowledge and his commitment to Chinese medicine – and, unwittingly, much of the material for the basis of this book.

Yin and yang:

- oppose each other and can only be defined relative to one another
- transform into each other, mutually consuming and controlling one another.

Yin characteristics

dark
night
cold
winter
rest
inside
water
slow
solid
contraction
chronic disease
internal organs
front
torso
zang
blood and body fluids
relative stasis
downward/inward
pale complexion
lack of thirst
quiet voice

Yang characteristics

light
day
heat
summer
activity
outside
fire
rapid
vapour
expansion
acute disease
external organs
back
limbs
fu
qi
evident motion
upward/outward
florid complexion
thirst
loud voice

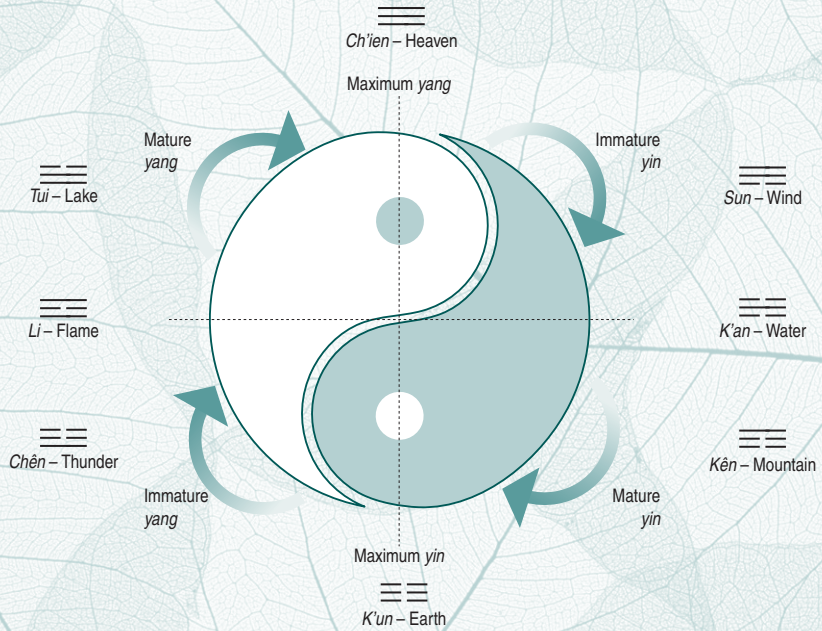
Yin:

- deficiency symptoms: low-grade fever, late afternoon red cheeks, restlessness, insomnia, night sweating, red dry tongue, rapid floating pulse
- pathologies: *yin* deficiency, *yin* deficiency with empty heat, collapse of *yin*, clear *yang* not ascending.

Yang:

- deficiency symptoms: chills, pale complexion, inertia, excessive sleeping, sweating on exertion, cold limbs, pale wet tongue, slow deep pulse
- pathologies: *yang* deficiency, collapse of *yang*, turbid *yin* not descending.

Diagram of *yin* and *yang*



The three treasures: *jing*, *qi* and *shen*

Also known as the three gems or the three mysteries.

Jing: the foundation of life, essence.

Responsible for cycles (women 7 years, men 8 years). Basis for: growth and development; kidney *qi*; marrow; congenital constitutional strength.

Qi: Energy.

- Types: organ *qi*; channel *qi*; *ying* (nutritive/ construction) *qi*; *wei* (defensive) *qi*; *zong* (ancestral, gathering) *qi*; *zhen* (true) *qi*; *zhong* (middle) *qi*; *zheng* (upright) *qi*.
- Functions: moving; warming; defending; transforming; holding.

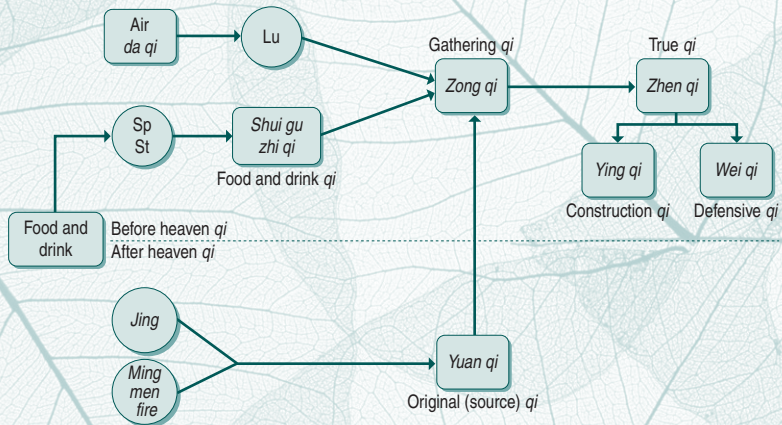
Shen: spiritual power or intelligence residing in the heart. *Shen* governs thinking.

- Memory (dull or clear)
- Consciousness (thoughts/perceptions, awareness, insight)
- Cognition (perceiving, conceiving, responding to stimuli)
- Sleep, intelligence (heart, mind, essence)
- Wisdom (applying knowledge critically, wisely)
- Ideas (mind governs ideas/goals/life purpose)

Expression of *shen* in other organs:

Liver	<i>hun</i>	<i>yang</i> or ethereal soul
Lung	<i>po</i>	<i>yin</i> or corporeal soul
Spleen	<i>yi</i>	intention
Kidney	<i>zhi</i>	will

Diagram of the production of qi



Blood

- Before-heaven source in the lower burner from marrow, after-heaven source in the middle burner from the spleen.
- Primary pathologies: blood deficiency, blood stasis (in liver, lungs, heart, stomach, intestines, uterus, limbs), blood heat (in liver, heart, stomach).
- Subsidiary pathologies: blood dryness (extreme blood deficiency), blood cold, loss of blood, collapse of blood (from sudden severe haemorrhage).

Body fluids – *jīn* and *yè* (liquid and dense)

- Relationships of body fluids and *qī*: fluids contain *qī*, fluids depend on movement of *qī*, *qī* transforms into fluids and fluids into *qī*.
- Relationship of fluids to blood: both travel in vessels, moisten, nourish. Both *yīn* in nature. Both derived from food and water in earth element.
- Relationship between body fluids and *sān jiāo*: upper burner (*jiāo*) a fine mist, middle burner a muddy pool, lower burner a drainage ditch.

Pathologies

- Deficiency of body fluids (liver, lungs, kidneys, stomach, large intestine).
- Oedema from spleen, lung or kidney deficiency (depending on location).
- Phlegm from spleen deficiency (combines with another pathogenic evil, e.g. wind, heat, cold, dampness, dryness; combines with excess, e.g. stagnant *qī*, food, blood stasis, retention of fluids; under skin, in channels/joints; in heart, gallbladder, kidneys; from shock or excess alcohol).

Diagram of the production of blood

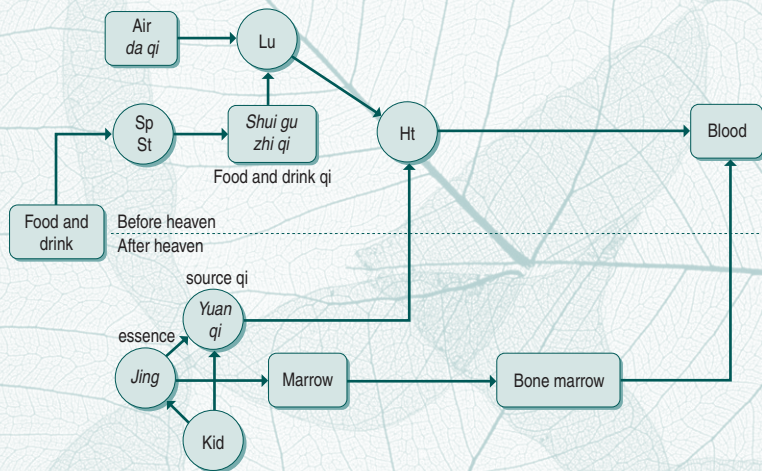


Diagram of the production of body fluids

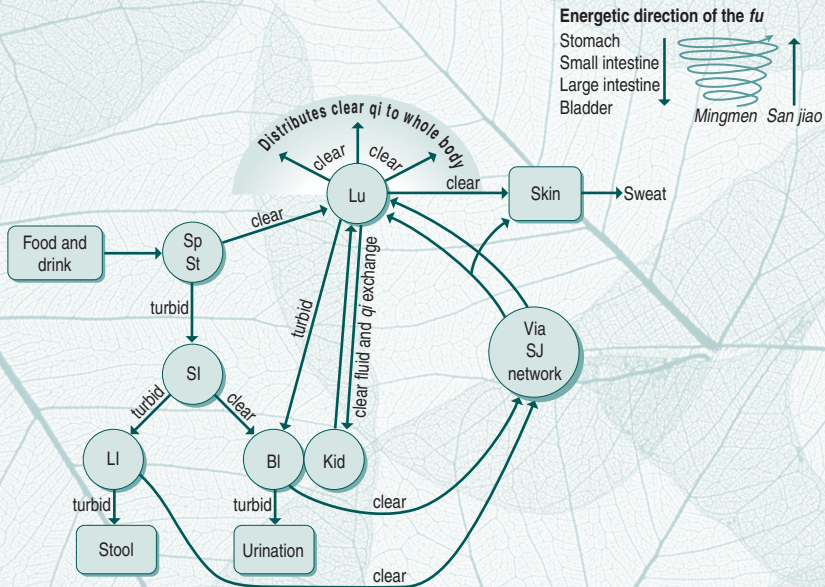
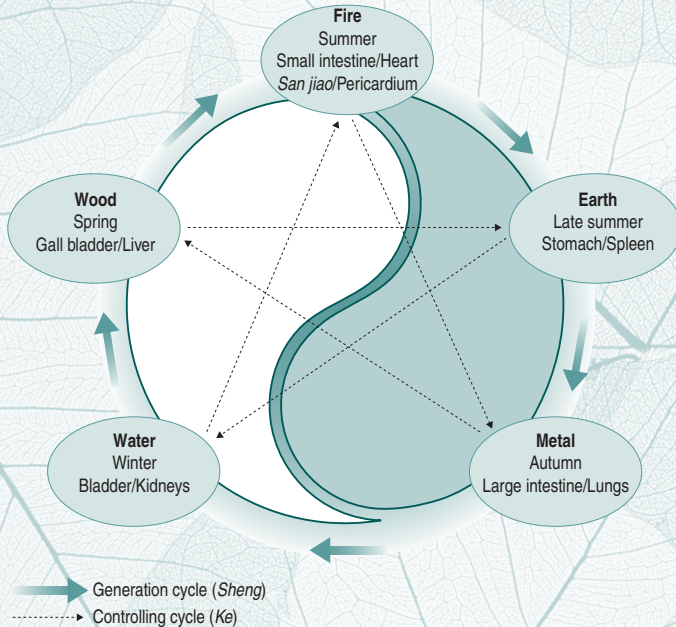


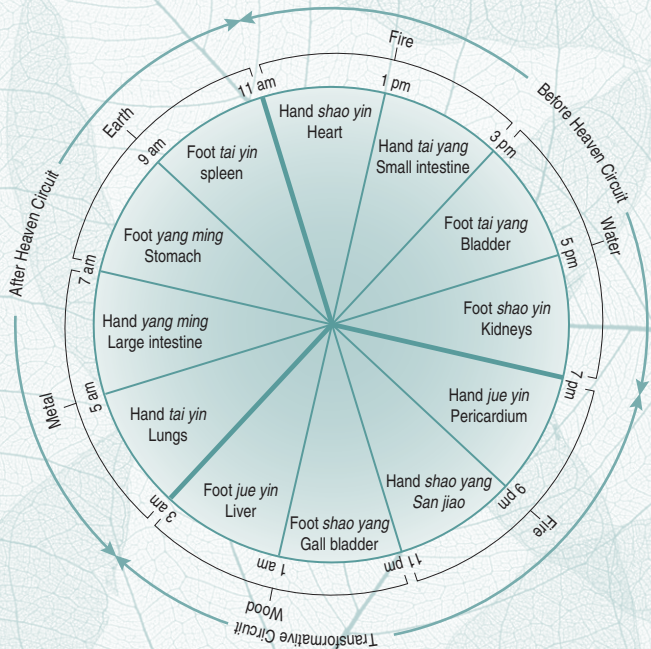
Diagram of the five elements



The correspondences of the five elements

	Wood	Fire	Earth	Metal	Water
Season	Spring	Summer	Late summer	Autumn	Winter
Direction	East	South	Centre	West	North
Colour	Green	Red	Yellow	White	Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
<i>Zang</i>	Liver	Heart	Spleen	Lung	Kidneys
<i>Fu</i>	Gallbladder	Small Intestine	Stomach	Large Intestine	Bladder
Odour	Rancid	Scorched	Fragrant	Rotten	Putrid
Sense organ	Eyes	Tongue	Mouth	Nose	Ears
Tissue	Sinews	Vessels	Muscles	Skin	Bones
Emotion	Anger	Joy	Pensiveness	Sorrow	Fear
Virtue	Benevolence	Propriety	Good faith	Righteousness	Wisdom
Sound	Shouting	Laughing	Singing	Crying	Groaning
Development	Birth	Growth	Transformation	Harvest	Storage
<i>Yin–yang</i>	Immature <i>yang</i>	Mature <i>yang</i>	Centre	Immature <i>yin</i>	Mature <i>yin</i>
Reflection	Nails	Face	Lips	Bodily hair	Head hair
Secretion	Tears	Sweat	Saliva	Snivel	Sputum
Spirit	<i>Hun</i>	<i>Shen</i>	<i>Yi</i>	<i>Po</i>	<i>Zhi</i>

Diagram of the *zu wi* cycle – The Chinese clock



The functions of the *zang*

Liver (the planner)

- Stores the blood
- Governs the smooth flow of *qi* around the body
- Manifests in the nails
- Governs the nerves and sinews
- Opens into the eyes
- Influences sexuality and reproduction
- Houses the *hun*

Heart (the supreme controller)

- Governs the blood
- Governs the blood vessels
- Manifests in the complexion
- Opens into the tongue
- Controls sweating
- Houses the *shen*

Pericardium (the heart protector)

- The pericardium has a powerful influence on mental and emotional states

Spleen (the transporter)

- Governs transformation and transportation
- Manages the blood
- Holds the *zang* in place
- Governs the flesh and limbs

- Opens into the mouth
- Houses the *yi*

Lungs (the receiver of *qi*)

- Govern *qi* and respiration
- Regulate the water passages
- Govern the skin and bodily hair
- Open into the nose
- House the *po*

Kidney (the controller of fluids)

- Stores *jing*, controls growth, reproduction and development
- Governs the bones and produces marrow
- Governs water
- Controls the reception of *qi*
- Opens into the ears
- Manifests in the hair
- Houses the *zhi*

The functions of the *fu*

Large Intestine (the eliminator)

- Governs transformation and conveyance of waste
- Governs liquid (*jin*)

Stomach (the transporter)

- Governs intake and decomposition of food and drink

Small Intestine (the separator of pure from impure)

- Governs the separation of the clear and the turbid

Bladder (the fluid storer)

- Stores fluid

Gallbladder (the decision maker)

- Stores and excretes bile
- Controls the sinews
- Controls judgement

San jiao

- Provides a pathway for fluids and *qi*
- Distributes *yuan qi*

Internal causes of disease – seven emotions/affects (*qing*)

Xi, joy, relates to the heart and fire element. Excessive joy slackens fire *qi* causing vexation, agitation, inappropriate laughter, mania. Lack of joy may lead to poor communication, hurt, rejection, defensiveness, over-sensitiveness, self-righteousness, paranoia.

Nu, anger, relates to liver/wood, causing liver *qi* to rise and stagnate. When wood *qi* does not move smoothly it may cause frustration, resentment, mood swings and depression, feeling trapped, inability to plan or make decisions, timidity, unassertiveness, over-controlling, inflexibility.

Si, variously translated as thought, worry or pensiveness, relates to spleen/earth. Worry (or excessive thinking/studying) binds earth *qi* sometimes causing repetitive thinking, unclarity, worry, insecurity, obsessiveness, a lack of nurturing or a tendency to be overly solicitous.

Kong, fear, relates to kidneys/water. Fear is said to precipitate or descend water *qi* leading to dread, mental debility, feeling overwhelmed, inability to cope, phobias, feeling powerless, secretiveness, suspicion, recklessness, stubbornness.

You (sadness/anxiety) and ***bei*** (grief/sorrow) relate to lungs/metal. They are said to disperse metal *qi*, stagnating *qi* in the chest; leading to a sense of sadness and oppression, lack of self worth, pointlessness, inability to let go, detachment, criticalness, confusion, arrogance, guilt and rigidity.

Jing, fright or shock, leads to liver wind and heart and kidney disharmony by scattering *qi*.

External causes of disease - pathogenic evils

Wind

- External wind invading lungs as wind heat, wind cold or wind dryness.
- External wind invading channels as paralysis, pain, tremors, tics, convulsions, stiffness, numbness and/or restricted movement of muscles/joints.
- External wind skin conditions, causing rapidly moving itching and rashes.

Cold

- Wind cold invading the lungs.
- Cold *bi* (painful obstruction syndrome) invades limbs as stiffness, contracted tendons, chilliness.
- Cold invading the middle *jiao* as pain or diarrhoea.
- Cold invading the liver channel as cold *shan*.

Damp/Phlegm

- Damp obstructing spleen and stomach.
- Damp heat invasions, either obstructing spleen and stomach or liver and gallbladder, or pouring into large intestine or bladder.

- Damp cold invasions, damp combining with wind cold or wind heat leading to *bi* syndrome.
- Phlegm more viscous in nature, arising from accumulated dampness/spleen deficiency. May become solid.

Dryness

- Dryness invades lungs, as external febrile disease damaging blood or *yin*, or as blood dryness.

Fire and summer heat

- external febrile diseases, or summer heat on its own or combined with damp.

Heat or damp toxin

- may combine together. Arise from depression of fire and/or accumulating damp. Affect intestines/skin leading to skin disorders with abscesses, sores. Damp toxin leads to copious discharge.

Diagnosis according to the eight principles

Interior and exterior conditions (site of disharmony)

Interior: generated by interior disharmonies, associated with chronic conditions and constitutional tendencies.

Exterior: generated by external influences, associated with acute illness with sudden onset of chills and fever, head or body ache, often accompanied by thin tongue moss.

Deficiency and excess conditions

Deficiency: frail and weak movements, ashen, pale or sallow, partial engagement with life, shallow breathing, pain relieved by pressure, spontaneous sweating, frequent urination, pale tongue, forceless pulse.

Excess: ponderous and forceful movements, loud and full voice, heavy breathing, pain which is aggravated by pressure, scant urine, thick tongue coat, strong pulse.

Cold and heat conditions

Cold: slow, deliberate movement, withdrawn manner, white face, fear of cold, cold limbs,

passive, introverted, pain relieved by warmth, desire for warm liquids, pale bluish tongue, slow pulse.

Heat: red face, feeling hot, dislike of heat, pain better for cold, rapid movements, outgoing manner, red tongue with yellow coat, rapid pulse.

Yin and yang conditions (see also p.Tix)

Yin: cold, empty, interior conditions.

Yang: hot, full, exterior conditions.

Diagnosis according to triple burner

Upper burner

- Encompassing the head, chest, heart and lungs.
- Known as upper mist: corresponds to the vaporised water in the lungs that is later disseminated throughout the body.
- In disease: defensive *qi* impaired and invaded by exterior pathogens (wind cold, wind heat).

Middle burner

- Encompassing the area below the chest but above the navel which includes the spleen and stomach.
- Known as foam: refers to the digestive churning of the stomach and the spleen.
- In disease: digestive function impaired, with retention of food in stomach.

Lower burner

- Corresponds to the abdominal area below the navel and encompasses the liver, kidneys, small intestine, large intestine and bladder.
- Known as swamp: in charge of excreting impure substances.
- In disease: function of transforming, separating and excreting fluids impaired, with disturbance to urination and defaecation.

Defensive/*wei qi* aspect

Pathogen/evil may be wind heat, summer heat, damp heat, dryness. **General symptoms:** fever; aversion to cold; headache; slight sweating; runny nose with yellow mucus; slight thirst; sore throat; red and swollen tonsils; red sides or tip of tongue; floating, rapid pulse.

***Qi* aspect**

Manifests as lung heat, dry heat in intestines, stomach heat, gallbladder heat. **General symptoms:** high fever; aversion to heat; cough with thin yellow sputum; asthma; thirst; red tongue with thick, yellow coating; slippery, rapid pulse.

Nutritive/*construction qi* aspect

General symptoms: fever at night; dry mouth with no desire to drink; insomnia; mental restlessness; aphasia; spots on skin; deep, red tongue; fine, rapid pulse. Heat in pericardium will have similar symptoms with hot body but cold hands and feet.

Blood aspect

Can manifest as liver fire or extreme heat generating wind, liver blood deficiency engendering wind, collapse of *yin* or *yang*.

General symptoms: high fever; skin eruptions; vomiting of blood; epistaxis; blood in stools; blood in urine; manic behaviour; convulsions (in severe cases); deep red tongue without coating; wiry, rapid pulse.

Diagnosis according to the six divisions/channel patterns

Divisions/stages of febrile disease

- **Taiyang/greater yang:** invasion of wind cold/heat with fever, aversion to cold, stiff neck, headache, body aches, floating pulse.
- **Yangming/bright yang:** high fever, profuse sweating, aversion to heat, thirst, irritability, delirium, overflowing rapid pulse, tongue red, thin, yellow coating.
- **Shaoyang/lesser yang:** alternating chills and fever, fullness of costal and hypochondrial region, lack of appetite, irritability, dry throat, nausea, bitter taste, wiry pulse, tongue coating unilateral, thin, white.
- **Taiyin/greater yin:** abdominal fullness, vomiting, no appetite, diarrhoea, no thirst, deep slow pulse, pale tongue, sticky coat.
- **Shaoyin/lesser yin:** chills, aversion to cold, listlessness, lethargy, cold limbs, diarrhoea, deep fine pulse, pale, wet tongue, white coating.

- **Jueyin/terminal yin:** thirst, feeling of energy rising to chest, pain and heat in chest, cold limbs, diarrhea, vomiting, fine rapid pulse, red tongue, no coat.

Six channel pairings

- Bladder foot *taiyang* and small intestine hand *taiyang*
- Stomach foot *yangming* and large intestine hand *yangming*
- Gallbladder foot *shaoyang* and *san jiao* hand *shaoyang*
- Lung hand *taiyin* and spleen foot *taiyin*
- Heart hand *shaoyin* and kidney foot *shaoyin*
- Pericardium hand *jueyin* and liver foot *jueyin*

Diagnosis by asking ('ten questions')

- 1. Pain, itching, weight:** area, nature, timing, factors affecting.
- 2. Cold, heat/chills, fevers:** sensations of heat/cold, internal/external, acute/chronic.
- 3. Perspiration:** area, timing, nature, factors affecting. Absence of perspiration.
- 4. Head, face, throat, neck, ears, eyes:** headache, dizziness, fainting; feelings of distension, heaviness, muzziness, cold, heat, numbness, tingling, itching, stiffness, pain; sense of smell, hearing, vision; eyes, nose, teeth, gums, tonsils, throat, neck.
- 5. Chest and abdomen, limbs:** location (chest, hypochondrium, epigastrium, lower abdomen), nature of problem (pain, cough, palpitations, other sensations). Limbs: pain, motor impairment, distension, numbness/tingling, tremor, itching, weakness, cramps, temperature.
- 6. Stools and urination:** stools: frequency, consistency, shape, colour, difficulty, pain, smell. Urine: volume, frequency, flow, colour, difficulty, nocturia, pain, smell.
- 7. Food, drink, taste, thirst:** appetite, taste, nausea and vomiting, belching, sour regurgitation, preferences. Thirst and lack of thirst, dry mouth, preferences.
- 8. Sleep:** somnolence (time, duration, underlying condition). Insomnia (time, duration, dreams, underlying condition), dreaming.
- 9. Menstrual cycle (include pregnancies and terminations):** cycle, volume of blood, colour of blood, quality of blood, pain, premenstrual symptoms, menarche, menopause.
- 10. Thoughts, emotions, lifestyle, habits, work, energy levels:** including alcohol, tobacco, recreational drugs, exercise.
- 11. Sexual symptoms.**
- 12. Medical history (include possible hereditary conditions).**

Tongue diagnosis

Colour of tongue

- **Pale red:** normal
- **Pale:** deficiency of *yang* or blood
 - **wet, pale:** *yang* deficiency
 - **dry, pale, orange sides:** blood deficiency
- **Red:** heat
 - **with coating:** full heat
 - **peeled:** empty heat
- **Deep red:** severe heat
- **Purple:** stasis of blood
 - **reddish-purple:** heat and stasis of blood
 - **bluish-purple:** cold and stasis of blood
 - **purple sides:** liver blood stasis
- **Blue:** interior cold leading to stasis of blood

Shape of tongue

- **Thin:** blood/*yin* deficiency
- **Swollen:** retention of dampness/damp heat
- **Stiff:** interior wind
- **Flaccid:** deficiency of body fluids
- **Long:** tendency to heat (heart heat)
- **Short:** interior cold/extreme deficiency
- **Cracked:** full heat/*yin* deficiency

cont on page Txix

- **Quivering:** spleen *qi* deficiency
- **Deviated:** interior wind
- **Toothmarked:** spleen *qi* deficiency

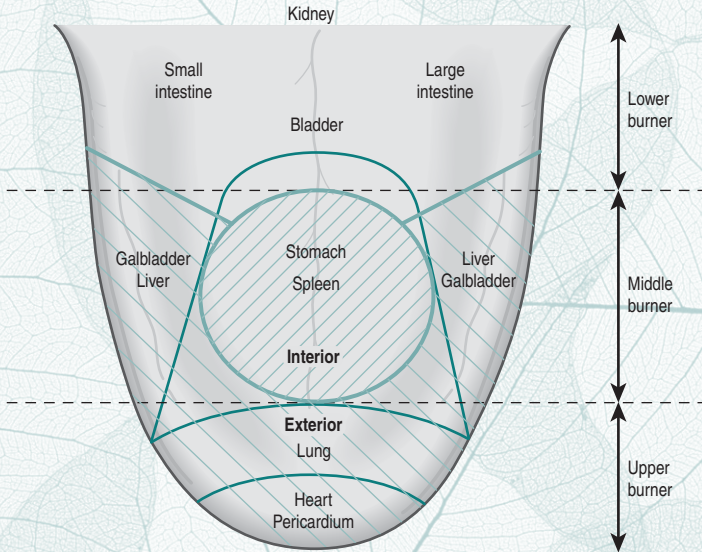
Tongue coating

- **Thin white coating:** normal
- **White coating:** cold pattern
- **Yellow coating:** full heat pattern
- **Thick coating:** retained evil/pathogenic factor
- **Thick, sticky, white:** retention of dampness or phlegm cold
- **Thick, sticky, yellow:** retention of dampness or phlegm heat
- **Peeled:** *yin* deficiency
- **Red, peeled:** kidney *yin* deficiency

Tongue moisture

- **Slightly moist:** normal
- **Wet:** *yang* deficiency
- **Dry:** full heat/empty heat

Diagram of tongue diagnosis



DISEASED PULSE: <i>BING MAI</i>	INDICATION	DISEASED PULSE: <i>BING MAI</i>	INDICATION
floating <i>fu mai</i>	<ul style="list-style-type: none"> • <i>yang</i> pulse • external evil (at <i>wei qi</i> level) • <i>yin</i> deficiency (if forceless) • interior wind (if forceful and no sign of external evil) 	replete/full <i>shi mai</i>	sign of an excess condition: <ul style="list-style-type: none"> • excess patterns • fire patterns with excess • excess gathering and binding
drumskin <i>ge mai</i>	<ul style="list-style-type: none"> • exterior cold extreme excess patterns • blood deficiency • <i>jing</i> deficiency 	bowstring/wiry <i>xian mai</i>	<ul style="list-style-type: none"> • stagnation – usually related to disharmony of liver or gallbladder • phlegm rheum and pain patterns
surging <i>hong mai</i>	<ul style="list-style-type: none"> • heat has injured fluids and <i>yin</i> • fire floating; water drying up 	tight <i>jin mai</i>	excess cold condition stagnation
empty/deficient/ vacuous <i>xu mai</i>	<i>qi</i> and blood deficiency damage by summerheat	long <i>chang mai</i>	<ul style="list-style-type: none"> • if tight and wiry – excess • <i>qi</i> counterflow • excess fire patterns
scallion stalk <i>kou mai</i>	seen in conditions with blood loss: <ul style="list-style-type: none"> • haematemesis • epistaxis 	short <i>duan mai</i>	seen in source <i>qi</i> deficiency patterns and debility patterns

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Pulse diagnosis continued

DISEASED PULSE: <i>BING MAI</i>	INDICATION	DISEASED PULSE: <i>BING MAI</i>	INDICATION
scattered <i>san mai</i>	serious disharmony – kidney <i>yang</i> exhausted and floating away	stirring <i>dong mai</i>	extreme condition – rare heart palpitation, intense fright, fever or pain
soft/soggy <i>ruan/ru</i>	<ul style="list-style-type: none"> • <i>yin</i> deficiency • kidney deficiency • marrow exhausted and essence damaged 	slippery <i>hua mai</i>	<ul style="list-style-type: none"> • dampness or phlegm • pregnancy (reckless blood can lead to this pulse) • normal
deep <i>chen mai</i>	<ul style="list-style-type: none"> • <i>yin</i> pulse • internal disharmony • sign of <i>qi</i> or blood obstruction 	choppy <i>se mai</i>	<ul style="list-style-type: none"> • blood deficiency • <i>jing</i> deficiency • <i>qi</i> stagnation • cold damp patterns
weak <i>ruo mai</i>	extreme deficient <i>qi</i> condition, i.e. the <i>qi</i> cannot raise the pulse	fine/thready/thin <i>xi mai</i>	<ul style="list-style-type: none"> • deficient blood and <i>qi</i> • damp patterns
hidden <i>fu mai</i>	<ul style="list-style-type: none"> • cold obstructing the meridians • <i>yang</i> deficiency that cannot raise the pulse 	faint/minute <i>wei mai</i>	<ul style="list-style-type: none"> • extreme deficiency (<i>qi</i> and blood) • collapse of <i>yang</i>
confined/firm <i>lao mai</i>	seen in accumulation and gathering (binding) patterns	large <i>da mai</i>	<ul style="list-style-type: none"> • excess • heat in stomach or intestines or both

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Pulse diagnosis continued

DISEASED PULSE: <i>BING MAI</i>	INDICATION	DISEASED PULSE: <i>BING MAI</i>	INDICATION
slow <i>chi mai</i>	<ul style="list-style-type: none"> • <i>yin</i> pulse • cold retarding movement • insufficient <i>qi</i> 	bound/knotted (irregular missed beats) <i>jie mai</i>	<ul style="list-style-type: none"> • blood stasis, stagnation of <i>qi</i> and fluids • cold obstructing <i>qi</i> and blood • deficient <i>qi</i>, blood or <i>jing</i>
moderate/relaxed <i>huan mai</i>	<ul style="list-style-type: none"> • normal • heart <i>qi</i> deficiency • dampness • spleen and stomach deficiency 	intermittent (regular missed beat) <i>dai mai</i>	<ul style="list-style-type: none"> • <i>yang qi</i> deficiency • severe blood stasis • often associated with heart disease or exhausted state of all organs
rapid <i>shu mai</i>	<i>yang</i> pulse heat accelerating the movement of the blood	interrupted/hurried/skipping <i>cu mai</i>	<ul style="list-style-type: none"> • extreme full heat patterns: heat agitating <i>qi</i> and blood • stagnation of blood, <i>qi</i>, phlegm or food
racing <i>ji mai</i>	exhaustion of <i>yin</i> and <i>yang</i> with original <i>qi</i> about to desert – acute febrile diseases		

Governing vessel (*du mai*), SI-3/BI-62:

tonifies kidney *yang*; strengthens back when combined with directing vessel; expels interior and exterior wind; nourishes spine, brain.

Directing vessel (*ren mai*), Lu-7/Ki-6:

nourishes *yin*, especially post menopause; regulates uterus, blood; moves *qi* in lower burner and uterus; also affects middle/upper burner.

Penetrating vessel (*chong mai*), Sp-4/P-6:

subdues rebellious *qi* in abdomen/chest; with directing vessel regulates uterus/menstruation; nourishes blood; treats pre- and postheaven *qi* weakness; moves blood in heart.

Girdle vessel (*dai mai*), Gb-41/SJ-5:

treats heat/damp heat in liver, gallbladder; affects circulation/weakness of legs/hips.

***Yin* heel vessel (*yin qiao mai*), Ki-6/Lu-7:**

with *yang* heel vessel treats somnolence/insomnia, treats atrophy syndrome when outer leg muscles tight; excess conditions of lower burner in women; structural imbalances, left to right.

***Yang* heel vessel (*yang qiao mai*), BI-62/SI-3:**

subdues internal/external wind; treats unilateral excess lower backache on bladder channel; nervous tension; hip pain.

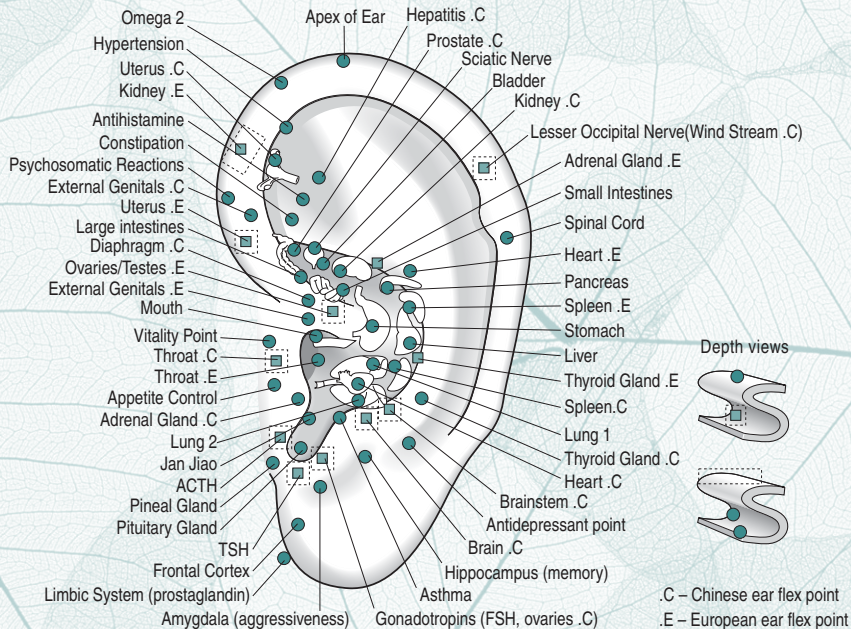
***Yin* linking vessel (*yin wei mai*), P-6/Sp-4:**

treats blood/*yin* deficiency with psychological symptoms; nourishes heart blood; blood deficiency headaches.

***Yang* linking vessel (*yang wei mai*), SJ-5/Gb-41:**

treats lesser *yang* diseases; pain in side of leg, body, neck; rising liver fire ear problems.

Diagram of ear points



Six extraordinary *fu*

Marrow:

- Generated and governed by the kidneys
- Includes brain, spine and bone marrow
- Nourishes the brain and spinal cord through essence

Brain:

- Governed by the kidney, it is the 'sea of marrow'
- Controls the health of the intelligence, memory and five senses
- Related to the heart through heart blood which nourishes the *shen* and mental activity
- Related to the liver which governs the smooth circulation of *qi* and emotions

Bone:

- Kidney essence governs growth, development and healing of bones
- Stores bone marrow

Uterus:

- Kidney essence governs the health of the uterus
- Liver blood supplies rich blood, supported by the circulation through the heart and spleen
- Both *chong* and *ren* originate in the uterus
- Main function is menstruation and childbearing

Vessels:

- Controlled by the heart which controls movement of blood through the vessels
- Act as a container for the transportation of *qi* and blood to nourish the body

Gallbladder:

- Secretes bile
- Does not receive food, water or waste products like the other *fu* organs and does not communicate with the exterior
- Affects the capacity to make balanced judgement

Pinyin pronunciation

b-, d-, f-, g-, k-, l-, m-, n-, p-, s-, t-, w-, y-	all pronounced as in English	-en	like -un in fun
c-	like -ts in its	-eng	like -ung in lung
ch-	like ch- in chap but with tongue on palate	er/-er	like -ar in far
h-	between h- in how and ch- in chap	-i	after c-, ch-, s-, sh-, z-, zh-, like -urr in burr, with the tongue on the palate; after any other letter, like -e in we
j-	like g- in figure but with the tip of the tongue on the lower teeth	-in	like -een in sheen
q-	like ch- in chap but with the tip of the tongue on the lower teeth	-ing	like -ing in ring
r-	like r- in rest but with the tongue on the palate	-iu	like yo- in yo-yo
sh-	like sh- in sheep but with the tongue on the palate	-o	like -au in maudlin
x-	like sh- in sheep but with the tip of the tongue on the lower teeth (hs-)	-ong	like -ung in hung
z-	like -ds in beds	-ou	like -ow in mow
zh-	like j- in jig but with the tongue on the palate	-u	after j-, n-, q-, x- or y-, like -ew in knew but with lips pursed; after any other letter, like -oo in boo
a/-a	like -a in father	-u	like -ew in knew but with lips pursed
-ai	like -ye in rye	-ua	like -ua in guava
-an	like -ohn in John	-uai	like -ui in quiet
-ang	like -ang in angst (German)	-uan	like -uan in quantity
-ao	like -ow in cow	-uang	like -uan above with a guttural ending
-e	like -a in sofa	-ui	like way
-ei	like -ay in way	-un	after j-, l-, n- q-, x- or y-, like -une in June but with lips pursed; after any other letter, between -one in done and -win in twin
		-uo	like wa- in water

Chosen translation	Chinese word	Other commonly used translations	Context
abduct	<i>dǎo</i> 导	relieve, clear, move, guide out	as in abduct food stagnation
astringe	<i>sè</i> 涩		as in to astringe <i>jing</i>
attack	<i>gōng</i> 攻	drain, expel	eliminate evils forcefully, as in to descend/precipitate heat bound in the interior through the bowels
boost (<i>qi</i>)	<i>yì</i> 益	strengthen	as in boost the <i>qi</i>
calm	<i>píng</i> 平		where liver <i>yang</i> is out of control as in hyperactive <i>yang</i> or stirring liver wind
calm	<i>qián</i> 潜	anchor, pacify	specific to bring <i>yang</i> back to its root in the lower burner (liver and kidney)
clear	<i>qīng</i> 清	drain, eliminate	as in heat or damp
construction	<i>yíng</i> 营	nutritive	as in construction <i>qi</i> , one of the four aspects
cool	<i>liáng</i> 凉	drain, remove heat	as in heat in the blood aspect of the four aspects
deficient, deficiency	<i>xū</i> 虚	empty, vacuous	as in a pattern or a pulse

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Glossary Continued

Chosen translation	Chinese word	Other commonly used translations	Context
draining technique	<i>xiè fǎ</i> 泻法	reduce, disperse, sedate	as in acupuncture needling technique to eliminate repletion
dry	<i>zào</i> 燥	eliminate, ease	as in dampness by using dry, bitter medicinals
eliminate	<i>chú</i> 除	destroy or remove	as in phlegm or damp
emotions	<i>qíng</i> 情	affects	as in the seven emotions
enriches	<i>zī</i> 滋	supplements, tonifies	used exclusively with relationship to <i>yīn</i>
essence	<i>jīng</i> 精		responsible for growth, development and reproduction and determines the strength of the constitution, manifests in the male in the form of semen
evil	<i>xié</i> 邪	pathogen, disease	as in the six excesses which are the six <i>qi</i> (wind, cold, fire/heat, summer heat, dampness and dryness) in their capacity to cause disease
excess	<i>shí</i> 实	full, fullness, repletion	as in an excess condition
expel	<i>pái</i> 排	clear, move, dispel	promotes elimination as in phlegm, pus, static blood, stones, water, wind, worms

Chosen translation	Chinese word	Other commonly used translations	Context
harmonise	<i>hé</i> 和	balance, regulate	as in an evil at midstage penetration, or disharmony between <i>qi</i> and blood or between organs, e.g. harmonise the stomach and liver
hyperactive, hyperactivity	<i>kàng</i> 亢	rising, ascending	as in hyperactivity of liver <i>yang</i>
insecure, insecurity	<i>bù gù</i> 不固	not firm	as in urination insecure with bladder failing to hold urine, or insecurity of <i>yang qi</i> as in spontaneous sweating, insecurity of heart <i>qi</i> with heart spirit floating astray
obstruction	<i>bì</i> 痹	impediment	as in obstruction or <i>bi</i> syndrome, e.g. damp <i>bi</i> ; bony <i>bi</i> ; hot <i>bi</i> (<i>bi</i> is often equivalent to arthritis)
opening (to the exterior)	<i>kāi</i> 开	freeing	as in opening or closing a point after needling, opening blocks to orifices, e.g. in clearing phlegm that is blocking the heart orifices (<i>kai qiao</i>)

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Glossary Continued

Chosen translation	Chinese word	Other commonly used translations	Context
seven emotions	<i>qī qíng</i> 七情	seven affects, seven relations	joy, anger, anxiety, thought (worry), sorrow, fear and fright: joy causes <i>qi</i> to slacken, anger causes <i>qi</i> to rise, thought (worry) causes <i>qi</i> to bind, sorrow/anxiety causes <i>qi</i> to disperse, fright causes derangement of <i>qi</i> , fear causes <i>qi</i> to precipitate/descend
shock	<i>jīng</i> 惊	fright	as in the seven emotions
six channel patterns	<i>liù jīng xíng zhèng</i> 六经形证	six divisions	as in six channel pattern identification according to the <i>su wen</i> and the <i>shang han lun</i>
supplement	<i>bǔ</i> 补	tonify	as in supplemental <i>qi</i>
transforms	<i>huà</i> 化	changes, resolves, drain	as in gentle, gradual change, both productive and destructive change; transforming damp/phlegm, e.g. resolve phlegm or damp in the upper or middle burner
transmutation	<i>biàn</i> 变	change, aggravation	as in major sudden or untoward change, e.g. from wrong treatment

Chosen translation	Chinese word	Other commonly used translations	Context
descend	<i>xià fǎ</i> 下法	to precipitate, to eliminate evil through the bowels, to purge	as in one of the eight methods of treatment used when evils binding in the interior give rise to heat patterns, or as in <i>qi</i> response to fear
disease identification	<i>biàn bìng</i> 辨病	disease differentiation	as in the differentiation of headache, migraine, constipation
disinhibit	<i>lì</i> 利	drain, promote free movement, eliminate or free	as in fluids, <i>qi</i> , blood; dampness, water <i>qi</i> ; disinhibit parts of the body from impeded movement, e.g. disinhibiting bladder promotes urination
dispel	<i>qū</i> 祛	destroy, drive out	as in evils from the body
disperse	<i>xiāo</i> 消	drain, disintegrate, resolve, dispel	cause to disappear as in glomus, phlegm, food accumulation, swelling
dissipate	<i>pò</i> 破	drain, move	as in static blood, gently but powerfully
dissipate, scatter	<i>sàn</i> 散	drain, eliminate, dispel, expel	as in cold or whittling away stasis nodes or binds; as in scatter cold from the liver channel
drain	<i>xiè</i> 泻	clear, eliminate, discharge, release	as in fire and lower burner damp heat; to cause the stool to flow; spontaneous or induced outward or downward movement

Glossary Continued

Chosen translation	Chinese word	Other commonly used translations	Context
expel	<i>qū</i> 驱	remove	as in parasites
extinguish	<i>xī</i> 熄	eliminate, dispel, expel, subdue, pacify	specific for internal wind
five minds	<i>wǔzhì</i> 五志	emotions or wills	relating to the five phases: anger, joy, thought, anxiety, fear, the five basic forms of mental and emotional activity, which in excess or deficiency can indicate disease
five phases	<i>wǔxíng</i> 五行	five elements	as in wood, fire, earth, metal and water
five wills	<i>wǔshén</i> 五神	five spirits	as in the <i>hun, shen, yi, po</i> and <i>zhi</i>
forceless	<i>wú lì</i> 无力	weak	as in forceless pulse
fortify	<i>jiàn</i> 健	tonify, boost, supplement	as in fortify the spleen
four aspects	<i>wèi qì yíng xuè biàn zhèng</i> 卫气营血辨证	four levels	as in four aspect pattern identification according to the doctrine of warm diseases: defence, <i>qi</i> , construction and blood
frees	<i>tōng</i> 通	clears, regulates	as in frees the waterways

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Chosen translation	Chinese word	Other commonly used translations	Context
pattern identification	<i>biàn zhèng</i> 辨证	pattern differentiation	as in eight principle patterns, <i>qi</i> blood patterns, organ patterns, disease evil patterns, six channel patterns, four aspect patterns
phlegm turbidity	<i>tán zhuó</i> 痰浊	phlegm	as in thick or sticky phlegm, where phlegm damp may imply thin phlegm
precipitate	<i>xià</i> 下	expel, drain, descend	as in to cause to pass downwards, through the intestines and anus
quicken	<i>huó</i> 活	move, enliven, revive	as in blood stasis
raise	<i>shēng</i> 升	upbear, uplift, ascend	as in raise the <i>yang</i> in centre <i>qi</i> falling
regulate	<i>tiáo</i> 调	harmonise, balance	as in moving or diffusing <i>qi</i>
resolve	<i>jiě</i> 解	clear, eliminate	as in evils affecting the exterior
secure, securing	<i>gù</i> 固	astringing	as in securing the <i>qi</i> in order not to let fluids be lost, securing blood, fluids or essence

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Glossary Continued

Chosen translation	Chinese word	Other commonly used translations	Context
upper	<i>shàng</i> 上	above	as in upper body disease, upper eyelid, upper <i>jiao</i> ; as in ascendant hyperactivity <i>shang kang</i>
vexing heat in the five hearts	<i>wǔxīn fán rè</i> 五心烦热	five palm heat	palpable heat in the palms and soles and subjective feeling of heat in the chest resulting from <i>yin</i> deficiency with empty heat
warm	<i>wēn</i> 温	tonify	as in warming the stomach, <i>qi</i> , <i>yang</i>
weak	<i>ruò</i> 弱		as in a weak pulse
wills	<i>zhì</i> 志	emotions, mind, spirit	as in <i>wu zhi</i> , the five wills: <i>zhì</i> is emotion, determination or will, presence of mind or concentration power
wilting	<i>wěi</i> 痿	atony	as in <i>wei</i> syndrome; as in poliomyelitis, myasthenia gravis, polyneuritis, etc.
worry	<i>sī</i> 思	pensiveness, overthinking	as in the seven emotions, worry causes the <i>qi</i> to bind

Western Differentiation: Abdominal masses and distension

- 1. Stemming from liver pathology:**
 - a) Hepatomegaly:** firm smooth mass below right ribs.
 - b) Liver cancer:** firm, lumpy mass below right ribs.
- 2. Stemming from gallbladder pathology:**
 - a) Acute cholecystitis:** tenderness sometimes with a mass below liver in right upper quadrant.
- 3. Stemming from kidney pathology:**
 - a) Hydronephrosis:** smooth, spongy mass in side or back.
 - b) Cyst:** tender mass; flank pain.
 - c) Kidney cancer:** smooth, firm, non-tender mass near kidney.
- 4. Stemming from stomach pathology:**
 - a) Stomach cancer:** mass left upper or central abdomen.
 - b) Appendicitis:** vague pain around navel developing into sharp, severe pain in lower right abdomen.
- 5. Stemming from spleen pathology:**
 - a) Spleen enlargement (splenomegaly):** abdominal mass in left upper quadrant.
- 6. Stemming from intestinal pathology:**
 - a) Irritable bowel syndrome:** abdominal distension with alternating diarrhoea and constipation.
 - b) Faecal impaction:** abdominal mass left lower quadrant.
 - c) Colorectal cancer:** variable location.
 - d) Crohn's disease:** bowel fibrosis causing multiple tender sausage-shaped masses in abdomen.
 - e) Diverticulitis:** mass usually left lower quadrant.
- 7. Stemming from bladder pathology:**
 - a) Bladder distension:** firm mass centre lower abdomen.
- 8. Stemming from ovarian and uterine pathology:**
 - a) Ovarian cyst:** smooth rounded rubbery mass above the pelvis in lower abdomen.
 - b) Uterine fibroid:** abdominal mass with sensation of pressure.

Chinese Differentiation: Abdominal masses and distension

Diagnostic questioning according to:

- 1. Eight principles/six divisions:** internal (spleen *qi* deficiency, retained pathogen, i.e. damp phlegm, damp heat); external (wind invasion blocks lung/spleen *qi*, *taiyin*).
- 2. Qi, blood and body fluids:** *qi* and blood stasis; water accumulation; food stagnation; retention of phlegm/damp; *qi* obstruction causing constipation.
- 3. Location of mass/distension:** upper/lower abdomen; umbilicus/groin region; region below heart; hypochondrium.
- 4. Digestive/gynaecological:** according to symptoms.
- 5. Nature of abdominal mass:** fixed, substantial, painful (blood stagnation); comes and goes, changes location, moveable (*qi* stagnation); soft on palpation, no pain (phlegm).
- 6. Nature of distension:** comes and goes, changes location (*qi* stagnation); soft on palpation, no pain (phlegm, *qi*, food stagnation); fluid retention (spleen *qi* deficiency).
- 7. Aetiology:** emotional strain (repressed anger, frustration, resentment); poor diet (irregular eating, excessive cold/greasy foods); external pathogenic factors (i.e. external cold/external dampness invading).
- 8. Underlying patterns:** blood deficiency; kidney *yin* and *yang* deficiency.
- 9. Zangfu patterns with masses:**

Qi masses	Stagnation of liver <i>qi</i> Retention of food in stomach Phlegm obstructing middle burner
Blood masses	Blood stasis in stomach Liver blood stasis Blood stasis in the uterus Cold in the uterus

- 10. Zangfu patterns with distension:** Spleen/stomach *qi*, *yin* or *yang* deficiency; Retention of damp phlegm or damp heat

Western Differentiation: Abdominal pain

1. Gastrointestinal

- a) **Chronic appendicitis:** recurrent abdominal pain with fever; loss of appetite; nausea, vomiting; constipation; diarrhoea; chills, shaking.
- b) **Peptic ulcer:** abdominal pain typically relieved by eating; heartburn; belching; chest pain; blood in stools.
- c) **Gastritis:** upper abdominal pain; indigestion; loss of appetite; nausea; vomiting; vomiting blood or coffee-ground vomit; dark stools.
- d) **Irritable bowel syndrome:** abdominal pain with constipation or diarrhoea (or alternating constipation and diarrhoea); abdominal fullness, bloating; feeling of incomplete emptying of rectum; loss of appetite.
- e) **Other causes include:** inflammatory bowel diseases; reflux oesophagitis; lactose intolerance; food allergies; diverticulitis; faecal impaction; carcinoma.

2. Hepatobiliary

- a) **Chronic hepatitis:** abdominal pain or distension; dark urine; pale stools; fatigue; itching; jaundice; weight loss.
- b) **Chronic pancreatitis:** recurrent or chronic upper abdominal pain; mild jaundice; fatty stools; weight loss.
- c) **Chronic cholecystitis:** chronic indigestion; vague abdominal pain; nausea; belching.
- d) **Other causes include:** cirrhosis; carcinoma.

3. Genitourinary

- a) **Dysmenorrhoea:** crampy lower abdominal pain during periods; lower back pain.
- b) **Endometriosis:** dysmenorrhoea; pelvic or low back pain; painful sexual intercourse; premenstrual spotting; painful bowel movements.
- c) **Other causes include:** ovarian cysts; fibroids; pelvic inflammatory disease.

- 4. **Other causes include:** alcohol; drugs; iron; myofascial tear in abdominal wall; inguinal or femoral herniae; vertebral lesion; depression; stress.

Chinese Differentiation: Abdominal pain

Diagnostic questioning according to:

- 1. Organ interrelationships:** stomach and large intestine (*yangming*); liver and kidney (*sheng* cycle); stomach and gallbladder (*ke* cycle).
- 2. Location:** hypochondrium, epigastrium, upper or lower abdomen, below heart.
- 3. Nature:** acute (excess); chronic/recurrent (excess/deficient); stabbing, fixed (blood stasis); vague, unlocalised (*qi* stagnation); severe, cramping (cold); dull, nagging (*qi* deficiency); worse with pressure (excess); worse for eating (excess); better with pressure (deficiency); better with heat (cold); better with rest (deficiency); better with activity (*qi* stagnation); periodic, accompanied by thirst (heat); violent attacks, accompanied by fullness (excess).
- 4. Digestive or gynaecological:** according to symptoms.
- 5. Aetiology:** invasion of external cold; internal cold; invasion of external heat; internal heat, damp heat; repressed emotion (frustration, anger, resentment); blood stasis (i.e. following abdominal trauma/surgery); dietary factors (spoiled food, excess cold, raw food, overeating).
- 6. Associations:** menstrual cycle (gynaecological); eating; defaecating (gastrointestinal).
- 7. Zangfu patterns:**

Excess

Cold invading large intestine
Cold invading stomach
Food stagnation in the stomach
Damp heat in large intestine
Stagnation of liver *qi*
Blood stasis in stomach
Liver blood stasis
Damp heat in the gallbladder
Damp heat in the bladder

Deficiency

Spleen and kidney *qi* and *yang* deficiency
Stomach *yin* deficiency

Western Differentiation: Acne and acne rosacea

Common acne

Dermatological condition affecting hair follicles and the sebaceous glands in the skin, which secrete sebum. Acne tends to develop around the areas densely supplied with sebaceous glands, such as the face, upper chest and back.

Common causes of acne

1. **Puberty:** presents in boys and girls due to increased sensitivity to testosterone.
2. **Genetic factors:** acne can run in families, making certain people more likely to have it.
3. **Polycystic ovarian syndrome:** acne with abnormal menstruation; amenorrhoea; weight gain or obesity; insulin resistance or diabetes; infertility; hirsutism; decreased breast size.
4. **Other causes include:** hormonal changes related to menstrual periods; pregnancy; contraceptive pills; certain drugs (corticosteroids, anabolic steroids); high levels of sweating and humidity; stress.

Acne rosacea

Chronic skin condition involving inflammation of the cheeks, nose, chin, forehead or eyelids. Manifests as redness, prominent spider-like blood vessels, swelling or skin eruptions similar to acne.

The cause of acne rosacea in Western medicine is unknown, but it is more likely to develop if a person is: fair skinned, female (although men develop a more severe form), prone to blushing and between the ages of 30 and 50.

Chinese Differentiation: Acne and acne rosacea

Diagnostic questioning according to:

- 1. Organ interrelationships:** stomach and intestines *yangming*; lung and stomach (internal channel pathway).
- 2. Age:** heat in lung with heat toxin (younger people); heat at blood level with stasis (late onset in women).
- 3. Location and type of acne:** lesions on forehead/nose (heat in lung); lesions around mouth, on chest and the upper back (heat in stomach); lesions affecting nose, mouth and between eyebrows (heat at blood aspect); painful lesions with erythema on upper back and chest (heat toxin); deep, painful inflamed nodules on face, chest and back (damp toxin with blood stasis); cystic lesions (phlegm); degree of redness (denotes degree of heat); duration of condition (longer term with cysts and scarring, more blood stasis/phlegm); acne rosacea (*yin* deficiency with empty heat).
- 4. Aetiology:** emotional stress (anger, frustration, resentment); high-fat, spicy, greasy diet; external toxins (combined with internal heat); pre-existing dampness combining with external toxins; *yin/yang* fluctuations in menstrual cycle; coming off the contraceptive pill.
- 5. Underlying patterns:**
Ren and *chong* not regulated
Heat in the *yangming*
- 6. Zangfu patterns:**

Wind heat invading the lung channels of the face
Lung/stomach heat/fire with heat toxin
Intestine/stomach *yangming* damp heat with heat toxin
Stagnation of phlegm with blood stasis
Heat at blood aspect with blood stasis

Western Differentiation: Anorexia nervosa and bulimia

An eating disorder characterised by refusal to maintain a minimally accepted body weight, intense fear of weight gain, and distorted body image.

- 1. Other signs and symptoms:** preference for eating alone; inability to see or accept the effects of starvation on appearance; use of laxatives or diuretics to control weight; tendency to lie about what food has been consumed; withdrawn from social activity; excessive exercise; denial of 'illness'; amenorrhoea; anaemia; osteoporosis; kidney problems; abnormal heart rhythms; appearance of fine baby-like body hair.
- 2. Common felt experiences for sufferers:** irritability or depression after eating; anxiety when eating with others; spending an excessive amount of time thinking about food; binge eating; obsessive desire to pursue an ideal weight; feeling isolated.
- 3. Causes:** the exact cause of anorexia nervosa is not known, but social attitudes towards body appearance and family factors are believed to play a role in its development. The condition usually occurs in adolescence or young adulthood. It is more common in women.
- 4. Risk factors and complications:** severe dehydration possibly leading to cardiovascular shock; electrolyte imbalance; cardiac arrhythmias; thyroid gland deficiencies; osteoporosis; tooth erosion and decay with self-induced vomiting.

Chinese Differentiation: Anorexia nervosa and bulimia

Diagnostic questioning according to:

- 1. Organ interrelationships:** stomach and spleen (internal/external); liver and stomach (*ke* cycle); liver and heart (*sheng* cycle); liver and pericardium (*jueyin*); stomach and heart (internal channel pathway); *shaoyang* syndrome.
- 2. Qi, blood and body fluids:** deficiency/stagnation of *qi*; stasis, heat, blood loss; deficiency of fluids; phlegm/damp stagnation; food stagnation.
- 3. Emotions and organs:** anger and striving for control stagnate liver *qi*; worry/obsessive overthinking binds *qi*, affects spleen; sorrow (sadness/grief) disperses *qi*, can cause stagnation in chest.
- 4. Associated depression/anxiety:** Stagnation of liver *qi* (depression, hypochondrial distension, sighing, moodiness, feeling 'wound up'); heart blood deficiency (palpitations, insomnia, anxiety, poor memory, pale complexion); liver blood deficiency (mild dizziness, blurred vision, floaters, insomnia, muscle cramps); *yin* deficiency (mental restlessness, malar flush, night sweats, dry mouth, five-palm heat).
- 5. Aetiology:** childhood perfectionism; childhood obsessive-compulsive traits; constrained behaviour (anorexia nervosa); impulsivity (bulimia nervosa); rebellion against taking in unacceptable things (bulimia); attempt to establish control.
- 6. Zangfu patterns:**

Anorexia nervosa

Phlegm obstructing the middle burner

Shaoyang pattern

Liver and heart blood deficiency

Yin deficiency

Stomach and spleen *qi* deficiency

Spleen *yang* deficiency

Bulimia nervosa

Stomach fire

Liver fire blazing

Stomach *qi* deficiency

Food stagnation

Liver *qi* stagnation

Western Differentiation: Anxiety

Causes of anxiety include:

- 1. Hyperthyroidism:** anxiety with weight loss; increased appetite; restlessness; menstrual irregularities in women; diarrhoea; goitre.
- 2. Pheochromocytoma:** bouts of apprehension with severe headache; pounding heart; sweating; chest pain; nervousness; irritability; increased appetite; loss of weight.
- 3. Hypoglycaemia:** anxiety with fatigue; malaise; nervousness; irritability; headache; hunger; cold sweats; rapid heart rate; blurred vision; confusion; relief from eating.
- 4. Depression:** anxiety with difficulty sleeping; dramatic change in appetite; fatigue; low self-esteem; poor concentration; restlessness; withdrawal from society; suicidal thoughts.
- 5. Menopausal syndrome:** anxiety with hot flushes and night sweats; mood swings; irritability, irregular menstruation; insomnia; vaginal dryness and painful sexual intercourse; decreased sex drive.
- 6. Premenstrual syndrome:** anxiety with irritability; depression; feeling emotional; headache; breast tenderness; feeling 'bloated'; weight gain; poor sleep; poor concentration; backache; acne flare-ups; constipation or diarrhoea; food cravings.
- 7. Post-traumatic stress disorder:** anxiety with recurrent distressing memories of an event; recurring dreams of the event; flashbacks; inability to remember important aspects of trauma; feeling detached; depression.

Chinese Differentiation: Anxiety

Diagnostic questioning according to:

1. Organ interrelationships:

- **Ke cycle:** water fails to restrain fire (*shaoyin*).
- **Sheng cycle:** heart mother of spleen.
- **Channel opposition pairing:** heart *shaoyin*/gallbladder *shaoyang*.

2. Aggravation: with tiredness (deficiency); with loud noises, changes of routine (heart and gallbladder *qi* deficiency).

3. Type of anxiety: heart *qi*/blood deficiency (palpitations with apprehension/worry); heart/kidney *yin* deficiency (palpitations caused by start or fright, worse on waking); liver *qi* stagnation (depression, hypochondrial distension, sighing, moodiness); heart blood/spleen *qi* deficiency (phobias, panic attacks); heart/gallbladder deficiency (frequent severe anxiety, panic attacks, apprehension, fearfulness, worry, phobias); phlegm heat (anxiety, nervousness, often waking at 4am).

4. Tongue: pale (*qi* and/or blood deficiency); red (*yin* deficiency); thick yellow coat (phlegm heat).

5. Pulse: knotted, irregularly irregular (heart *qi* and *yin* deficiency leading to heart *qi* stagnation); fine and rapid (*yin* deficiency); rapid and slippery or wiry (phlegm heat); fine and forceless (heart *qi* deficiency).

6. Zangfu patterns:

Heart *qi* deficiency

Heart *qi* and *yin* deficiency

Heart and kidney *yin* deficiency

Stagnation of liver *qi*

Heart blood and spleen *qi* deficiency

Heart and gallbladder deficiency

Phlegm heat harassing the heart

Western Differentiation: Asthma, breathlessness and wheezing

- 1. Asthma:** episodic attacks of reversible wheezing and breathlessness from bronchospasm; tightness in chest, wheezing, difficulty breathing – worse on expiration; cough.
 - a) Extrinsic asthma:** usually seen in childhood with family history of allergies; eczema, hay fever or migraine may also be present.
 - b) Intrinsic asthma:** typically seen in adulthood with less emphasis on allergies.
- 2. Chronic bronchitis:** bronchioles narrowed and blocked by mucus in lungs. Abundant phlegm, worse in morning; wheezing more constant than with asthma. Can lead to chest infections and emphysema.
- 3. Emphysema:** irreversible overextension of alveoli. Breathlessness without cough or sputum, worse on exertion, leads to limited chest movements and cyanosis.
- 4. Lung cancer:** persistent cough, chest pain, blood-tinged sputum, breathlessness. Possibly anorexia and weight loss.
- 5. Pneumothorax:** due to air in pleural cavity. Collapse of the lung in severe cases. Sudden chest pain on affected side and breathlessness, possibly pallor, cyanosis, confusion and rapid pulse.
- 6. Pleurisy:** inflammation of pleura.
 - a)** Sharp pain in chest, felt also in axilla or around the scapula.
 - b)** Worse for coughing, movement and respiration.
- 7. Other causes include:** cystic fibrosis; pulmonary tuberculosis; cardiac asthma; left ventricular failure; reflux oesophagitis.

Chinese Differentiation: Asthma, breathlessness and wheezing

Diagnostic questioning according to:

- 1. Organ differentiation:** involvement of spleen, liver, lung and kidney:
 - Spleen/lung, lung/kidney (*sheng* cycle).
 - Spleen/lung (*taiyin*).
 - Liver/lung (*ke* cycle insulting relationship).
 - Spleen/kidney (*ke* cycle).
- 2. Phases:** acute (wheezing, breathlessness, rapid pulse); chronic (nocturnal cough).
- 3. Cough:** dry (*yin* deficiency); productive, loose (phlegm); weak, chronic, worse with exertion, at night, when tired (*qi* deficiency); forceful, loud, paroxysmal (excess).
- 4. Colour and nature of phlegm:** watery, white/clear (cold); blood-tinged, scant (lung heat, lung dryness or *yin* deficiency); yellow, thick, sticky (heat); worse in cold weather (cold or *yang* deficiency); no phlegm (non-diffusion of lung *qi*, *qi* stagnation, *yin* deficiency); purple black (blood stasis); copious, easily expectorated (dampness).
- 5. Aetiology:** external evil; emotional stress (grief, worry, anger, sorrow, anxiety); diet (excess sweet, greasy or dairy food injuring spleen); chronic illness.
- 6. Zangfu patterns:**

Acute	Wind cold invading the lung Wind cold invading the lung with internal heat
Chronic excess	Wind heat invading the lung Phlegm damp obstructing the lung Phlegm heat obstructing the lung Stagnation of liver <i>qi</i>
Chronic deficiency	Liver fire insulting the lung Lung <i>qi</i> and <i>yin</i> deficiency Lung and spleen <i>qi</i> deficiency Lung and kidney <i>yin</i> or <i>yang</i> deficiency Liver <i>yin</i> deficiency Kidney failing to receive <i>qi</i> Kidney and spleen <i>yang</i> deficiency

Western Differentiation: Atopic eczema

Atopic dermatitis characterised by scaly and itching rashes. Eczema is most common in infants, and at least half of these cases clear by age 3. In adults, the condition is more chronic and persistent.

- 1. Signs and symptoms:** intense itching; blisters with oozing and crusting; erythema or inflammation around the blisters; rash; dry leathery areas of skin; skin soreness and bleeding from scratching.
- 2. Most common areas affected:** skin creases such as the front of the elbows and wrists, backs of knees and around the neck. Most common areas in infants: face and scalp; adults: hands.
- 3. Caused by allergic reactions to:** certain foods (wheat, dairy); overheating; secondary infection; wool next to the skin; cat and dog fur; soaps; detergents; house dust mites and pollen.
- 4. Other triggers:** extreme hot and cold; humidity; hormonal changes in women (caused by the menstrual cycle and pregnancy).
- 5. Complications:** there is often a family history of allergic conditions like asthma, hay fever or eczema.

Chinese Differentiation: Atopic eczema

Diagnostic questioning according to:

- 1. Type of eczema:** starts before age 6 months, pronounced heat (foetal heat – a pattern specific to skin conditions); excoriation, severe itching (heat or wind); scaling (wind); oedematous lesions, vesicles, pustules, yellow exudate, yellow scabs, yellow crusts, skin erosion (dampness); ill-defined macular/papular lesions (heat at the blood aspect with wind); well-defined red oedematous lesions (heat with damp and wind); dull-coloured pale red or brown lesions (spleen deficiency with damp); dry lichenified skin with pale red lesions (blood deficiency with dry wind).
- 2. Main organs involved:** lungs (lungs control skin; lung defensive *qi* system protects against external invasions); kidneys (kidneys nourish and moisten skin; kidney essence bound with corporeal soul (*po*) of lungs manifesting on skin and responsible for itching and pain); spleen (impairment of spleen function leads to damp); liver (liver blood cools, moistens and nourishes skin).
- 3. Aetiology:** poor diet (excessive consumption of sweet, greasy, dairy, spicy food, caffeine, alcohol); emotional stress; environmental toxins; exposure to cold and wind; overwork.
- 4. Zangfu patterns:**

Foetal heat
Heat at the blood aspect with wind
Damp with heat
Heat with damp and wind
Spleen *qi* deficiency with damp obstruction
Blood deficiency with dry wind

Western Differentiation: Bleeding (haemoptysis and blood in stools)

1. Coughing blood (haemoptysis)

a) Stemming from pulmonary infection.

- i. **Bronchitis:** haemoptysis with cough; yellow-green sputum; shortness of breath; wheezing; fatigue; fever; chest discomfort.
- ii. **Bronchiectasis:** haemoptysis with cough; foul-smelling sputum; shortness of breath; weight loss; fatigue; wheezing; pallor; bad breath.
- iii. **Pneumonia:** haemoptysis; cough with green-yellow sputum; chills, fever; sharp or stabbing chest pain (worse for deep breathing/coughing); rapid shallow breathing; shortness of breath.

b) Other causes include: lung cancer; tuberculosis; pulmonary embolism; cystic fibrosis; gingivitis; nosebleed; tonsillectomy.

2. Blood in stools

a) Stemming from upper GI tract (usually appears as black 'tarry' stools)

- i. **Duodenal ulcer:** blood in stools; heartburn; belching; chest pain; vomiting blood.
- ii. **Gastritis:** dark stools; abdominal pain; indigestion; loss of appetite; nausea, vomiting (blood or coffee-ground vomit).
- iii. **Other causes include:** oesophageal varices; bowel ischaemia; vascular malformation.

b) Stemming from lower GI tract

- i. **Haemorrhoids:** fresh blood on toilet tissue; anal itching; anal ache or pain; pain during bowel movements; hard tender anal lumps.
- ii. **Anal fissures:** blood on stool; pain during bowel movements; visible skin crack when anus stretched slightly; constipation.
- iii. **Other causes include:** diverticulitis, inflammatory bowel disease; intestinal infection; colon cancer; bowel ischaemia; vascular malformation.

Chinese Differentiation: Bleeding (haemoptysis and blood in stools)

Diagnostic questioning according to:

- 1. Organ interrelationships:** liver/lungs (*ke* cycle); stomach/large intestine (*yangming*).
- 2. Pathology of bleeding:** *qi* deficiency (deficient spleen *qi* fails to manage blood; centre *qi* falling causes pale, watery bleeding from lower orifices, haemorrhoids); heat (heat at the blood aspect moving recklessly; profuse, bright blood); empty heat (scanty bleeding); blood stasis (bleeding dark, clotted, with pain).
- 3. Colour of blood in stools:** black/tarry (stomach, duodenum); purple/dark (large/small intestine); bright (anus or rectum).
- 4. Principles of treatment:** harmonise blood (stop bleeding, move blood stasis, cool blood, clear heat, nourish blood); treat root cause (cool heat/empty heat, supplement *qi* deficiency, move blood stasis, warm *yang* deficiency); treat *qi* (supplement *qi*, subdue rebellious *qi*, raise *qi*).
- 5. Aetiology:** external pathogenic factors (wind heat, external damp heat); dietary factors (too much alcohol, hot, greasy or dairy food); emotional stress (excessive, prolonged anger, resentment, frustration produces stagnation of *qi* often leading to fire); physical or mental overexertion (depletes spleen/kidney *qi*); chronic illness, childbirth (*qi* deficiency).
- 6. Zangfu patterns:**

Coughing blood

Excess

Liver fire insulting the lung

Deficiency

Lung *yin* deficiency with empty heat

Blood in stools

Excess

Damp heat in the large intestine

Blood stasis

Deficiency

Stomach/spleen *qi* deficiency

Centre *qi* fall

Western Differentiation: Candida

1. **Candida albicans** is a fungus which is frequently present in the mouth and vagina. When resistance to infection is low, the fungus grows leading to:
 - a) **oral thrush**: lesions on the mouth and tongue
 - b) **vaginal thrush**: itching; irritation; discharge; redness; soreness and swelling of the vagina and vulva; thick, white vaginal discharge.
2. **Causes of thrush**
 - a) **Having**:
 - i. **HIV infection**: candida with sore throat; muscular stiffness or aching; headache; diarrhoea; swollen lymph glands; fever; fatigue; rashes
 - ii. **AIDS**: candida; fevers; sweats (particularly at night); swollen glands; chills; weakness; weight loss.
 - b) Taking antibiotics or steroids.
 - c) Receiving chemotherapy or taking immunosuppressant medication.
 - d) Being very old or very young.
 - e) Diabetes:
 - i. **Type 1**: candida; tiredness; excessive thirst; frequent urination; hunger; weight loss; nausea and vomiting.
 - ii. **Type 2**: candida; tiredness with excessive thirst; frequent urination; hunger; blurred vision; slow-healing infections; obesity; impotence in men.

Chinese Differentiation: Candida

Diagnostic questioning according to:

- 1. Organ interrelationships:** *ke* cycle relationship between water and earth (kidney and spleen) in which the spleen restrains or influences the kidney – consider relative strengths of each organ.
- 2. Candida and the triple burner:** middle burner (an impaired spleen leads to dampness and phlegm which can throw intestinal flora off balance); lower burner (damp and/or phlegm and an imbalance in intestinal flora can lead to diarrhoea and/or constipation, damp heat can accumulate in the lower burner leading to genital discharge and itching); upper burner (infection can spread to the upper burner causing burning of throat and mouth, mouth lesions, altered taste).
- 3. Aetiology:** diet (overconsumption of yeast products, sugar and alcohol); medications (antibiotics, chemotherapy, HRT, corticosteroids, oral contraceptives); an immune system or endocrine gland disorder; emotional factors (prolonged worry or pensiveness, sadness, frustration); chronic illness and ageing; environmental conditions.
- 4. Zangfu patterns:**

Excess	Damp heat in the large intestine Damp heat in the spleen
Deficiency	Spleen <i>qi</i> deficiency Kidney <i>yang</i> deficiency Kidney <i>yin</i> deficiency

Western Differentiation: Cerebrovascular accident (CVA: stroke)

In Western medicine, cerebrovascular accident (CVA) means the sudden death of some brain cells due to lack of oxygen when blood flow to the brain is impaired by blockage or rupture of an artery to the brain. CVA is also referred to as *stroke*. The term 'wind stroke' in Chinese medicine corresponds to four possible Western conditions. They all usually present as sudden onset of one-sided weakness of limbs with other features depending on cause and site of damage.

- 1. Cerebral haemorrhage (about 10% of strokes):** weakness or paralysis; numbness/tingling; visual changes; slurred speech; difficulty swallowing; drooling; loss of memory; vertigo; poor co-ordination/balance; personality/mood changes; eyelid drooping; drowsiness; loss of consciousness.
- 2. Cerebral thrombosis (about 50%):** weakness or paralysis; numbness, tingling; visual changes; slurred speech; difficulty swallowing; drooling; loss of memory; vertigo; poor co-ordination/balance; personality, mood changes; eyelid drooping; drowsiness; loss of consciousness.
- 3. Cerebral embolism (about 30%):** weakness or paralysis; numbness, tingling; visual changes; slurred speech; difficulty swallowing; drooling; loss of memory; vertigo; poor co-ordination/balance.
- 4. Cerebral spasm:** spasm of cerebral vessel occurs on temporary contraction. Least severe of the four and usually followed by complete recovery.

Chinese Differentiation: Cerebrovascular accident (CVA: stroke)

Diagnostic questioning according to:

- 1. Classification of wind stroke:** *channel stroke* (mild stroke from external wind affecting channels only, causing no loss of consciousness, facial paralysis, dysphasia, hemiplegia); *organ/visceral stroke* (severe stroke causing damage to internal organs, loss of consciousness, hemiplegia, facial paralysis, dysphasia, leading to disability/death. Either desertion patterns, with open mouth, limp hands, open eyes, enuresis, snoring voice, or stagnation patterns, with clenched jaw/hands, subdivided as *yin* or *yang*); *sequelae* (channel/organ stroke: hemiplegia, facial paralysis, loss of vision, dysphasia).
- 2. Mechanisms of internal wind:** *yin* deficiency (hyperactive liver *yang* leads to wind, attack can be sudden/catastrophic); blood deficiency (failure of blood to anchor *qi*, may be tics, tremors and spasms); heat (internal heat congeals body fluids causing phlegm, heat becomes wind, carries phlegm towards head).
- 3. Four main aetiological factors:** emotional stress; excessive sexual activity; irregular diet; physical overwork/inadequate rest.
- 4. Zangfu patterns (sequelae stage of organ stroke):**

Hemiplegia	Qi deficiency with blood stasis Hyperactive liver <i>yang</i> with blood stasis (select channel points for limb)
Dysphasia	Wind phlegm Kidney and liver <i>yin/yang</i> deficiency
Facial paralysis	Subcutaneous needling St-6 to St-4 and St-2 to St-4, LI-4, Lu-7

Western Differentiation: Chest pain

1. **Myocardial ischaemic pain:** chest pain felt under the sternum; pain may radiate to the neck, lower jaw, back, shoulder, arm; tightness in chest; crushing or squeezing sensation; palpitations; pain duration over 20 minutes; continuous pain, unchanging intensity, unaffected by breathing or posture; rapid or irregular pulse.
2. **Non-ischaemic chest pain:**
 - a) **Reflux oesophagitis, oesophageal spasm:** heartburn; worse lying down or while straining.
 - b) **Pulmonary embolism:** dyspnoea; may resemble hyperventilation; mild pain.
 - c) **Hyperventilation:**
 - i. **Primary:** dyspnoea; patient often young; tingling/numbness of limbs; dizziness.
 - ii. **Secondary:** attributable to organic illness/cause: acidosis; pulmonary embolism; pneumothorax; asthma; infarction.
 - d) **Spontaneous pneumothorax:** dyspnoea.
 - e) **Aortic dissection:** severe pain, changing localisation; maybe signs of impending infarction; pulses may be asymmetrical.
 - f) **Pericarditis:** pain worse with changes of posture and breathing; a friction sound may be heard.
 - g) **Pleuritis:** stabbing pain when breathing. Most common cause of stabbing pain is, however, prolonged cough.
 - h) **Early herpes zoster:** no heart changes; rash; localised paraesthesia.
 - i) **Ectopic beats:** transient pain in the area of the apex.
 - j) **Peptic ulcer, cholecystitis, pancreatitis:** clinical examination needed to differentiate these from inferior ischaemic wall pain.
 - k) **Depression:** continuous feeling of heaviness in chest; no correlation with exercise

Chinese Differentiation: Chest pain

Diagnostic questioning according to:

1. TCM differentiation of chest pain (chest *bi*):

- a) Stuffy sensation, fullness and pain in chest:** stuffiness, mild discomfort, stress aggravates, relaxation/sighing relieves (*qi* stagnation); watery/white sputum, chest rattles, greasy tongue coating, pronounced oppression, feeling of choking (phlegm stagnation); mild pain/stuffiness on activity, shortness of breath, palpitations (heart *qi/yang* deficiency); oppression/pain with palpitations and night sweating (*yin* deficiency).
- b) Burning pain:** with irritability, restlessness, red tongue, yellow coat, rapid pulse (fire); stuffiness in chest, burning pain, expectoration of thick sputum (phlegm heat/fire); burning pain with palpitations, dizziness, red dry tongue, no coat (deficient fire from *yin* deficiency).
- c) Sharp pain:** sharp, pricking, stabbing, fixed pain, worse at night, purple tongue (blood stasis).
- d) Crushing, squeezing, twisting:** with cold limbs, aversion to cold (*yang* deficiency with cold stagnation).

2. Aetiology: external cold invading the chest with pre-existing *yang* deficiency; wrong eating injures spleen/stomach causing phlegm and blood stasis in chest; *qi* stagnation turns to fire, phlegm and blood stasis; old age.

3. *Zangfu* patterns:

Excess

Phlegm/phlegm fire obstruction
Stagnation of liver *qi*
Heart blood stasis from *yang* deficiency
Cold phlegm obstruction

Deficiency

Heart *yang* deficiency with cold stagnation
Heart blood stasis
Heart (lung and spleen) *qi/yin* deficiency
Heart (and kidney) *yin* deficiency

Western Differentiation: Common cold and influenza

1. **Common cold:** an upper respiratory infection caused by a cold virus.
 - a) **Signs and symptoms:** symptoms usually begin 2–3 days after infection and include runny nose; nasal congestion; sneezing; sore throat; postnasal drip; cough; headache.
 - b) **Causes:** most commonly by *rhinoviruses* and *coronaviruses*. Colds spread by airborne droplets when a person coughs or sneezes, or by hand contact.
 - c) **Risk factors:** children tend to have more colds than adults. Adults have built up immunity against some viruses.
2. **Influenza:** an upper respiratory infection caused by a flu virus.
 - a) **Signs and symptoms:** sudden-onset fever; sweating and feeling ill; general muscle aches and pains; tiredness; malaise; dry, chesty cough; sneezing; running or blocked nose; difficulty sleeping.
 - b) **Causes:** the influenza virus family contains three main types: A, B and C. Influenza viruses are known to mutate over time. Influenza A occurs more frequently and is more serious. It regularly produces varieties to which populations have no resistance, giving rise to pandemics.
 - c) **Risk factors:** flu can develop into a high fever, acute bronchitis, encephalitis and pneumonia. Risk of serious illness is higher in the elderly (over 65), babies and infants, people with chronic illness.

Chinese Differentiation: Common cold and influenza

Diagnostic questioning according to:

1. Four levels/aspects:

- **Defensive *qi* (*wei*) aspect:** wind heat.
- ***Qi* aspect:** external heat; strong body with organ function impaired but not badly; heat either in chest and diaphragm, stomach channel, or *shaoyang* channel.
- **Nutritive *qi* (*construction or ying*) aspect:** heart function is impaired, heat leading to burning of *yin*.
- **Blood aspect:** exacerbation of nutritive level, with heat causing bleeding (encephalitis, meningitis, acute leukaemia).

2. Six divisions:

- ***Taiyang*:** bladder and small intestine (cold).
- ***Yangming*:** stomach and intestines (strong pathogen, strong body, heat. Channel stage, organs not affected; organ stage, desiccating heat in intestine, constipation, delirium).
- ***Shaoyang*:** gallbladder and *san jiao* (midstage disease, half exterior, half interior).

3. Symptoms of phlegm:

location (nose, throat, vomited); cough (dry, productive, loose, weak, forceful); colour/nature of phlegm (white, yellow, clear, blood-tinged, watery, thick, sticky).

4. *Zangfu* patterns:

Defensive <i>qi</i> aspect	Wind cold invading the lung Wind heat invading the lung	
<i>Qi</i> aspect	Wind dryness invading the lung Lung heat Phlegm heat obstructing the lung Stomach heat/fire Gallbladder heat	
	Damp heat in the stomach/spleen Heat in pericardium	
	Nutritive <i>qi</i> aspect	Heat in the blood aspect
	Blood aspect	Heat leading to stirring of internal wind <i>Yin</i> deficiency with lodged evil

Western Differentiation: Constipation

- 1. Common causes:** low-fibre diet; poor bowel habits; lack of exercise; sedentary lifestyle; not drinking enough; stress; travel; medications.
- 2. Mental-emotional:**
 - a) Irritable bowel syndrome:** constipation alternating with diarrhoea; abdominal pain, distension, flatulence; emotional distress.
 - b) Depression:** constipation with fatigue; sleeping problems; change in appetite; sadness and depression; poor concentration; inactivity and withdrawal.
 - c) Anorexia nervosa:** constipation with dramatic weight loss; muscle atrophy; loss of fatty tissue; amenorrhoea; low blood pressure; tooth decay; yellowing of skin; depression.
 - d) Anxiety or embarrassment.**
- 3. Endocrine:**
 - a) Hypothyroidism:** weakness; fatigue; cold intolerance; weight gain; depression; joint or muscle pain; brittle hair, fingernails.
- 4. Tumours and growths:**
 - a) Colorectal cancer:** blood in stools; anaemia; abdominal pain; intestinal obstruction; weight loss.
 - b) Tumours of structures outside colon:** pressure exerted on colon.
- 5. Megacolon:**
 - a) Hirschsprung's disease (congenital):** delay passing first stool after birth; abdominal distension; vomiting; poor weight gain.
 - b) Acquired:** complication of ulcerative colitis.
- 6. Anal lesions:**
 - a) Fissure:** blood on surface of stool; pain on bowel movement; cracked anal skin.
 - b) Thrombosed haemorrhoid:** anal itching; anal pain; bright blood in stools.
 - c) Diverticulitis:** left lower abdominal pain; rectal bleeding.

Chinese Differentiation: Constipation

Diagnostic questioning according to:

1. Organ interrelationships:

- Lung and large intestine (internal/external pairing).
- Stomach and large intestine (*yangming*, *sheng* cycle).
- Metal and water (*sheng* cycle).
- Heart and large intestine, large intestine and liver (*ke* cycle).

2. Nature of constipation:

dry stool (heat, *yin* or blood deficiency); pebble-like stools (heat, liver *qi* stagnation); very dark brown/black (heat); neither dry nor hard (*qi* or *yang* deficiency, *qi* stagnation); moist with mucus (phlegm); long, thin stools (spleen *qi* deficiency); abdominal pain and distension (stagnation of liver *qi*); severe, spastic pain (cold, toxic heat); exhaustion after bowel movement (*qi* or *yang* deficiency).

3. Most involved organs:

stomach (origin of fluids); large intestine (eliminator of waste); spleen (transportation of stools); liver (smooth flow of *qi*); kidneys (controls two lower orifices).

4. Aetiology:

poor diet (excess hot spicy food, cold food, lack of fibre, food poisoning); emotional stress (anger, resentment, frustration, worry); lack of exercise; overwork and childbirth; febrile disease (external pathogen progressing to interior).

5. Zangfu patterns:

Excess	Heat in large intestine/stomach Stomach fire Food stagnation in stomach Stagnation of liver <i>qi</i> Liver fire blazing
Deficiency	Fire toxin in <i>yangming</i> Spleen <i>qi</i> deficiency Stomach <i>yin</i> deficiency with empty heat Kidney <i>yin</i> deficiency Kidney <i>yang</i> deficiency

Western Differentiation: Cough

1. Stemming from lung pathology:

- a) **Upper respiratory tract infections including influenza:** acute hacking cough; dry cough or with sticky, yellow sputum, difficult to expectorate; mild fever; nasal obstruction; sore dry scratchy throat; thirst; headache.
- b) **Bronchitis:**
 - i. **Acute:** dry irritating cough with retrosternal discomfort; tightness in chest; white, scanty, thick sputum.
 - ii. **Chronic:** cough worse in morning and late at night; yellow sputum with increased breathlessness; wheezing; 'blue bloater'.
 - iii. **Bronchiectasis:** persistent dilation of airways leading to cough with copious yellow or green sputum; haemoptysis; bad breath; finger clubbing.
- c) **Asthma:** dry or scanty nocturnal cough; tightness in chest; wheezing; breathlessness.
- d) **Lung cancer:** persistent cough; haemoptysis; breathlessness; pain
- e) **Other causes:** whooping cough; pneumonia; pulmonary tuberculosis; lung abscess; HIV infection; cystic fibrosis.

2. Stemming from heart pathology:

- a) **Left heart failure:** cough and breathlessness especially on exertion and when lying flat; wheezing; pink frothy sputum may be produced.
- b) **Mitral valve regurgitation:** failure of mitral valve to close, allowing reflux of blood from left ventricle to left atrium, leading to breathlessness.

Chinese Differentiation: Cough

Diagnosis according to:

- 1. Organ interrelationships:** *sheng* cycle relationship between lung and spleen (*taiyin*).
- 2. Type of cough:** weak sounding (deficiency); barking (heat); loose rattling (phlegm); yellow sputum (phlegm heat); white sputum (cold phlegm); worse in afternoon/evening (*yin* deficiency); worse in the daytime (heat or dryness); worse at night (spleen/kidney deficiency, phlegm damp); worse with emotional upset (hyperactive liver *qi*).
- 3. Symptoms of phlegm:** location (throat, chest); cough (dry, productive, loose, weak or forceful); colour/nature of phlegm (clear, thin, watery = cold; yellow, thick white = heat; blood-tinged = deficiency fire, lung heat, dryness heat; purple black = blood stasis; scant = heat, dryness; copious, easily expectorated = dampness).
- 4. Aetiology:** external pathogenic factor; emotional stress (thought, sorrow, anger); diet (excess sweet, greasy or dairy food injuring spleen); chronic illness.
- 5. Zangfu patterns:**

External	Wind cold invading the lung Wind heat invading the lung Wind dryness invading the lung
Internal	
Excess	Lung heat Phlegm damp Phlegm heat obstructing the lung Liver fire blazing
Deficiency	Lung/spleen <i>qi</i> deficiency Lung <i>yin</i> deficiency Spleen <i>yang</i> deficiency Kidney <i>yang</i> deficiency Lung/kidney <i>yin</i> deficiency

Western Differentiation: Depression

Causes of depression include:

- 1. Prolonged emotional strain:** disappointment; grief; sadness; childhood events such as abuse or neglect; social isolation.
- 2. Prolonged physical pain or having a major illness:** depression; fatigue; malaise; other symptoms according to physical cause of depression.
- 3. Hypothyroidism:** depression with weakness; fatigue; cold intolerance; weight gain; joint or muscle pain; thin or brittle hair; brittle fingernails; constipation.
- 4. Addiction:**
 - a) Alcohol abuse:** depression with solitary drinking; making excuses to drink; lack of control over drinking; aggressive behaviour; hostility if confronted with problem; neglect of food intake; neglect of physical appearance; shaking in the morning; confusion.
 - b) Drug abuse:** addicted behaviour patterns as in alcohol abuse, together with violent mood swings and unpredictable behaviour patterns.
- 5. Chronic stress:** depression with muscle tension; headaches; sweating; dry mouth; difficulty swallowing; rapid or irregular heartbeat; diarrhoea; frequent urination; irritability; poor concentration; low libido.
- 6. Nutritional deficiencies:** such as folate and omega-3 fatty acids.
- 7. Sleep disorders:** depression with problems falling or staying asleep; problems with staying awake; irregular sleep patterns; sleep-disruptive behaviours.

Chinese Differentiation: Depression

Diagnostic questioning according to:

1. Organ interrelationships:

- Kidney/liver, liver/heart, heart/spleen (*sheng* cycle).
- Liver/pericardium (*jueyin*).
- Kidney/heart (*ke* cycle, *shaoyin*).
- Lung/heart (chest *qi*, *ke* cycle).
- Lung/liver (*ke* cycle).
- Heart (*shaoyin*)/gallbladder (*shaoyang*).

2. Type of depression: sighing, moodiness, 'wound up', repressed anger, frustration, resentment, feeling of being trapped, inability to move forwards/see future, guilt, timidity (wood); vexation, agitation, lack of joy, inability to communicate, hurt, rejection, defensiveness (fire); oppression, anxiety, sorrow, grief, lack of self-worth, pointlessness, inability to let go, detachment (metal); repetitive thinking, inability to resolve, worry, entrenched spite, insecurity, lack of support (earth); dread, fear, mental debility, feeling of being overwhelmed, feeling can't cope, phobias, helplessness (water); mental restlessness (*yin* deficiency); postnatal depression (heart and gallbladder deficiency, blood deficiency).

3. Aetiology: diet (excess heat/damp-producing foods causing fire/phlegm); constitutional weakness; overwork; drugs (deplete *yin* and blood, disturb *shen*); bereavement; shock; illness; life circumstances; pain.

4. Zangfu patterns:

Stagnation of liver *qi*
Lungs not descending and diffusing
Stagnation of heart *qi*
Heart and gallbladder *qi* deficiency
Heart/liver blood stasis
Heart/liver blood deficiency
Heart *yin* deficiency with empty heat
Kidney *yin* deficiency with empty heat
Liver *yin* deficiency with empty heat
Spleen and kidney *yang* deficiency

Western Differentiation: Diabetes mellitus

- 1. Type 1 or insulin-dependent or juvenile diabetes:** symptoms develop over days or weeks, patient normally below age 40.
 - a) Hyperglycaemic attack:** dehydration; drowsiness; frequent need to urinate; weakness; possible convulsion and unconsciousness.
 - b) Hypoglycaemic attack (hypo),** from ingesting or administering excess insulin medication: shakiness; irritability; anxiety; nervousness; tremor; palpitations; tachycardia; sweating; feeling of warmth; pallor; coldness; clamminess; dilated pupils; hunger.
- 2. Type 2 or non-insulin dependent diabetes:** insulin resistance/maturity onset linked with obesity; patients normally over 40 at onset; polydipsia; polyuria; polyphagia; fatigue; muscle wasting; itchiness around vagina or penis; thrush; blurred vision.

Complications:

- a) Heart disease:** chest pain; swollen ankles; shortness of breath; irregular heartbeat.
 - b) Macular oedema:** blurred vision; loss of vision.
 - c) Periodontal disease** (bleeding in mouth stimulated by brushing and/or flossing): swollen, red or tender gums; receding gums; loose teeth; the presence of pus between the teeth or gums; changed bite or jaw alignment; persistent bad breath.
 - d) Diabetic nephropathy:** kidney disease aggravated by hypertension.
 - e) Neuropathy:** numbness or pain in hands, feet or limbs.
- 3. Gestational (pregnancy) diabetes:** occurs in fewer than 1 in 20 women; correlation with giving birth to large babies; leads to higher risk of development of type 2 diabetes later in life.

Chinese Differentiation: Diabetes mellitus

Diagnostic questioning according to:

- 1. Organ interrelationships:** lung/stomach (*sheng* cycle); spleen/stomach (internal/external pairing); spleen/kidney (*ke* cycle).
- 2. Wasting, tongue and pulse:** red tongue edges and tip, thin yellow tongue fur, surging rapid pulse (upper wasting); red tongue, yellow fur, slippery large forceful pulse (middle wasting); red tongue with scanty yellow fur or scanty fluids, fine wiry pulse (lower wasting).
- 3. Appetite, thirst, urinary symptoms:** thirst with excess drinking; frequent excessive urination (upper wasting: lung/stomach heat/fire, fluid damage, early-stage diabetes); big appetite and rapid hungering, lesser thirst and polyuria, emaciation (middle wasting: stomach fire); excess thirst, frequent copious cloudy urination, nocturia (*qi/yin* deficiency); frequent excessive possibly turbid urination, more frequent at night (lower wasting: kidney *yin* deficiency); excess thirst, normal/reduced appetite (spleen/stomach *qi* deficiency); thirst with profuse drinking, excessive eating, rapid hungering (damp heat); reduced polydipsia/polyphagia/polyuria, frequent, clear, sometimes profuse urination or urinary incontinence (spleen/kidney *yang* deficiency).
- 4. Aetiology:** kidney essence deficiency (juvenile onset); ageing, unregulated eating and drinking (adult onset); emotions (*qi* stagnation and blood stasis as underlying patterns).
- 5. Zangfu patterns:**

Lung/stomach heat/fire with fluid damage
Stomach heat/fire
Qi and *yin* deficiency
Kidney *yin* deficiency
Spleen and stomach *qi* deficiency
Damp heat obstructing the middle burner
Spleen/kidney *yang* deficiency

Western Differentiation: Diarrhoea

1. Acute:

- a) **Gastroenteritis (bacterial, viral or protozoal):** nausea, vomiting; fever; loss of appetite; abdominal pain, cramps; bloody stools.
- b) **Food poisoning (non-microbial):** nausea, vomiting; cramps; fever; weakness; headache.
- c) **Medications causing diarrhoea:** antibiotics; laxatives; thyroxine; digitalis.

2. Chronic:

- a) **Irritable bowel syndrome:** chronic, frequent diarrhoea, maybe alternating with constipation; pain after eating; distension; flatulence.
- b) **Malabsorption syndrome:** food intolerances; bloating, flatulence; growth failure or weight loss.
- c) **Food allergies/intolerances:** abdominal pain, cramps; nausea, vomiting; itching of eyes, mouth, throat; hives; nasal congestion; runny nose; wheezing; difficulty swallowing.
- d) **Diverticular disease:** diarrhoea and constipation; left lower abdominal pain; rectal bleeding. Occurs in older people.
- e) **Bowel cancer:** diarrhoea and/or constipation; blood in stools; anaemia; abdominal pain; intestinal obstruction; weight loss.

3. Inflammatory:

- a) **Ulcerative colitis:** diarrhoea; blood and mucus in stools; tenesmus; fever; weight loss; abdominal pain; borborygmus.
- b) **Crohn's disease:** as ulcerative colitis plus affects small intestine, often more severe.

4. Endocrine:

- a) **Hyperthyroidism:** frequent bowel movements; weight loss; increased appetite; restlessness; menstrual irregularities in women; goitre; wide protruding eyes.
- b) **Diabetes:** increased thirst; increased urination; weight loss; fatigue.
- c) **Addison's disease:** chronic diarrhoea, extreme weakness; fatigue; weight loss; nausea, vomiting; darkening of skin; mouth lesions.

Chinese Differentiation: Diarrhoea

Diagnostic questioning according to:

- 1. Type:** explosive (external pathogen heat toxin); frequent, watery stools (spleen/kidney *yang* deficiency); foul smelling (damp heat, retention of food); alternating with constipation (liver *qi* invading spleen); mucus (damp phlegm); undigested food in stools (spleen/kidney *yang* deficiency); tenesmus (damp heat).
- 2. Colour:** very dark (heat); very watery (cold or *qi/yang* deficient); pale yellow/green (damp heat in the liver/gallbladder).
- 3. Timing:** early morning (spleen/kidney *yang* deficiency); after eating (spleen *qi* deficiency).
- 4. Accompanying symptoms:** cramping pain precedes (stagnation of liver *qi*, damp heat, summer heat); pain afterwards (deficiency); abdominal pain, borborygmi (food retention); emotions/stress (liver *qi* invading spleen); bad breath, belching (food retention); fever, aversion to cold (damp cold/heat); fixed lower right abdominal aching/pain with palpable masses, purplish black blood clots with stools (blood stasis); lower right abdominal pain worse on pressure (damp heat stasis and stagnation).
- 5. Aetiology:** external evil (cold, dampness, summer heat); irregular diet (spoiled foods, phlegm-forming foods); emotional strain (thought, sadness, anger); overwork; chronic illness.
- 6. Zangfu patterns:**

Excess	Damp heat in the large intestine Cold invading the large intestine Damp heat in spleen Cold damp invading spleen Food stagnation in stomach Heat toxin Blood stasis
Deficiency	Liver <i>qi</i> invading spleen with damp obstruction Spleen/kidney <i>yang</i> deficiency Kidney <i>qi/yin</i> deficiency

Western Differentiation: Dizziness and vertigo

1. **Viral labyrinthitis:** viral infection of inner ear characterised by sudden onset of spinning vertigo; nausea or sickness; may follow cold or flu.
2. **Benign paroxysmal positional vertigo:** intense, rotational, momentary dizziness from blockage in posterior semicircular canal. Brought on by rapid head movement.
3. **Ménière's disease:** repetitive attacks of intense, spinning vertigo with nausea from pressure in inner ear. Lasts up to 24 hours. Changes in hearing and tenderness or pressure in one ear.
4. **Vertigo of vascular origin:** reduced blood supply leads to double vision, slurred speech, blurred vision, numbness in face or limbs. In older people, can indicate vascular disease.
5. **Post-traumatic vertigo:** follows head injury.
6. **Peripheral vestibular disorder:** minor permanent symptoms or recurrent vertigo episodes, possibly triggered by head movements, tiredness, stress, menstrual periods or viral infections.
7. **'Central' or neurological causes:** triggered by strokes, inflammation, demyelination (i.e. multiple sclerosis) or tumours and bony deformities of the back of head and upper spine.
8. **Other causes include:** motion sickness, anxiety, postural hypotension, hypertension, alcohol and other drugs, anaemia, kidney disease, diabetes and menopausal syndrome. Nystagmus occurs with any cause of true vertigo.

Chinese Differentiation: Dizziness and vertigo

Diagnostic questioning according to:

- 1. Organ interrelationships:** kidney/liver, liver/heart (*sheng* cycle); kidney/heart (*ke* cycle); stomach/heart (internal pathway).
- 2. Eight principles:** primarily due to symptoms of excess or deficiency affecting the head:
 - a) In excess patterns** there is too much pathogenic *yang*, wind, phlegm, stagnant *qi* and/or blood preventing normal flow of *qi* and blood.
 - b) In deficient patterns** there is insufficient blood, *qi*, *yang* or *jing* getting to the head.
- 3. Type of dizziness/vertigo:** dizziness worse with stress (liver *qi/yang* stagnant, hyperactive or turning to wind); mild postural dizziness (*qi* and blood deficiency); dizziness worse with sex, overexertion and late nights (kidney deficiency); severe vertigo with loss of balance (excess); better with rest (deficiency); severe (phlegm damp); mild light-headedness (deficiency); sudden and severe, lasting minutes or hours, accompanied by nausea, vomiting and tinnitus (vertigo).
- 4. Emotions:** anger, frustration, resentment, prolonged emotional turmoil, stress, all may lead to development of liver patterns.
- 5. Zangfu patterns:**

Excess	Stagnation of liver <i>qi</i> Hyperactivity of liver <i>yang</i> generating wind or wind phlegm Liver fire blazing Phlegm obstructing the middle burner <i>Yin</i> fire Stasis of blood
Deficiency	Liver blood deficiency Kidney <i>qi</i> deficiency
Excess and deficiency	Liver and kidney <i>yin</i> deficiency with hyperactive liver <i>yang</i>

Western Differentiation: Dysmenorrhoea

Two types of dysmenorrhoea:

- 1. Primary dysmenorrhoea:** menstrual pain in otherwise healthy women. Pain unrelated to problems with specific organs.
 - a) Stemming from stress and anxiety:** feelings of frustration, anger and anxiety; muscle tension; twitching or trembling; sweating; dry mouth; rapid breathing.
 - b) Stemming from premenstrual syndrome:** irritable, bad-tempered, depressed, tearful; headache; breast tenderness; water retention; weight gain; poor sleep; poor concentration; backache; acne flare-ups; constipation or diarrhoea; food cravings.
- 2. Secondary dysmenorrhoea:** pain from structural abnormality.
 - a) Stemming from endometriosis:** increasingly painful periods with pelvic cramps before and/or during period; clotted blood; lower backache; painful sexual intercourse; pain with bowel movements; premenstrual spotting; infertility.
 - b) Stemming from pelvic inflammatory disease:** painful periods; vaginal discharge with abnormal colour, consistency and odour; fever and chills; painful sexual intercourse; bleeding following intercourse; low backache; fatigue; frequent and painful urination.
 - c) Stemming from fibroids:** pelvic cramping or pain with periods; sensation of fullness or pressure in lower abdomen; flatulence; frequent urination; heavy menstrual bleeding with clots; sudden and severe pain.
 - d) Stemming from ovarian cysts:** pelvic pain before, during or after a period; pain with sexual intercourse; abnormal uterine bleeding; abdominal bloating or distension.

Chinese Differentiation: Dysmenorrhoea

Diagnosis according to:

- 1. Nature of pain:** lower abdominal distension/pain, 1–2 days before period, worse on pressure (*qi* stagnation, blood stasis); distension, cramping worse from stress (*qi* stagnation); fixed lancinating (blood stasis); in abdomen, twisting, desires warmth, resists pressure (stagnation of cold damp); lower abdominal tightness, distension, pain resisting pressure, worse towards period (damp heat); abdominal aching/pain, distension/pain in flanks (liver fire); slight lower abdominal heavy aching/pain (*qi*/blood deficiency); insidious lower abdominal pain with menstruation (deficiency); poking pain worse on intercourse (blood stasis, likely endometriosis).
- 2. Tongue and pulse:** tongue purplish dark, static spots/macules, pulse deep wiry or deep choppy (*qi* stagnation, blood stasis); cyanotic purple tongue, glossy moisture, deep slow forceful or deep tight pulse (stagnation of cold damp); yellow slimy tongue fur, wiry rapid pulse (damp heat); crimson red tongue with scanty fur, wiry fine rapid pulse (liver fire); pale tongue, thin white fur, teeth marks, empty fine pulse (*qi* and blood deficiency); pale moist tongue, deep relaxed forceless pulse (empty cold); dry red peeled tongue, wiry fine rapid pulse (empty heat).
- 3. Zangfu patterns:**

Excess	Qi stagnation, blood stasis Liver fire blazing Damp heat Damp cold
Deficiency	Empty heat or empty cold in uterus Liver/kidney <i>yin</i> deficiency Qi and blood deficiency

Western Differentiation: Epigastric pain

1. Stemming from gastrointestinal pathology:

- a) **Gastritis:** with indigestion; loss of appetite; nausea, vomiting; vomiting blood; dark stools.
- b) **Peptic ulcers:** with fatigue; nausea, vomiting; indigestion; chest pain; vomiting blood; tarry stools.
- c) **Pancreatitis:** with mild jaundice; nausea, vomiting; fatty stools; chills, fever; sweating; weakness; weight loss.
- d) **Oesophagitis/reflux:** epigastric/central chest pain; heartburn; difficult, painful swallowing; symptoms worse lying flat.
- e) **Cholecystitis:** with chronic indigestion; nausea; belching.
- f) **Gallstones:** cramping pain in right upper quadrant or epigastrium; may radiate to back/right shoulder blade; fatty food aggravates; jaundice; fever.
- g) **Carcinoma:** with loss of appetite/weight; plus:
 - i. **Stomach:** difficulty swallowing; abdominal fullness; nausea; vomiting blood; halitosis; flatulence.
 - ii. **Oesophagus:** food regurgitation; difficulty swallowing; vomiting blood; chest pain.
 - iii. **Pancreatic:** Jaundice; nausea, vomiting; fatigue; diarrhoea; indigestion; clay-coloured stools.
- h) **Irritable bowel syndrome:** with diarrhoea and/or constipation; abdominal distension; flatulence.
- i) **Dyspepsia:** vague abdominal discomfort; feeling of fullness; belching; bloating; nausea.

2. Stemming from heart pathology:

- a) **Referred myocardial infarction:** apparent indigestion; shortness of breath; sweating; dizziness; fainting; nausea, vomiting; anxiety.

3. Stemming from lung pathology:

- a) **Referred lower lobe pneumonia:** referred epigastric pain; cough with green/yellow mucus; fever, shaking chills; sharp chest pain; shortness of breath.

4. Other causes include: medications.

Chinese Differentiation: Epigastric pain

Diagnostic questioning according to:

- 1. Nature of pain:** severe (excess); severe, acute, colicky (cold); dull (deficiency); stabbing, fixed (stasis of blood); distending or vague location (stagnation of *qi*); burning with acid reflux (excess or deficient heat); oppressive (damp or phlegm); stuffy (stomach *qi* deficiency or stomach heat/fire); with nausea (phlegm or damp); full (retention of food or water and damp); intermittent related to stress (stagnation of liver *qi*); sudden, violent (cold, stagnation of food).
- 2. Time of pain:** on waking (phlegm damp); morning (deficiency); afternoon (stagnation of *qi*); night (blood stasis; *yin* deficiency); waking 2–3 am (*qi* stagnation).
- 3. Amelioration and aggravation:** better for eating or pressure or rest (deficiency); worse for pressure or eating (excess); better for warmth (cold); better with slight exercise (stagnation of *qi* or blood); better for vomiting, defaecating or belching (excess condition); worse for vomiting (deficient condition).
- 4. Aetiology:** external evil (cold, heat); poor diet and poor eating habits; emotional stress (anger, pensiveness, worry); prescribed drugs.
- 5. Zangfu patterns:**

External	Cold invading the stomach Damp heat invading the stomach
Internal	
Excess	Food stagnation in the stomach Liver invading the stomach Stomach phlegm fire Stasis of blood in the stomach
Deficiency	Spleen/stomach <i>qi/yang</i> deficiency Stomach <i>yin</i> deficiency

Western Differentiation: Eye disease

- 1. Macular degeneration:** loss of central visual acuity preceded by drusen (small yellow deposits that form under the macula).
 - a) Atrophic:** bilateral vision loss that is slow and painless. Mild to moderate reduction of vision, rarely blindness.
 - b) Exudative:** vision loss following rapidly from visual distortion in one eye. Peripheral vision and colour vision generally unaffected, but patient may become legally blind in affected eye.
- 2. Optic neuritis:** symptoms usually unilateral, with eye pain and partial/complete vision loss over 1 or 2 days, mild eye pain, vision normally returns in 2–3 months but symptoms may recur.
- 3. Primary open-angle glaucoma:** asymptomatic initially, some clumsiness or unusual visual effects.
- 4. Detached retina:** painless, dark, irregular floaters, flashing lights, blurred vision. Later symptoms: a curtain or veil in field of vision.
- 5. Uveitis:** blurred vision and floaters in both eyes.
- 6. Post vitreous detachment:** flashes of light, sudden rapid increase in floaters, a ring of floaters or hairs at temporal side of central vision, slight heaviness in eye.
- 7. Cataracts:** cloudy or blurry vision, sensitivity to light, halo around lights, difficulty reading, faded colours, poor night vision, double/multiple vision (often clears as cataract grows), frequent changes in prescription for eyeglasses.

Chinese Differentiation: Eye disease

Diagnostic questioning according to:

- 1. Organ interrelationships:** liver/kidney (*sheng* cycle); lung/liver, kidney/spleen (*ke* cycle).
- 2. Symptomatology:** red eyes, sudden onset, acute attack, hot dry prickly eyes, eyes may water, aversion to bright light (invasion of wind heat); red, painful eyes that feel hot, may be dry, watering, hot tears sensitive to wind, feeling of pressure from inside the eyes, related to stress/emotions (hyperactive liver *yang*/liver fire); dry gritty eyes, blurred vision, lack of clarity, floaters in the eyes, photophobia (liver blood deficiency); red, sore, dry eyes, long-term continuous symptoms, worse in the afternoon and night (kidney/liver *yin* deficiency); blurring and progressive loss of vision, may be pain or tenderness in eye, halo effect around lights (developing blindness, macular degeneration); asymptomatic (glaucoma).
- 3. Zangfu patterns:**

All patterns	Kidney/liver <i>yin</i> deficiency
Non-specific eye disease	Stagnation of liver <i>qi</i> turning to heat, heat in liver channel Wind heat invading the lung Hyperactive liver <i>yang</i> Liver fire blazing
Optic neuritis	Liver blood deficiency Spleen <i>qi</i> deficiency/liver blood deficiency Hyperactive liver <i>yang</i> (liver/kidney <i>yin</i> deficiency underlying) Liver wind with phlegm fire
Macular degeneration	Localised blood stasis Spleen/kidney <i>yang</i> deficiency <i>Qi</i> and blood deficiency with <i>qi</i> stagnation and blood stasis

Western Differentiation: Headache

1. Intracranial:

- a) **Inflammatory – meningitis:** severe headache; fever; vomiting; neck rigidity; rash; Brudzinski sign positive; generalised pain radiating to neck.
- b) **Non-inflammatory:**
 - i. **Vascular – migraine:** unilateral or bilateral, severe, throbbing pain; photophobia; nausea and vomiting; pain around eye, radiating to side of head; **cerebral haemorrhage:** intense pain; neck rigidity; vomiting followed by loss of consciousness.
 - ii. **Neoplastic – tumour:** worsening headaches; vertigo; vomiting; mental impairment; grasp reflex.
 - iii. **Hypertensive – essential:** high blood pressure; occipital headache; stiffness; giddiness; tinnitus; irritability; **secondary:** high blood pressure from other factors.

2. Cranial:

- a) **Nasal or sinus disease:** pain and 'muzziness' in face; tenderness over the sinuses; nasal congestion; other symptoms of sinusitis.
- b) **Otitis:** presents mostly in small children; earache; possible ear discharge.
- c) **Cranial arteritis:** severe and diffuse headaches seen in elderly; temporal tenderness; disturbed sleep; general debility.

3. Extracranial:

- a) **Acute glaucoma:** severe pain in one eye, with vomiting; red eye and hazy cornea; haloes; blurred vision.
- b) **Cervical spondylitis:** severe occipital headache and tenderness; limited neck movement and perhaps creaking and cracking.

4. Other causes: trigeminal neuralgia; dental conditions; cold stimulus (so-called 'ice-cream headache'); aural conditions which lead to headache (mastoiditis).

Chinese Differentiation: Headache

Diagnostic questioning according to:

- 1. Organ interrelationships:** lung/kidney, kidney/liver (*sheng* cycle); liver/spleen, liver/stomach (*ke* cycle).
- 2. Location:** vertex – liver blood deficiency (Du-20, Du-21); sides, unilateral, temples – *shaoyang* (Gb-8, *taiyang*); behind eyes, forehead – *yangming* (Du-23, Gb-14); occiput – *taiyang* (Bl-10, Du-19).
- 3. Type of pain:** dull (damp or blood deficiency); heavy muzziness (damp/phlegm); intense, severe, throbbing (hyperactive liver *yang*/liver fire if also thirst, bitter taste, red tongue, yellow coat); stabbing, boring, very severe (stasis of blood); emptiness (deficiency); pulling, dizziness (wind); intense forehead pain (*qi* stagnation or retention of food).
- 4. Amelioration:** rest, food, in morning, lying down (deficiency); menstruation, later in the day, activity (stagnation).
- 5. Aggravation:** in morning (*qi* stagnation, damp); later in day (deficiency, hyperactive liver *yang*); activity, excessive mental work, sexual activity, menstruation (deficiency), wind (wind); damp weather (damp); emotions (*qi* stagnation); food (food stagnation), poor posture (deficiency/stagnation); lying down (damp phlegm).
- 6. Zangfu patterns:**

External	Wind cold invading the lung Wind heat invading the lung
Internal	
Excess	Hyperactivity of liver <i>yang</i> Liver fire Liver fire generating wind Stagnation of liver <i>qi</i> Stagnation of cold in liver channel Spleen deficiency with damp obstruction Stomach phlegm fire Stomach heat
Deficiency	Liver blood deficiency Kidney <i>qi</i> deficiency Kidney <i>yang</i> and kidney <i>yin</i> deficiency

Western Differentiation: Hepatitis

Inflammation of the liver caused by:

- infections from parasites, bacteria, viruses (hepatitis A, B or C)
- liver damage from alcohol, drugs, poisonous mushrooms
- immune cells in body attacking liver, causing autoimmune hepatitis.
 1. **Hepatitis A:** jaundice; fatigue; loss of appetite; nausea/vomiting; low-grade fever; pale stools; dark urine; itching.
 2. **Hepatitis B:** fatigue; malaise; aching joints; low-grade fever; nausea, vomiting; loss of appetite; abdominal pain; jaundice; dark urine.
 3. **Hepatitis C:** jaundice; abdominal pain; fatigue; loss of appetite; nausea, vomiting; pale stools; low-grade fever; dark urine; itching; ascites; bleeding varices from dilated veins in oesophagus.
 4. **Autoimmune hepatitis:** dark urine; loss of appetite; fatigue; malaise; abdominal distension; itching; pale stools; nausea, vomiting.
 5. **Drug-induced hepatitis:** jaundice; fatigue; loss of appetite; nausea, vomiting; abdominal pain; dark urine; diarrhoea; pale stools.
 6. **Alcoholic hepatitis:** loss of appetite; nausea; jaundice; abdominal pain/tenderness; fever; ascites; weight gain; mental confusion; dry mouth, excessive thirst; fatigue.
 7. **Common risk factors include:** intravenous drug use; multiple sexual partners, unprotected intercourse; contaminated foods; foreign travel; alcohol abuse; organ transplant recipient; HIV positive or having AIDS; blood transfusion before 1990; healthcare worker; tattoo.

Chinese Differentiation: Hepatitis

Diagnostic questioning according to:

- 1. Organ interrelationships:** spleen and stomach, liver and gallbladder (internal/external); liver and kidney (*sheng* cycle); liver and spleen, spleen and kidney (*ke* cycle).
- 2. TCM diagnosis of jaundice:** acute, developing quickly (damp heat); developing slowly (cold damp, spleen deficiency); bright yellow or yellow orange (damp heat); dull darkish yellow (cold damp, spleen deficiency, *qi* and blood stagnation).
- 3. TCM diagnosis of hypochondrial pain:** intermittent aching or distending pain, difficult to localise and worse with stress (liver *qi* stagnation); fixed, stabbing pain worse with pressure (blood stasis); dull ache relieved by pressure and worse when tired or stressed (liver *yin* deficiency); continuous severe pain and fullness worse with pressure (damp heat).
- 4. Aetiology:** damp heat; toxic heat; spleen deficiency; *qi* and blood stagnation.
- 5. Zangfu patterns:**

Excess	Stagnation of liver <i>qi</i> Liver <i>qi</i> invading the spleen Damp heat in the spleen and stomach Damp heat transforming into fire in the liver/gallbladder and brewing toxins Damp heat harassing the nutritive <i>qi</i> and blood Blood stasis obstructing the network vessels Phlegm nodules
Deficiency	Cold dampness accumulating internally Liver and kidney <i>yin</i> deficiency Spleen and kidney <i>yang</i> deficiency

Western Differentiation: Herpes

- 1. Herpes simplex virus type 1 (HSV-1):** primary infection causes painful ulcers inside mouth in a child 1–3 years old. HSV-1 lies dormant for months or years until *cold sores* appear. Attacks triggered by emotional upset; fatigue and tiredness; colds or other viruses that weaken the body's defences; menstrual periods; strong sunlight; cold winds. Contagious.
- 2. Herpes genitalia (HSV-2):** infection similar to HSV-1 (50% of herpes genitalia are due to HSV-1); painful ulceration; dysuria; painful vaginal or urethral discharge; fever; myalgia; swollen lymph glands. Symptoms probably more severe at initial attack than subsequently. Contagious.
- 3. Herpes zoster (shingles):** acute localised infection with varicella-zoster virus, causing painful, blistering rash. Following chickenpox, the virus remains latent for years in the nerve tracts that emerge from the spine. When reactivated, it spreads along the nerve tract, first causing pain or a burning sensation.
Symptom progression:
 - starts with tingling sensation in affected area
 - fever and malaise may be present
 - erythema followed by blistering of the skin
 - after five days, a *one-sided rash* appears, often over the ribs
 - blisters turn yellowish, flatten and dry out, and crust over
 - postherpetic neuralgia may occur following an attack due to nerve damage.

Chinese Differentiation: Herpes

Diagnostic questioning according to:

- 1. Simplex/genitalia:** itching lip/genital pain, swelling, possible fever, thirst, frontal headache (wind heat/damp); lesions with red margins, pain, burning, myalgia, dry mouth, bitter taste, no thirst, low-grade fever, constipation, reddish yellow urine (wind heat with damp heat in the spleen/stomach) with temporal headache, irritability, tooth grinding, myalgia, red eyes, facial flushing, dizziness, bitter taste (stagnation of liver *qi*/liver fire blazing).
- 2. Zoster:** acute – red, painful blisters, fever (damp heat/toxic pathogenic invasion); large fluid-filled blisters (dampness); late stage – shingles, dry skin, pain, old blisters flaking (*qi*/blood stagnation).
- 3. Aetiology:**
 - **Simplex/genitalia:** fatigue; overwork; exposure to virus; windy, sunny climate; cold/flu; damp, heat-producing foods; anger, frustration.
 - **Zoster:** chickenpox; invasion of external pathogen; damp, heat-producing foods; tiredness; old age.
- 4. Zangfu patterns:**

Herpes simplex/genitalia

Excess

Wind heat invading the channels

Damp heat in spleen

Damp heat in stomach

Liver fire blazing

Deficiency

Stomach *yin* deficiency with empty heat

Spleen *qi* deficiency

Herpes zoster

Damp heat in liver

Damp heat in gallbladder

Accumulation of dampness

Qi/blood stasis

Western Differentiation: Hiatus hernia and acid reflux

Occurs when a portion of the stomach protrudes upward into the chest through an opening in the diaphragm. It is a very common condition and most often seen in people over the age of 50.

Mechanism: the mechanism which stops acid from regurgitating into the gullet from the stomach stops working. Acidic stomach content moves up (*acid reflux*) into the oesophagus, damaging its lining (*oesophagitis*) and causing heartburn.

Signs and symptoms: heartburn (worse when bending over or lying down); difficulty swallowing; chest pain; belching.

Underlying causes:

- **Obesity:** contributing to the weakening of the supportive tissue.
- **Smoking.**
- **Congenital:** children with this condition usually have it from birth when it is associated with regurgitation of food soon after feeding. The babies usually remain comfortable and thrive. Most cases clear up by the age of 9 or 10 months.

Other causes of acid reflux: peptic ulcer disease; acute and chronic gastritis; excessive consumption of alcohol; dyspepsia; pregnancy.

Complications: slow bleeding; iron-deficiency anaemia; pulmonary aspiration.

Chinese Differentiation: Hiatus hernia and acid reflux

Diagnostic questioning according to:

- 1. Organ differentiation:** primarily *ke* cycle relationship of wood and earth.
- 2. Aggravation:** with stress (*qi* stagnation); with heating foods like alcohol, coffee and chocolate (stomach and liver heat); with bending or lying (spleen deficiency); with a cold or flu (lung *qi* deficiency); with eating (food stagnation, phlegm damp, damp heat); with emotions and stress (stagnation of liver *qi*, *yin* or blood deficiency); with palpation (blood stagnation, damp heat, *qi* stagnation).
- 3. Amelioration:** belching (food stagnation, *qi* stagnation).
- 4. Aetiology:** diet (eating large quantities of heat-producing foods, irregular eating habits, not chewing food properly); emotions (anger, frustration and worry affect the spleen, stomach and liver); being overweight; lack of exercise; tight or restrictive clothing.
- 5. Zangfu patterns:**

Excess	Liver <i>qi</i> invading the stomach Liver fire blazing Stomach fire Phlegm damp
Deficiency	Stomach <i>qi</i> ascending counterflow Spleen and stomach <i>qi/yang</i> deficiency Stomach <i>yin</i> deficiency Liver <i>yin</i> deficiency

Western Differentiation: Hypertension

1. **Primary hypertension:** largely asymptomatic. Lifestyle factors may contribute:
 - a) smoking
 - b) family history of hypertension
 - c) obesity
 - d) excessive alcohol consumption – especially binge drinking
 - e) lack of exercise
 - f) a diet high in animal fats and sodium chloride
 - g) lead and cadmium contamination.
2. **Secondary hypertension:** symptoms may include: headache (particularly on waking), tinnitus, dizziness, confusion, papilloedema, facial flushing, fatigue, epistaxis, nervousness. Hypertension may be secondary to the following diseases:
 - a) kidney disease
 - b) endocrine disease
 - c) narrowing of the aorta
 - d) steroid medicines
 - e) the contraceptive pill
 - f) pregnancy, which can cause pre-eclampsia.
3. **Risk factors:** hypertension carries with it an increased risk of major illnesses including:
 - a) cardiovascular disease such as angina, stroke, heart attack or atrial fibrillation
 - b) kidney damage
 - c) damaged sight.

Chinese Differentiation: Hypertension

Diagnostic questioning according to:

- 1. Headache, head distension, dizziness, palpitations, insomnia, numbness/tingling.**
- 2. Tongue and pulse:** red tongue tip/edges, yellow fur, wiry pulse (hyperactive liver *yang*); pale tongue, red tip/sides, slimy yellow fur, wiry slippery rapid pulse (phlegm heat harassing heart); red tender tongue, scanty or no fur, fine rapid pulse (liver/kidney *yin* deficiency); pale red tongue, scanty fur, wiry fine pulse (*chong/ren* disharmony); dark purplish tongue, possible static macules/spots, wiry choppy pulse (blood stasis); thick white slimy tongue fur, wiry slippery pulse (phlegm obstructing middle burner); fat pale tongue, teeth marks, scanty/no fur, fine forceless, possibly rapid pulse (*qi/yin* deficiency); pale tender tongue, red tip, swollen, red papillae on root, deep slow forceless, floating surging or fine rapid pulse (*yin/yang* deficiency).
- 3. Dizziness:** with head distension/pain, vertigo, insomnia (hyperactive liver *yang*); with head distension, palpitations (heart); with tinnitus, insomnia, palpitations, numb extremities (*yin* deficiency); perimenopausal with headache, insomnia (*chong/ren* disharmony); worse with exertion (deficiency); with tinnitus (*yin/yang* deficiency).
- 4. Zangfu patterns:**

Excess	Hyperactive liver <i>yang</i> Liver fire generating wind Liver wind harbouring phlegm Stagnation of liver <i>qi</i> turning into heat Blood stasis
Deficiency	Phlegm obstructing the middle burner Blood deficiency Liver/kidney <i>yin</i> deficiency <i>Chong</i> and <i>ren</i> disharmony <i>Qi</i> and <i>yin</i> deficiency Kidney <i>yin</i> and <i>yang</i> deficiency

Western Differentiation: Hypochondrial pain

1. Stemming from liver pathology:

a) Hepatitis:

i. **Chronic:** pain with fatigue; lack of appetite; nausea, vomiting.

ii. **Acute:** pain with headache; enlarged tender liver; chills, fever; malaise; jaundice.

b) **Liver cirrhosis:** pain with ascites; swelling of legs; vomiting blood; confusion; jaundice; small, red blood vessels on skin; weakness; weight loss.

c) **Liver cancer:** hypochondrial pain/tenderness in right upper quadrant; enlarged nodules; enlarged abdomen; easy bruising/bleeding; jaundice.

2. Stemming from gallbladder pathology:

a) Cholecystitis:

i. **Acute:** pain in right upper quadrant; sensitivity to fats; vomiting/fever.

ii. **Chronic:** chronic indigestion; vague abdominal pain; nausea; belching.

b) **Gallstones:** pain in right upper quadrant; sharp, cramping or dull, may radiate to left shoulder; fatty food aggravates; clay-coloured stools; nausea/vomiting; heartburn; flatulence.

3. Stemming from stomach and intestinal pathology:

a) **Gastric ulcer:** abdominal pain; nausea; abdominal indigestion; vomiting blood; black tarry stools; weight loss; fatigue.

b) **Bleeding duodenal ulcer:** abdominal pain; nausea, vomiting; indigestion; belching; chest pain; vomiting blood; black tarry stools.

4. Stemming from kidney pathology:

a) **Pyelonephritis:** severe hypochondrial pain, high fever; chills; sweating; vomiting, nausea; frequent/painful urination; nocturia; malaise.

b) **Renal colic:** pain from loin to groin; painful lumbar area/knees; restlessness; vomiting; pallor.

5. **Other causes include:** intercostal neuralgia; coronary thrombosis; trauma; liver parasites.

Chinese Differentiation: Hypochondrial pain

Diagnostic questioning according to:

- 1. Location of pain:** right hypochondrium (liver, gallbladder); left hypochondrium (spleen).
- 2. Nature of pain:**
 - Intermittent aching or distending pain, difficult to localise, worse for stress, wiry pulse (stagnation of liver *qi*).
 - Fixed, stabbing pain, easy to locate, worse with pressure, worse at night, purple tongue, choppy pulse (liver blood stasis).
 - Continuous severe pain/fullness, worse for pressure, feeling of heaviness, sticky taste, nausea, yellow sclera, dark urine, sticky yellow tongue coat, slippery pulse (damp heat).
 - Slight pain/distension, premenstrual tension, frequent sighing, dizziness, insomnia, tingling limbs, blurred vision, scanty periods (liver blood deficiency).
 - Dull ache relieved by pressure, worse when stressed, dry throat, eyes, hair, tiredness, poor memory, insomnia, depression, scanty periods, dizziness, red tongue, floating pulse (liver *yin* deficiency).
- 3. Aetiology:** emotional strain (anger, resentment, frustration); external damp heat (more common in tropical countries); poor eating habits (too much phlegm-forming food such as dairy and fried foods); overwork.
- 4. Zangfu patterns:**

Excess	Stagnation of liver <i>qi</i> Liver blood stasis Damp heat in the liver Damp heat in the gallbladder
Deficiency	Liver blood deficiency Liver <i>yin</i> deficiency

Western Differentiation: Impotence and loss of libido

1. Stemming from endocrine disorders:

a) Diabetes: with tiredness; excessive thirst; frequent urination; hunger; blurred vision; slow-healing infections.

b) Hormonal imbalances: insufficient testosterone or excess prolactin (rare) in blood.

2. Stemming from cardiovascular disorders:

a) Blood vessel conditions (i.e. blocked arteries): with cramping pain in calf muscle; numbness or tingling in foot; absent or reduced arterial pulses in lower limbs.

b) Hypertension: raised blood pressure with or without symptoms. Some drugs used to treat blood pressure.

3. Stemming from neurological disorders:

a) Multiple sclerosis: relapsing and remitting illness with progressive paralysis, bladder disturbance and visual disturbance as typical features.

b) After a stroke: with severe disruption of brain functions, especially movement; despite recovery, there may be considerable loss of confidence.

c) Parkinson's disease: with impaired co-ordination; muscle rigidity; slumped posture; tremor; shuffling walk; slow movements; loss of fine motor skills; decline in intellectual function.

4. Stemming from prostate cancer: with painful urination; urinary hesitancy; urinary dribbling, retention; painful ejaculation; lower back pain.

5. Other causes include: psychological and relationship problems; spinal cord injury; nicotine; alcohol; cocaine; prescription medication (beta-blockers, sleeping pills, antidepressants).

Chinese Differentiation: Impotence and loss of libido

Diagnostic questioning according to:

- 1. Organ interrelationships:** kidney/liver (*sheng* cycle) govern achieving erection (kidney), sustaining erection (liver); liver channel passes through genitals; kidney/heart (*ke* cycle/*shaoyin*); liver/pericardium (*sheng* cycle/*jueyin*); fire governs psychological aspect.
- 2. Type of erectile dysfunction:** impotence with restlessness, thin wiry body, hot at night, thirst, red face, peeled tongue (kidney *yin* deficiency); impotence or inability to sustain erection with loss of libido, intolerance to cold, lethargy, pale swollen tongue (kidney *yang* deficiency); inability to sustain an erection with abnormal discharge from the penis, painful urination, tenderness in genitals (damp heat in lower burner); impotence from stress, frustration, anger, resentment (stagnation of liver *qi*); from overwork, physical/mental exhaustion, worry, irregular diet, excess raw/sweet food (spleen *qi* deficiency).
- 3. Aetiology:** emotional factors (stress, anxiety, fatigue, depression, negative feelings towards sexual partner); smoking; excessive consumption of alcohol or other drugs; lack of exercise; inadequate sleep; chronic illness; old age.
- 4. Zangfu patterns:**

Excess

Damp heat

Deficiency

Blood and *qi* stagnation

Liver blood and kidney *yin* deficiency

Kidney *yin/jing* deficiency

Heart and kidney *yin* deficiency

Kidney *yang* deficiency

Heart blood and spleen *qi* deficiency

Western Differentiation: Infertility

In women:

- 1. Stemming from endometriosis:** with increasingly painful periods, pelvic cramps; clotted blood; lower backache; painful sexual intercourse; painful bowel movements.
- 2. Stemming from ovulation dysfunction:**
 - a) Polycystic ovarian syndrome:** with abnormal menstruation; amenorrhoea; weight gain/ obesity; insulin resistance/diabetes; infertility; hirsutism; decreased breast size; acne.
 - b) Hyperthyroidism:** with weight loss; increased appetite; diarrhoea; restlessness; menstrual irregularities; goitre.
 - c) Hypothyroidism:** with weakness; fatigue; cold intolerance; weight gain; depression; joint/ muscle pain; thin/brittle hair; brittle fingernails.
- 3. Stemming from ovarian cyst:** with pelvic pain at period; painful sexual intercourse; abnormal uterine bleeding; abdominal bloating/distension.
- 4. Stemming from damage to or blockage of fallopian tubes:**
 - a) Chlamydia:** with vaginal discharge; burning urination; painful sexual intercourse; rectal pain/ discharge.
 - b) Gonorrhoea:** with vaginal discharge; frequent painful urination; lower abdominal pain; fever.
- 5. Stemming from cancer:**
 - a) Uterine:** with abnormal uterine bleeding; abnormal periods; very long, heavy, frequent episodes of bleeding; pelvic cramping; thin white/clear vaginal discharge in postmenopausal women.
 - b) Ovarian:** with abnormal bleeding between periods; persistent vaginal discharge; bleeding after intercourse; loss of appetite; weight loss; fatigue; pelvic pain.
- 6. Other causes include:** scarring from sexually transmitted disease; poor nutrition; hormone imbalance; emotional problems.

Chinese Differentiation: Infertility

Diagnostic questioning according to:

- 1. Organ interrelationships:** primarily *ke* cycle/*shaoyin* (fire/water), in arena of uterus (*bao gong*).
- 2. Eight principles:** excess (obstructed uterus/*ren/chong* vessels by pathogen, e.g. cold, heat, dampness/phlegm, *qi* stagnation, blood stasis); deficiency (kidney *qi*, *yang*, *yin*, essence).
- 3. Ovulation/menstruation:** problematic ovulation or start of cycle (most commonly kidney *yin* deficiency; next most commonly stagnation of heart *qi*; either complicated by stagnation of liver *qi*, phlegm damp, liver blood stasis); problematic embryo implantation (IVF, etc.) or second part of cycle (most commonly kidney *yang* deficiency; maybe complicated by stagnation of liver *qi*, phlegm damp, liver blood stasis; kidney *yang* deficiency with spleen *qi* deficiency).
- 4. Presenting condition:** endometriosis (kidney *yang* deficiency with liver blood stasis); irregular ovulation (kidney *yin/yang* deficiency); PCOS (kidney *yang* deficiency with stagnation of phlegm damp and possibly blood stasis); tubal blockage (stagnation of *qi* and blood); PID/salpingitis/endometritis (damp heat in the lower burner).
- 5. Most common patterns:** liver blood stasis; kidney *yang* deficiency; spleen /kidney *yang* deficiency; liver/kidney *yin* deficiency.
- 6. Zangfu patterns:**

Excess

Stagnation of heart *qi*

Stagnation of liver *qi*

Liver blood stasis

Phlegm damp

Deficient

Liver *yin* deficiency

Kidney essence/*jing* deficiency

Kidney *yang* deficiency

Kidney *yin* and *yang* deficiency

Spleen *qi* deficiency

Western Differentiation: Insomnia

1. Symptoms associated with sleep disturbance, including:

- a) difficulty in initiating sleep
- b) difficulty in maintaining sleep
- c) early morning waking without further sleep.

Insomnia is further classified as:

2. **Transient insomnia:** insomnia that lasts for more than 3 weeks; very often associated to a stressful event.
3. **Cyclical insomnia:** less common than transient insomnia and suggests an unstable balance between the sleep and wake drives; instability may be:
 - a) temporary, or
 - b) lifelong.May occur with physiological changes, such as premenstrual insomnia, or psychological changes such as mania or *depression*.
4. **Chronic insomnia:** occurs most nights; lasts for a month or more; related to a hyperarousal state which persists during wakefulness as well as sleep; could be due to a circadian rhythm disorder.
5. **Insomnia can be symptomatic of:** neurological or psychiatric disorders, especially depression; neurosis; cerebral arteriosclerosis; hyperthyroidism; stimulant drugs; alcohol; hepatitis; menopausal syndrome; anaemia.

Chinese Differentiation: Insomnia

Diagnostic questioning according to:

- 1. Difficulty going to sleep:** very tired but inability to go under (*yin* deficiency); startled awake on falling asleep, with anxiety and heat (heart and kidney *yin* deficiency); accompanied by restlessness and sweating (empty heat); thinking too much/worrying (spleen *qi*/blood/gallbladder deficiency); accompanied by being furious (liver fire blazing); pain (stagnation of *qi*, blood or fluids).
- 2. Difficulty staying asleep:** waking at 1am furious (gallbladder/liver fire blazing); waking at 3–5am (food stagnation, *yin*/blood deficiency); woken by excessive dreaming/restlessness/heat/anxiety; restless legs (empty/full heat/fire, phlegm fire, food stagnation); waking cold (*yang* deficiency); nightmares/night terrors (kidney involvement/shock/fright, liver fire blazing); easily startled (gallbladder deficiency); night-long sleeplessness (extreme *yin* deficiency); waking with blocked nose/sinuses (phlegm damp).
- 3. Woken by need to urinate:** inability to go back to sleep (*yin* deficiency); easy to go back to sleep (*yang* deficiency).
- 4. Aetiology:** emotional stress (worry, anger, timid gallbladder); consumption of coffee or other stimulants; eating late; vigorous exercise; disordered biorhythm (shift workers); pain; itching; difficulty breathing.
- 5. Zangfu patterns:**

Excess

Stagnation of liver *qi*
Liver fire blazing
Heart fire blazing
Phlegm heat harassing the heart
Heart/liver blood stasis

Deficiency

Food stagnation in the stomach
Spleen *qi* and heart blood deficiency
Heart/kidney *yin* deficiency
Liver blood/*yin* deficiency
Gallbladder deficiency

Western Differentiation: Irritable bowel syndrome (IBS)

Complex and chronic disorder of the lower intestinal tract with no obvious cause. Commonly begins between the ages of 20 and 30 and is twice as common in women as in men.

Signs and symptoms: alternating constipation and diarrhoea; a sense of incomplete emptying following a bowel movement; abdominal tenderness; abdominal distension and flatulence; burping; borborygmus; nausea; emotional distress.

- 1. Stemming from anxiety:** IBS with muscle tension; headaches; sweating; dry mouth; difficulty swallowing; rapid or irregular heartbeat; frequent urination; irritability; poor concentration; low libido.
- 2. Stemming from depression:** IBS with difficulty sleeping; dramatic change in appetite; fatigue; low self-esteem; poor concentration; restlessness; withdrawal from society; suicidal thoughts.
- 3. Stemming from gastrointestinal infection (i.e. gastroenteritis):** IBS symptoms with nausea and vomiting; fever; loss of appetite; abdominal pain and cramps; bloody stools.
- 4. Stemming from food allergy/intolerance:** IBS symptoms with nausea and vomiting; itching of eyes, mouth and throat; hives; nasal congestion; runny nose; wheezing; difficulty swallowing; anaphylaxis if severe.
- 5. Other terms for IBS:** spastic colon; spastic colitis; mucous colitis; nervous diarrhoea; nervous colon; nervous or functional bowel.

Chinese Differentiation: Irritable bowel syndrome (IBS)

Diagnostic questioning according to:

- 1. Organ interrelationships:** *ke* cycle relationship between wood and earth, between liver and spleen/ stomach.
- 2. Relative strength and weakness:** of earth and wood.
- 3. Nature of stools:** small, round and pebble-like (stagnation of liver *qi*); long and thin (spleen *qi* deficiency); predominantly diarrhoea with abdominal distension and discomfort (spleen *qi* deficiency); predominantly constipation with abdominal pain, distension and irritability (stagnation of liver *qi*); alternating diarrhoea and constipation with abdominal discomfort and distension (liver *qi* invading the spleen/stomach– *ke* cycle disorder); mucus present in the stool (dampness or damp heat generated from *qi* stagnation and/or *qi* deficiency).
- 4. Main organs involved:** spleen (diarrhoea); liver (constipation). See also abdominal pain/distension, constipation, diarrhoea.
- 5. Aetiology:** emotional strain (stress, frustration, anger, bottled-up hatred, worry, anxiety); poor diet and irregular eating habits (i.e. eating late at night, eating whilst stressed); excessive mental activity; chronic illness; too much sexual activity; lack of exercise.
- 6. Zangfu patterns:**

Excess	Stagnation of liver <i>qi</i> turning into heat Liver <i>qi</i> invading spleen Liver <i>qi</i> invading stomach Dampness Phlegm damp Damp heat
Deficiency	Spleen <i>qi</i> deficiency Spleen <i>yang</i> deficiency Stomach <i>qi</i> deficiency

Western Differentiation: Lower back pain

1. Stemming from musculoskeletal origin:

- a) **Muscle spasm:** muscles remain contracted; lack of mobility.
- b) **Disc degeneration:** chronic backache, acute episodes; pain down buttocks, legs, feet; stiffness.
- c) **Ruptured or herniated disc:** severe low backache extending down buttocks, legs and feet; tingling, numbness in legs, feet; muscle weakness, spasm.
- d) **Spinal stenosis:** backache, numbness, weakness down buttocks, thighs, lower calves after standing or walking for some minutes.
- e) **Spine curvatures (scoliosis).**
- f) **Injury to muscle or ligaments supporting back.**
- g) **Fractures to spine from osteoporosis.**
- h) **Arthritis:** localised stiffness, pain, redness, worse in morning.
- i) **Fibromyalgia:** multiple tender areas/aches; fatigue; sleep disturbance.

2. Stemming from organ pathology:

- a) **Bladder infection:** with pressure in lower pelvis; painful urination; frequent, urgent, cloudy urine; blood in urine.
- b) **Kidney stone:** with flank pain; nausea, vomiting; frequent, urgent, painful, hesitant urination; abdominal pain; fever, chills.
- c) **Endometriosis:** with pelvic cramps; dysmenorrhoea; pain on sexual intercourse; premenstrual spotting; infertility.
- d) **Ovarian cancer:** backache worsening over time; pelvic heaviness; vaginal bleeding; abnormal menstrual cycle; gastrointestinal symptoms.
- e) **Ovarian cysts:** with constant, dull pelvic pain; painful intercourse; abnormal uterine bleeding; abdominal bloating/distension.

3. Other causes include: pregnancy; poor posture; secondary cancer in spine.

Chinese Differentiation: Lower back pain

Diagnostic questioning according to:

- 1. Nature of pain:** acute pain (external pathogen invading, blood stasis); chronic pain (kidney deficiency, spleen *qi* deficiency with damp obstruction); heavy pain worse in the morning (cold dampness); dull pain, slight stiffness, a feeling of cold (kidney *yang* deficiency); sharp, stabbing, fixed pain, severe stiffness (liver blood stasis); vague, movable, variable pain (stagnation of liver *qi*).
- 2. Aggravation and amelioration:** worse for cold/damp weather (cold damp); worse for stress (stagnation of liver *qi*); worse for movement (deficiency pattern, blood stasis); worse after sex (kidney deficiency); worse in morning (spleen *qi* deficiency with damp obstruction); worse in the afternoon or evening (damp heat); better for rest (kidney deficiency); better for exercise (stagnation of liver *qi*, spleen *qi* deficiency with damp obstruction); better for heat (cold/cold damp, kidney *yang* deficiency).
- 3. Distal points for acute and chronic pain:** Bl-60 (low back, neck pain); Bl-58 (chronic pain); Bl-59, Bl-36, Bl-37 (bladder channel); Gb-30 (buttock pain and/or sciatica); Gb-31, Gb-34, Gb-39 (gallbladder channel); SI-3, Bl-62.
- 4. Aetiology:** excessive physical work; excessive sexual activity; pregnancy, childbirth; invasion of cold/damp; overwork; sedentary lifestyle.
- 5. Zangfu patterns:**

Excess	Wind cold invading the channels Damp or damp heat Stagnation of liver <i>qi</i> Stagnation of <i>qi</i> /blood stasis
Deficiency	Kidney deficiency Spleen <i>qi</i> deficiency

Western Differentiation: Menopausal syndrome

The menopause is the transition in a woman's life when the ovaries stop producing eggs, the body produces less oestrogen and progesterone, and menstruation becomes less frequent, eventually stopping altogether.

- 1. Signs and symptoms:** hot flushes and night sweats; mood swings; irritability, depression and anxiety; poor memory; irregular menstruation with increased or decreased flow until menopause is completed; insomnia; vaginal dryness and painful sexual intercourse; decreased sex drive; increased incidence of vaginal infections; increased micturition and incidence of urinary tract infections; bone joint and muscle pain.
- 2. Causes:** a natural event which normally occurs between the ages of 45 and 55.
- 3. Diagnosis:** blood and urine tests measure hormone levels (oestradiol, FSH, LH) which can indicate whether a woman is perimenopausal or postmenopausal.
- 4. Possible complications:** bone loss and eventual osteoporosis; greater risk of heart disease; postmenopausal bleeding.

Chinese Differentiation: Menopausal syndrome

Diagnostic questioning according to:

- 1. Organ interrelationships:** *sheng* and *ke* cycle relationships between water, wood and fire. *Shaoyin* or *jueyin*.
- 2. TCM picture:** gradual weakening of kidney *qi*; deficiency of the *chong* and *ren* vessels; insufficiency of *qi* and blood.
- 3. Kidney Yin versus Kidney Yang Deficiency:** deficiency of kidney *yin* fails to harmonise the heart fire, leading to disequilibrium between the heart and kidneys (*shaoyin*) and the development of empty heat. Kidney *yin* deficiency can affect the liver (they share the same source of *yi*; *sheng* cycle relationship) which can lead to liver *yin* deficiency, hyperactivity of liver *yang* generating wind. Kidney *yin* and kidney *yang* can both be deficient.
- 4. Aetiology:** long-term stagnation of liver *qi*; gradual weakening of kidney *qi*; emotional strain (worry, anxiety, fear); poor diet, irregular eating habits; depletion of kidney *yin* from illness, blood loss, multiple pregnancies, excessive mental and physical work.
- 5. Zangfu patterns:**

Excess	Liver blood stasis Stagnation of liver <i>qi</i> Accumulation of phlegm and <i>qi</i> stagnation Hyperactive liver <i>yang</i> generating wind
Deficiency	Kidney <i>yang</i> deficiency Heart and kidneys not harmonised Kidney <i>yin</i> deficiency with empty heat Kidney <i>yin</i> and <i>yang</i> deficiency Liver/kidney <i>yin</i> deficiency Heart blood and spleen <i>qi</i> deficiency

Western Differentiation: Menorrhagia and metrorrhagia

Menorrhagia indicates heavy prolonged periods. Metrorrhagia indicates bleeding outside the normal menstrual period.

1. Organic causes:

- a) **Cervical cancer:** postcoital, postmenopausal or intermenstrual bleeding; blood-stained vaginal discharge.
- b) **Endometriosis:** increasingly painful heavy periods and cramps; clotted blood; lower backache; painful sexual intercourse; painful bowel movements; premenstrual spotting; infertility.
- c) **Uterine cancer:** normally post menopause with gradually increasing bleeding. In premenopausal women, irregular or intermenstrual bleeding. Discharge is rare.
- d) **Uterine fibroids:** affects 20% of women by age 40 years; heavy bleeding with clots, cramps, pain; intermenstrual bleeding unusual; sensation of fullness in lower abdomen; frequent urination; sudden, severe pain if fibroid twists or degenerates; rarely malignant.

2. Functional causes:

a) Pregnancy complications:

- i. **Miscarriage:** heavy clotted vaginal bleeding; lower backache/abdominal pain.
- ii. **Ectopic pregnancy:** abnormal vaginal bleeding; lower abdominal/pelvic pain; breast tenderness; nausea; low backache.
If *haemorrhaging* occurs: sharp, sudden pain in lower abdomen; dizziness; referred pain to shoulder.

b) **As menopause approaches:** periods may be increasingly infrequent/heavy, caused by hormonal imbalance.

3. **Other causes include:** abnormal thyroid/pituitary function; changes in birth control pill; use of IUD for birth control; pelvic inflammatory disease; trauma; certain drugs: steroids, blood thinners.

Chinese Differentiation: Menorrhagia and metrorrhagia

Diagnostic questioning according to:

- 1. Nature of bleeding and pain:** heavy thick deep red/purple blood, strong odour, lower abdominal pain, irregular flow (blood heat); early, red or purple blood, profuse or scanty, possible clots, starts and stops slowly, irregular flow, abdominal/hypochondrial pain (stagnation of liver *qi* turning to heat); early, moderate or profuse bleeding (phlegm heat); early, following profuse vaginal discharge or dark red, purplish discharge, maybe foul smelling, chronic abdominal pain, worse towards period (damp heat); early, scanty, purplish blood with dark clots, pain relieved after passing clots, irregular lingering flow (liver blood stasis); early, profuse/lingering watery light red blood, no pain or chilly pain better for pressure (*qi/yang* deficiency); early, scanty, sticky, thick, painless, lingering blood (empty heat); excess bleeding after sex during menstruation (*chong* and *ren* dysfunction).
- 2. Aetiology:** hot environment or excess hot spicy greasy foods (full heat); depression (stagnation of liver *qi* turning into heat); worry, anxiety, lack of exercise, excess sweet, cold, raw foods (spleen *qi* deficiency causing damp/phlegm heat); overwork, kidney essence weakness (*yin* deficiency).
- 3. Zangfu patterns:**

Excess	Blood heat Liver <i>qi</i> stagnation turning into heat Phlegm heat Damp heat in lower burner Liver blood stasis
Deficiency	Spleen <i>qi</i> deficiency Kidney <i>yang</i> deficiency Kidney <i>yin</i> deficiency <i>Chong</i> and <i>ren</i> disharmony

Western Differentiation: Mental-emotional conditions

- 1. Stemming from anxiety and phobias:** stress; twitching, trembling; muscle tension; headache; sweating; palpitations; rapid heart rate; low self-esteem; dry mouth; difficulty swallowing; abdominal pain.
- 2. Various psychiatric syndromes:**
 - a) Stemming from paranoid personality disorder:** paranoia; expectations of being exploited by others; inability to collaborate; poor self-image; social isolation; detachment; hostility.
 - b) Stemming from schizoid personality disorder:** avoids close relationships even with family; avoids social activities; avoids interpersonal contact; appears aloof, detached.
 - c) Borderline personality disorder:** intense, unstable relationships alternating between extremes; fear of abandonment; inappropriate anger; self-mutilation; feeling empty, bored; intolerance of solitude; impulsive behaviour.
 - d) Obsessive-compulsive personality disorder:** perfectionism; compulsive rituals; preoccupation with details, rules, lists; reluctance to allow others to do things; restricted expression of affection; lack of generosity; inability to throw away.
- 3. Stemming from learning difficulties, e.g. autistic spectrum disorder:** inability to hold conversation; slow development of language; tendency to repeat words or memorise passages; communication with gestures; lack of empathy; withdrawn; does not make friends; may avoid eye contact.
- 4. Stemming from conditions which cause tics, e.g. Tourette's syndrome:** vocalisations (grunts, throat clearing, abdominal or diaphragmatic contractions); facial grimacing; excessive blinking; rapid, recurrent movement of arms and legs.
- 5. Other mental emotional problems:** psychosomatic disorders; eating/sleeping disorders; organic mental syndromes.

Chinese Differentiation: Mental-emotional conditions

Diagnostic questioning according to:

- 1. Five phases pathology:** anger, frustration, resentment, mood swings, feeling trapped, inability to move forwards/see future, timidity, unassertiveness, overcontrolling, tunnel vision, inflexibility (wood); vexation, agitation, lack of joy, poor communication, hurt, rejection, defensiveness, inappropriate laughter, mania, self-righteousness, paranoia (fire); oppression, anxiety, sorrow, grief, lack of self-worth, pointlessness, inability to let go, detachment, criticalness, confusion, arrogance, guilt, rigidity (metal); repetitive thinking, inability to resolve, unclarity, worry, spite, insecurity, obsessiveness, lack of sympathy, overly solicitous (earth); dread, fear, mental debility, feeling overwhelmed, can't cope, phobias, helplessness, secretiveness, suspicion, recklessness, manipulative, stubbornness (water).
- 2. Organ pathology engendered by emotion:** joy slackens heart *qi*; anger causes liver *qi* to rise/stagnate; worry binds spleen *qi*; sorrow/anxiety disperse lung *qi*, stagnate *qi* in chest; fright scatters *qi*; fear precipitates/descends kidney *qi*.
- 3. Functions of heart-mind (*shen*):** thinking (slow, dull); memory; consciousness (thoughts/perceptions; insight); cognition (perceiving, conceiving, responding to stimuli); sleep (mind disturbance causes restless sleep); intelligence (heart, mind, essence); wisdom (applying knowledge critically, wisely); ideas (mind governs ideas/goals/life purpose).
- 4. Zangfu patterns:**

Excess	Heart/liver fire blazing Stomach phlegm fire Stagnation of liver/lung/heart <i>qi</i> Heart/liver blood stasis
Deficiency	Phlegm heat harassing the heart Heart blood deficiency Heart/kidney/liver <i>yin</i> deficiency with empty heat Heart/liver <i>qi</i> deficiency Heart and gallbladder deficiency

Western Differentiation: Musculoskeletal pain

1. **Stemming from overuse:** joint pain, muscle pain; swelling; joint stiffness; bruising.
2. **Stemming from osteoarthritis:** gradual onset of deep aching joint pain, worse after exercise, better for rest; joint swelling; limited mobility; morning stiffness; grating of joint with motion; damp weather aggravates.
3. **Stemming from rheumatoid arthritis:** women affected three times more than men. Peak incidence between 25 and 55 years. Chronic inflammation of joints leading often to deformity, swelling, redness, pain; marked stiffness after inactivity. Non-joint manifestations of RA may affect lungs, heart, blood, eyes, skin, other organs.
4. **Stemming from tendonitis:** pain, tenderness along a tendon; worse with movement or activity; worse at night.
5. **Stemming from bursitis:** joint pain and tenderness; swelling; warmth over affected joint.
6. **Stemming from a fracture:** musculoskeletal pain with misshapen limb or joint; swelling, bruising or bleeding; numbness, tingling; protruding bone; acute pain; limited mobility.
7. **Stemming from gout:** typically presents with the sudden onset of severe pain in a joint, commonly big toe, which is hot and red and intolerant to least touch or movement.
8. **Stemming from osteomyelitis:** rapid onset of pain in bone with marked tenderness, redness, swelling, warmth; fever, marked malaise; danger of blood poisoning.

Chinese Differentiation: Musculoskeletal pain

Diagnostic questioning according to:

- 1. Nature of pain:** acute (invading pathogens, blood stasis); chronic (kidney deficiency, spleen *qi* deficiency with damp obstruction); sharp, stabbing, fixed (blood stasis); vague, movable, variable (stagnation of liver *qi*, wind patterns).
- 2. Aggravation:** cold/damp weather (cold damp); stress (stagnation of liver *qi*); activity (deficiency pattern, blood stasis); after sex (kidney deficiency); in morning (spleen *qi* deficiency with damp obstruction); exposure to wind (wind).
- 3. Amelioration:** rest (kidney deficiency); exercise (stagnation of liver *qi*, spleen *qi* deficiency with damp obstruction); heat (cold or cold damp, kidney *yang* deficiency).
- 4. Differentiation of *bi*:** wind *bi* (pain moves from joint to joint); damp *bi* (fixed pain, soreness, swelling, heaviness, numbness); cold *bi* (severe pain in one joint); heat *bi* (severe pain, heat, redness, inflammation); bone *bi* (with swelling, bone deformities).
 - a)** Wind (Bl-12; Gb-31; Gb-39; Du-14; SJ-6; Bl-17)
 - b)** Cold (St-36; Ren-6; SI-5; Bl-10; Du-14)
 - c)** Damp (Sp-9; Sp-6; Gb-34; St-36; Bl-20)
 - d)** Heat (St-43; LI-4; LI-11; Du-14)
 - e)** Bone (Bl-11; Gb-39)
- 5. Zangfu patterns in chronic conditions:**

Qi and blood deficiency
Phlegm in joints
Stasis of blood

Western Differentiation: Myalgic encephalomyelitis (ME)

Also epidemic neuromyasthenia, chronic fatigue syndrome (CFS), fibromyalgia

1. Epstein–Barr virus:

- a) **Acute stage:** fever; sore throat; enlarged lymph nodes; drowsiness; loss of appetite; enlarged spleen; rash.
- b) **Postviral stage:** chronic fatigue unrelieved by rest; mild fever; sore throat; muscle, joint pain; mental fogginess; headache; insomnia; sensitivity to light.

2. Human herpes virus-6:

- a) **Acute stage:** fever; sore throat; swollen lymph nodes; sudden onset.
- b) **Postviral stage:** as Epstein–Barr.

3. Influenza:

- a) **Acute stage:** fever; headache; tiredness; sore throat; cough; nasal congestion; muscle ache.
- b) **Postviral stage:** as Epstein–Barr.

4. Varicella (chicken pox):

- a) **Acute stage:** itchy fluid-filled blisters over red spots on body, face and scalp; fever; headache; stomach ache; loss of appetite.
- b) **Postviral stage:** as Epstein–Barr.

5. Gastroenteritis:

- a) **Acute stage:** abdominal pain and cramping; diarrhoea; nausea and vomiting; excessive sweating; fever and chills.
- b) **Postviral stage:** as Epstein–Barr plus diarrhoea or constipation.

6. Non-viral causes include:

inherited genetic susceptibility; exposure to neurotoxins: immunisation; traumatic and highly stressful incidents.

Chinese Differentiation: Myalgic encephalomyelitis (ME)

Also epidemic neuromyasthenia, chronic fatigue syndrome (CFS), fibromyalgia

Diagnostic questioning according to:

- 1. Nature of fatigue/pain:** better for exercise (excess); worse for activity (deficient); severe fixed stabbing pain worse at night (blood stasis).
- 2. Tongue diagnosis:** thick tongue coat (dampness or phlegm); swollen, pale, thin coat (spleen *qi* deficiency); swollen, pale/bluish, moist coat (spleen/kidney *yang* deficiency).
- 3. Background pathologies:** residual pathogen lodged in interior (usually heat, damp heat or damp cold with *yang* deficiency, phlegm); latent heat (incubation of pathogen inside body turning to heat, later emerging to exterior); lesser *yang* pattern (*shaoyang*: residual pathogen manifesting as lesser *yang* pattern); *qi* stagnation (stress from chronic illness, resistance to change).
- 4. Aetiology:** persistent viral or chronic bacterial infections; over- or underactivity; too much/not enough rest; physical deconditioning; stressful situations; poor diet; emotions (social isolation, demoralisation, frustration, depression, overachiever); environmental pollution; exposure to chemicals; stressful situations provoke attacks.
- 5. Zangfu patterns:**

Excess	Damp heat in the muscles Heat in the interior Lesser <i>yang</i> pattern Stagnation of liver <i>qi</i> Liver <i>qi</i> invading the spleen Blood stasis Phlegm
Deficiency	<i>Qi</i> deficiency (deficiency of lung, heart, kidney and/or spleen <i>qi</i>) <i>Yin</i> deficiency (maybe empty heat) (deficiency of lung, stomach and/or kidney <i>yin</i>) <i>Yang</i> deficiency (deficiency of kidney and/or spleen <i>yang</i>)

Western Differentiation: Nausea and vomiting

Duodenal ulcer: anorexia; nausea; vomiting; heartburn; *GI bleeding.

Functional dyspepsia: *psychotropic drug use; anorexia; nausea.

Irritable bowel syndrome: psychotropic drug use; anorexia; nausea; *weight loss; *vomiting.

Gastric ulcer: anorexia; nausea; vomiting; weight loss.

Oesophagitis and reflux without oesophagitis: *heartburn; anorexia; psychotropic drug use.

Gallstone disease: weight loss; psychotropic drug use; anorexia; nausea.

Gastric cancer: *weight loss; vomiting; *nausea; *GI bleeding; *psychotropic drug use.

Alcohol-related dyspepsia: *vomiting; anorexia; nausea; GI bleeding; weight loss.

*Significant indicators for this disease pattern

Other possible causes: diverticular disease, Crohn's disease, colon cancer, pancreatitis, drugs (NSAIDs, opiates, antibiotics, hormone preparations, chemotherapeutic agents). Confusion may arise with the diagnosis of early *pregnancy*-related nausea and vomiting. Confusion may also arise in the prodrome phase of *hepatitis* prior to the appearance of jaundice.

Key points in differential diagnosis of anorexia, nausea, and vomiting with abdominal pain:

- Peptic ulcer is the commonest single cause.
- Over 90% of patients with duodenal ulcer are infected with *H. pylori*.
- Functional dyspepsia, gastro-oesophageal reflux, and irritable bowel syndrome account for about half of cases.
- Functional dyspepsia is characterised by frequent visits to doctor for non-gastrointestinal conditions, ingestion of psychotropic drugs, and negative *H. pylori* status.

Chinese Differentiation: Nausea and vomiting

Diagnostic questioning according to:

- 1. Organ interrelationships:** primarily liver and stomach (*ke* cycle).
- 2. Nausea:** from stomach *qi* ascending counterflow (stomach deficiency and cold, heat, dampness, phlegm, food stagnation in stomach).
- 3. Vomiting:** clear water (spleen/stomach empty cold, phlegm, food stagnation, worms); with copious clear phlegm (cold phlegm patterns, e.g. malaria); vomiting long after eating or on exposure to cold (stomach full or empty cold, excessive cold, raw food, external pathogen); immediate vomiting of food or at the sight of food (spleen/stomach heat or heat invading stomach); periodic nausea and vomiting of clear phlegm (phlegm ascending counterflow); with fullness and oppression in stomach duct (food accumulation, dietary irregularities, emotions or external pathogen); with distension and fullness in the chest and diaphragm (*qi* deficiency, vomiting from emotional disturbance); bitter vomitus (liver/gallbladder fire obstructing or being obstructed by damp heat); sour vomitus (food stagnation, phlegm fire, liver *qi* invading stomach, spleen/stomach *qi* deficiency); immediate vomiting of water (deep-lying phlegm).
- 4. In pregnancy:** disharmony of *chong* with differentiation as above (Kid-27, Kid-21, Kid-6 with St-30 for persistent pregnancy nausea).
- 5. Zangfu patterns:**

Stomach heat/fire
Stomach full of empty cold
Stomach *yin* deficiency
Liver *qi* invading the stomach
Food stagnation in stomach

Western Differentiation: Obesity

Excess body fat for a given height and gender. This is primarily due to more calories being taken into the body than are burnt up in a given period of time. 'Clinical' obesity is a body mass index (BMI) over 30. The BMI is the weight in kilos, divided by the height in metres squared.

- 1. Signs and symptoms:** shortness of breath; inability to sustain sudden exertion; joint pains; backache; fatigue.
- 2. Causes:** excess calorie intake; inadequate exercise; genetic predisposition; metabolic disorders.
- 3. Long-term health risks:** high blood pressure; heart disease and strokes; high blood cholesterol; breast cancer in women; gallbladder disease; hiatus hernia and reflux oesophagitis; arthritis of the back, hips, knees and ankles; diabetes; polycystic ovarian syndrome; reduced life expectancy.

Chinese Differentiation: Obesity

Diagnostic questioning according to:

- 1. Organ interrelationship:** pathologies in wood, earth, water; sometimes in *ke* cycle control relationship.
- 2. Nature of obesity:** obesity with profuse phlegm, chest oppression, thick greasy tongue coat, slippery wiry pulse (phlegm obstructing middle burner); obesity with gnawing hunger, tendency to overeat, bad breath, bitter taste, thirst with desire for cold fluids, easily angered (stomach heat/phlegm fire); obesity with hypochondrial pain, oppression in chest, irritability, melancholy, moodiness, PMS, plumstone *qi*, constipation (stagnation of liver *qi*); obesity with abdominal distension after eating, lassitude, pale complexion, diarrhoea, weak limbs (spleen *qi* deficiency with damp obstruction); obesity with lower backache, sensation of cold in back, weak legs, bright-white complexion, impotence/infertility, lassitude, apathy, diarrhoea (spleen/kidney *yang* deficiency).
- 3. Aetiology:** excessive consumption of food, especially damp and phlegm-producing foods; inadequate exercise; emotional strain (stress, anger, frustration, depression, grief, worry); constitutional weakness; chronic illness; old age.
- 4. Zangfu patterns:**

Excess	Phlegm obstructing the middle burner Stomach heat/phlegm fire Stagnation of liver <i>qi</i>
Deficiency	Spleen <i>qi</i> deficiency with damp obstruction Spleen and kidney <i>yang</i> deficiency Liver <i>qi</i> deficiency

Western Differentiation: Oedema

1. Local:

- a) **Inflammation of joint:** oedema of joint; stiffness and pain; bruising if caused by injury.
- b) **Lymphoedema:** chronic swelling of arm (due to lymph node removal).
- c) **Cellulitis:** skin lesion or rash with redness and inflammation; tight, glossy skin; fever.
- d) **Abscesses:** skin redness and inflammation; tender to touch; warm to touch; may 'point' and come to head; may rupture causing infection, fever.
- e) **Phlebitis:** skin redness and inflammation; tenderness over vein; pain in affected part.
- f) **Varicose veins:** oedema of ankles; pain, fullness, aching legs; visible enlarged veins; discoloration; ulcers at ankles.

2. Generalised:

a) Stemming from kidney pathology:

- i. **Acute nephritis:** swelling of face, around eyes, arms, hands, feet, abdomen; blood in urine; decreased urine volume; raised blood pressure; general aches, pains; malaise; headaches; blurred vision.
- ii. **Nephrotic syndrome:** swelling of face, around eyes, feet, ankles, abdomen; foamy urine; weight gain; poor appetite; high blood pressure if kidneys fail.

b) Stemming from heart pathology:

- i. **Congestive cardiac failure:** swelling of feet, ankles, abdomen; weight gain; pronounced neck veins; loss of appetite; nausea, vomiting; shortness of breath; exercise intolerance; palpitations; cough.

c) Stemming from liver pathology:

- i. **Cirrhosis:** swelling of legs; ascites; vomiting blood; confusion; jaundice.

Chinese Differentiation: Oedema

Diagnostic questioning according to:

- 1. Organ interrelationships:** *sheng/ke* cycle relationships between spleen, lungs (*taiyin*), kidney and heart (*shaoyin*).
- 2. Type of oedema:** rapid onset, beginning at head, accompanying external invasion (wind cold invading the lungs/wind heat invading the lungs); generalised oedema, moist glistening skin, abdominal distension, fullness in chest/abdomen (damp combining with heat); gradual-onset generalised oedema of limbs and trunk, especially lower limbs and abdomen, severe enough to hide a pressing finger (spleen *qi* deficiency with damp obstruction); stubborn recurring oedematous swelling, most pronounced below waist, pitting, slow to resolve (spleen *yang* deficiency); generalised oedema, pitting, slow to resolve, starting waist/feet, worst in lower body, especially around medial ankles (kidney *yang* deficiency); gradual-onset oedema in face and limbs (*qi*/blood deficiency).
- 3. Aetiology:** external wind; exterior dampness; poor diet (excessive consumption of foods, especially damp-producing food, which impair spleen's function of transforming and transporting fluids); overwork and excessive sexual activity (weaken the kidneys and impair their function of transforming fluids).
- 4. Zangfu patterns:**

Yang oedema

Wind cold invading the lungs
Wind heat invading the lungs
Damp combining with heat

Yin oedema

Spleen *qi* deficiency with damp obstruction
Spleen *yang* deficiency
Heart *yang* deficiency with water overflowing
Kidney *yang* deficiency with water overflowing
Qi and blood deficiency

Western Differentiation: Painful urination, urine retention and haematuria

1. Stemming from a urinary infection:

- a) **Cystitis:** with pressure in pelvis; burning, frequent, cloudy urination; nocturia; blood in urine.
- b) **Urethritis:** with frequent, urgent urination; itching, tenderness or swelling of penis/groin; discharge from penis; pain on intercourse; blood in urine/semen.

2. Stemming from severe infections:

a) Gonorrhoea:

- i) **Women:** vaginal discharge; urinary hesitancy; sore throat; painful intercourse; mouth sores.
 - ii) **Men:** frequent, urgent urination; incontinence; urethral discharge; tender testicles.
- b) **Pyelonephritis:** with back pain; nocturia, cloudy urine; chills, fever; warm, flushed skin; nausea/vomiting; fatigue.

3. Urethral syndrome: with frequency, urgency; pressure in lower pelvis; incontinence; nocturia; cloudy urine; blood in urine, maybe discharge if chronic.

4. Vaginitis: with genital itching, inflammation; offensive vaginal discharge.

5. Cancer of:

- a) **Bladder:** with frequent, urgent urination; blood in urine.
- b) **Prostate:** with urinary hesitancy, dribbling, retention; painful ejaculation; lower back pain.
- c) **Urethra:** with diminished stream; nocturia; blood in urine; incontinence; hardening of perineal, labial or penile tissue; painful intercourse; urethral discharge.

6. Urinary calculi: with renal colic; nausea, vomiting; restlessness; blood in urine.

7. Prostatitis:

- a) **Acute:** with fever, chills; lower back pain; abdominal, perineal pain; urinary retention; painful ejaculation.
- b) **Chronic:** with pain in lower back, genitals, on ejaculation; decreased urinary stream, hesitancy; recurrent UTIs; incontinence.

Chinese Differentiation: Painful urination, urine retention and haematuria

Diagnostic questioning according to:

- 1. Lin type:** heat *lin*: rough, painful, burning urine (heat/heart fire pouring down/liver *qi* blockage); stone *lin*: gravel/stones, strong stabbing pain (damp heat pouring down, congealing); *qi lin*: lower abdominal distension, rough, painful, obstructed urination, pain beforehand (liver *qi* blockage); or dragging distension in lower abdomen, pain on urination (spleen *qi* failing to ascend); blood *lin*: urgent stabbing pain, blood in urine (blood stasis in lower burner); or pain, no burning (*qi* deficiency/blood stasis); cloudy *lin*: hot rough pain (damp heat pouring down); fatigue *lin*: mild pain, after urination: (*yin/yang* deficiency).
- 2. Colour:** dark, concentrated (heat, damp heat, *yin* deficiency); pale (kidney *yang*/spleen *qi* deficiency, or *qi* stagnation); cloudy (dampness); pink, red, purple (fire, damp heat, blood stasis, kidney *yin* deficiency, stones).
- 3. Zangfu patterns:**

Heat painful urination	Damp heat in bladder Heart fire blazing Stagnation of liver <i>qi</i> turning into heat
Stone painful urination	Damp heat in the bladder Phlegm heat
<i>Qi</i> painful urination	Stagnation of liver <i>qi</i> Centre <i>qi</i> fall
Blood painful urination	Blood stasis in lower burner Spleen failing to manage the blood Liver blood deficiency
Cloudy painful urination	Damp heat in the bladder
Fatigue painful urination	Spleen <i>yang</i> deficiency Kidney <i>yin</i> deficiency

Western Differentiation: Paralysis and weakness

- 1. Stemming from paralytic poliomyelitis:** fever; headache; stiff neck, weakness of the back (usually one-sided); paralysis; abnormal sensations; sensitivity to touch; difficult urination; constipation; abdominal distension; difficulty swallowing; muscle contraction, spasm (particularly in the calf, neck or back); drooling; difficulty breathing; irritability.
- 2. Stemming from myasthenia gravis:** weakness or paralysis with visual disturbances; eyelid drooping; difficulty swallowing; gagging, choking; muscles function better after rest; drooping head; difficulty climbing stairs; difficulty talking; difficulty chewing; possible respiratory paralysis.
- 3. Stemming from motor neurone disease:** muscle wasting; muscle weakness; fasciculations (involuntary contractions of parts of muscle just below skin); swallowing and speech difficulties; muscle cramps. Symptoms of MND are progressive.
- 4. Stemming from multiple sclerosis:** weakness and/or paralysis of extremities; muscle tremors; muscle spasticity; muscle spasms; poor co-ordination; numbness, tingling; visual disturbances; dizziness, vertigo; frequent, urgent urination; incontinence; decreased memory, judgement and spontaneity; loss of ability to think abstractly; slurred speech; decreased attention span; depression; fatigue. Disease typically pursues relapsing and remitting course in early years.
- 5. Stemming from muscular dystrophy:** muscle weakness which is progressive; frequent falls; delayed development of muscle motor skills; difficulty walking; difficulty using one or more muscle groups; drooping eyelids; drooling; low muscle tone; joint contractures; scoliosis.

Chinese Differentiation: Paralysis and weakness

Diagnostic questioning according to:

- 1. Aetiology:** invasion external dampness (exposure to damp weather/living conditions; especially during menstruation, after childbirth); dietary factors (dampness from greasy, fried, cold, dairy, raw, sweet foods); excessive sexual activity/physical overwork (dizziness, blurred vision, urinary difficulty/urgency); shock (heart/spleen *qi* deficiency).
- 2. Stages:** stage one (remission); stage two (channel problems, excess condition); stage three (middle burner involvement, combined excess/deficiency); stage four (stage three plus kidney deficiency, weakness, tiredness, emaciation – *wei* syndrome).
- 3. Differentiation between damp phlegm and damp heat:** heaviness, numbness, tingling limbs, aching shoulders and back, greasy white tongue coating, slippery thin or empty pulse (damp phlegm); numbness, swelling and heat of joints sometimes, painful joints, low-grade fever, greasy yellow tongue coating, rapid slippery pulse (damp heat).
- 4. Important acupuncture points:** local points on affected limbs; *huatuoji* points; girdle vessel for dampness; governing vessel for kidneys and spine; *yin* heel vessel for stiff/tight lateral leg muscles; *yang* heel vessel for tight medial leg muscles; scalp needling motor areas.
- 5. Zangfu patterns:**

Stage two	Invasion of damp phlegm Invasion of damp heat
Stage three	Spleen <i>qi</i> deficiency with damp obstruction Liver blood deficiency <i>Yin</i> fire
Stage four	Kidney <i>yin</i> or <i>yang</i> deficiency

Western Differentiation: Parkinson's disease

Neurological disorder caused by damage to the basal ganglia in the brain, which is involved in movement.

Onset usually occurs between the ages of 60 and 70.

Signs and symptoms: impaired movement and co-ordination; muscle rigidity; slumped-over posture; tremor (can occur at any time to varying degree); gait changes and shuffling walk; slow movements; muscle aches; expressionless, unblinking face; loss of fine motor skills; decline in intellectual function. Additional symptoms associated with Parkinson's disease: depression; confusion; dementia; oily skin; memory loss; drooling.

Secondary parkinsonism can follow on from:

1. **Stroke:** weakness or paralysis; numbness and tingling; visual changes; slurred speech; swallowing difficulty; loss of balance; personality changes.
2. **Encephalitis:** fever; headache; vomiting; light sensitivity; stiff neck and back; confusion; unsteady gait; irritability.
3. **Meningitis:** fever and chills; severe headache; nausea and vomiting; stiff neck; light sensitivity; mental status change.
4. **Progressive supranuclear palsy:** poor co-ordination; unsteady gait; stiffness in neck, arms, trunk and legs; difficulty swallowing; tremor; slow or stiff movements; pain; visual problems; changes in facial expression; speech difficulty; dementia.

Chinese Differentiation: Parkinson's disease

Diagnostic questioning according to:

1. **Qi, blood and body fluids:** primarily ageing that results in deficiency of liver and kidney *yin*, with blood failing to nourish sinews and vessels. Possible *yang* hyperactivity leads to wind which can mix with phlegm/damp and obstruct channels.
2. **Tongue diagnosis:** red and dry (*yin* deficiency); pale (*qi* and blood deficiency); red with a thick yellow coat (phlegm heat).
3. **Aetiology:** prolonged overwork; excessive sexual activity; poor diet (too much greasy, fried and sweet foods or cold raw foods); emotional stress (anger, frustration; resentment); pre-heaven *jing* deficiency; ageing; enduring disease.
4. **Scalp acupuncture:** body acupuncture and herbal treatment can be supplemented by scalp acupuncture. Needles are subcutaneously inserted into the chorea area of the scalp and low-frequency electricity applied.
5. **Zangfu patterns:**

Liver blood/*yin* deficiency engendering wind

Stagnation of liver *qi*, and blood stasis

Qi and blood deficiency with obstruction (deficiency of spleen, lung, liver, kidney and heart *qi* combined with deficiency of liver, heart and spleen blood)

Yin deficiency (liver and kidney *yin* deficiency)

Spleen *qi* deficiency with damp obstruction, phlegm fire generating wind

Western Differentiation: Polycystic ovary syndrome

Characterised by enlarged ovaries with multiple small cysts; an abnormally high number of follicles at various states of maturation; a thick, scarred capsule surrounding each ovary. Polycystic ovaries are 2–5 times larger than normal ovaries. An international consensus definition of PCOS requires at least two of the following criteria: reduced or no ovulation; clinical and/or biochemical signs of excessive secretion of androgens; and/or polycystic ovaries (the presence of at least 12 follicles 2–9mm in diameter, ovarian volume in excess of 10 ml, or both).

- 1. Signs and symptoms:** abnormal, irregular or scanty menstruation; amenorrhoea; pelvic pain; tendency for weight gain or obesity; insulin resistance or diabetes; infertility; hirsutism or excess hair growth on face, chest, stomach, thumbs or toes; decreased breast size; acne, oily skin or dandruff; male-pattern baldness or thinning hair.
- 2. Contributory factors:** being overweight; insulin resistance; raised levels of luteinising hormone; raised levels of testosterone.
- 3. Diagnosis:** based on signs and symptoms; discovery of multiple cysts on ultrasound screening; blood tests to establish levels of key hormones.
- 4. Incidence:** women are usually diagnosed in their 20s and 30s.
- 5. Complications include:** infertility; high blood pressure; diabetes; increased risk of endometrial cancer; possible increased risk of breast cancer.

Chinese Differentiation: Polycystic ovary syndrome

Diagnostic questioning according to:

- 1. Emotions and PCOS:** anger/frustration stagnates *qi*/blood; sadness, grief affects lungs, heart; worry/overthinking affects spleen; prolonged fear depletes kidney *qi*.
- 2. Symptoms:** history of infertility and no periods or scanty periods, tendency to overweight, hirsutism, feeling of oppression of the chest and heaviness in the abdomen, excessive vaginal discharge (kidney *yang* deficiency accompanied by phlegm and/or dampness). As above, accompanied by pain (blood stasis).
- 3. Tongue and pulse:** pale swollen tongue with sticky white coating, forceless, slippery pulse (kidney *yang* deficiency accompanied by phlegm and/or dampness); pale purple or bluish purple swollen tongue with sticky white coating, forceless slippery pulse (kidney *yang* deficiency accompanied by phlegm and/or dampness with stasis of blood).
- 4. Aetiology:** excessive physical work; hereditary weakness kidney essence; wrong diet (*qi*/*yang* deficiency); dysfunction in *chong*, *ren* channels (Lu-7 *Lieque* on the right, Kid-6 *Zhaohai* on the left).
- 5. Zangfu patterns:**

Kidney *yang* deficiency accompanied by phlegm and/or dampness

Kidney *yang* deficiency accompanied by phlegm and/or dampness and stasis of blood

Western Differentiation: Premenstrual syndrome

Premenstrual syndrome (PMS) is a collection of physical, psychological and emotional symptoms that occur in relation to the menstrual cycle, and which interfere with a woman's life. Symptoms usually appear 5–11 days before the start of menstruation, and stop when menstruation begins.

- 1. Signs and symptoms:** feeling irritable and bad-tempered; feeling depressed; feeling emotional; headache; breast tenderness; feeling 'bloated'; weight gain; poor sleep; poor concentration; backache; acne flare-ups; constipation or diarrhoea; food cravings.
- 2. Other signs and symptoms:** anxiety; confusion; forgetfulness; aggressive behaviour; loss of libido; fatigue; decreased self-image.
- 3. Causes:** exact cause is not fully understood but thought to be linked to the changes in hormone levels which occur throughout the menstrual cycle. Women with low levels of serotonin may be more sensitive to the hormone progesterone.
- 4. Incidence:** affects about 95% of women of child-bearing age. Between 5% and 10% of these women will have severe enough symptoms to call it PMS.

Chinese Differentiation: Premenstrual syndrome

Diagnostic questioning according to:

- 1. Eight principles and pulse:** primarily excess if stems from emotional problems (wiry pulse in all positions or only on left) or from phlegm; primarily deficient if secondary to deficiency of liver blood, liver *yin* or liver and kidney *yin* (fine, weak pulse).
- 2. Type of PMS:** with irritability, depression, crying, abdominal or breast distension (stagnation of liver *qi*); nausea or vomiting before the period (liver *qi* invading stomach, *ke* cycle disharmony); premenstrual constipation (liver *qi* invading intestines and spleen, *sheng/ke* cycle disharmony); premenstrual headaches (stagnation of liver *qi* or hyperactive liver *yang*); very swollen and painful breasts (may indicate phlegm); oedema (spleen/kidney *yang* deficiency, *ke* cycle disharmony).
- 3. Aetiology:** emotional strain (anger, frustration and resentment stagnates liver *qi*); poor dietary habits (phlegm from dairy or greasy foods can combine with liver fire to create phlegm fire); overwork, excessive sexual activity (weakens liver and kidney *yin*).
- 4. Zangfu patterns:**

Excess	Stagnation of liver <i>qi</i> Phlegm heat harassing the heart
Deficiency	Liver blood deficiency Liver <i>yin</i> deficiency Kidney <i>yin</i> deficiency Kidney <i>yang</i> deficiency Spleen <i>yang</i> deficiency

Western Differentiation: Rhinitis

An inflammation of the nasal mucosa.

Signs and symptoms: excessive mucus production; congestion; sneezing paroxysm; watery eyes; nasal and ocular pruritus.

- 1. Allergic rhinitis:** associated symptoms are fatigue; malaise; headache; symptoms usually develop before age 20; family history; allergic shiners (blue grey or purple discoloration under lower eyelids); mouth breathing; conjunctivitis.
 - a)** Co-morbidity with asthma, eczema, chronic sinusitis.
 - b)** Differential diagnosis:
 - i. Occupational rhinitis:** exposure to irritants and allergens including laboratory animals, grains, coffee beans, wood dust, tobacco smoke, cold air, formaldehyde, hair spray.
 - ii. Perennial rhinitis:** allergens may include mould spores, dust mites, animal dander.
 - iii. Seasonal rhinitis:** allergens may include plant and grass pollens, mould spores.
- 2. Non-allergic rhinitis:** associated symptoms are postnasal discharge; enlarged tonsils; perennial symptoms. Symptoms aggravated by irritant exposure and weather changes, and usually there is no family history.
 - a) Infectious rhinitis:** acute (viral) or chronic (rhinosinusitis), accompanied by lymphadenopathy, normally self-limiting.
 - b) Hormone-induced rhinitis:** hypothyroidism, menstrual cycle, oral contraceptives, pregnancy.
 - c) Occupational rhinitis.**
 - d) Vasomotor rhinitis:** temperature changes, humidity, alcohol ingestion, odours.
 - e) Gustatory rhinitis:** particularly hot and spicy food.
 - f) Atrophic rhinitis.**
 - g) Drug-induced rhinitis:** antihypertensive medications, aspirin, NSAIDs, oral contraceptives, rhinitis medicamentosa.
 - h) Other types include rhinitis from:** emotions, exercise, posture, primary ciliary dyskinesia, reflux or gastro-oesophageal reflux disease.

Chinese Differentiation: Rhinitis

Diagnostic questioning according to:

- 1. Organ interrelationships in chronic condition:** lungs, kidneys, spleen: three fluid organs involved:
 - a) weak metal fails to engender water via *sheng* cycle
 - b) weak earth fails to dam water via *ke* cycle
 - c) weak kidney fails to grasp lung *qi*
 - d) spleen/lung connected via *sheng* cycle/*taiyin* (greater *yin*)
 - e) deficiency of lung and kidney leads to weakness of defensive *qi* (defensive *qi* rooted in kidney *yang* and distributed over body by lung *qi*).
- 2. Nature of wind in acute attack:**
 - a) **wind cold:** sneezing, profuse runny nose with white watery discharge, no thirst
 - b) **wind heat:** itchy throat, red itchy eyes, slight thirst.
- 3. Symptoms:** seasonal (wind); with fatigue and lethargy, tendency to catch colds (*qi* deficiency); poor appetite and loose stools (spleen *qi* deficiency); symptoms worse at night, dyspnoea on exertion (kidney deficiency); severe, recalcitrant symptoms (blood stasis).
- 4. Emotions:** unexpressed grief, fear, excessive thinking and worry, repressed anger, frustration (insulting cycle: wood insults metal).
- 5. Zangfu patterns:**

Excess	Wind heat invading the lung Wind cold invading the lung Liver fire insulting lung Blood stasis
Deficiency	Kidney <i>yin</i> or <i>yang</i> deficiency Lung <i>qi</i> deficiency with retained wind Spleen <i>qi</i> deficiency with phlegm

Western Differentiation: Sinusitis

Inflammation of mucous membrane-lined air spaces of paranasal sinuses. Often associated with inflammation of nasal lining (rhinitis). There may be an allergic component.

Signs and symptoms: pain, nasal obstruction and discharge (usually yellow or green); loss of smell; facial pain (with thick mucus); headache; sinuses tender on pressure; feeling 'muzzy' in the head (especially in the mornings).

- 1. Acute:** severe congestion; thick yellow or green copious malodorous mucus (may be blood tinged); loss of smell; severe frontal, maxillary or temporal headache; red and swollen mucous membranes.
- 2. Chronic:** intermittent congestion; sticky, yellow or white mucus; dull or thick headache with dizziness; pale and swollen mucous membrane.
- 3. Possible complications:**
 - a) Nasal polyps:** chronic nasal obstruction.
 - b) Laryngitis:** hoarse voice; dry and sore throat.
 - c) Tracheitis:** cough; retrosternal pain, worse for coughing.
 - d) Acute bronchitis:** cough with yellow sputum.
 - e) Local abscess:** fever, severe local pain.

Chinese Differentiation: Sinusitis

Diagnosis questioning according to:

- 1. Excess or deficient:** *congestion* continuous (excess), variable, intermittent (deficient); *loss of sense of smell* transient (excess), permanent (deficient); *headaches* severe frontal maxillary or temporal (excess), dull or thick with dizziness (deficient); mucus thick yellow or green, copious, purulent, malodorous, blood-streaked (excess), sticky, yellow or white, not malodorous (deficient); *mucous membranes* red and swollen (excess), pale and swollen (deficient).
- 2. Aetiology:** emotional stress (ongoing stress, repressed anger, excessive worry or mental activity, grief); poor diet (excessive consumption of greasy-hot foods and/or sweet foods); repeated invasions of wind heat or wind cold incompletely cleared and transforming into heat.
- 3. Zangfu patterns:**

External	Wind cold invading the lung Wind heat invading the lung or wind cold turning to heat
Internal	
Excess	Phlegm heat in the lung Stagnation of liver <i>qi</i> turning into heat Liver and gallbladder fire blazing
Deficiency	Lung <i>qi</i> deficiency and spleen <i>qi</i> deficiency Kidney <i>yin</i> deficiency Kidney <i>yang</i> deficiency

Western Differentiation: Tinnitus and deafness

1. External ear:

- a) **Foreign body:** tinnitus with sudden, painful, partial hearing loss; earache; fullness in ear.
- b) **Wax build-up:** tinnitus with sudden, painless, partial hearing loss; earache; fullness in ear.

2. Middle ear:

- a) **Otitis media (acute and chronic):** tinnitus with inflammation; pain and high fever.
- b) **Eustachian (catarrh in eustachian tube):** tinnitus with deafness, subjective sounds, retracted membrane tympani.
- c) **Damage to eardrum:** tinnitus with earache; ear discharge; hearing loss.
- d) **Glue ear:** tinnitus with hearing loss and sense of fullness in ear.

3. Inner ear:

- a) **Ménière's disease:** tinnitus with dizziness; episodic vertigo; sudden, fluctuating unilateral hearing loss; nausea and vomiting.
- b) **Labyrinthitis:** tinnitus with hearing loss; pain; high fever.
- c) **Tumours:** tinnitus with headache; vomiting; behavioural changes; seizure; double vision; aphasia.
- d) **Head injury:** tinnitus with drowsiness; headache; behavioural changes; aphasia; lack of co-ordination; slurred speech; blurred vision.

4. Other causes of tinnitus include:

drugs (aspirin, quinine); anaemia; hypertension; altitude sickness; temporomandibular joint dysfunction; atherosclerosis.

5. Other causes of deafness include:

- a) **Noise-induced traumatic loss:** gradual bilateral, symmetrical hearing loss, tinnitus, noise exposure.
- b) **Autoimmune hearing loss:** rapidly progressive hearing loss; possibly fluctuating, bilateral loss; poor speech discrimination.

Chinese Differentiation: Tinnitus and deafness

Diagnostic questioning according to:

- 1. Onset:** sudden (wind heat, liver fire, phlegm fire); gradual (kidney deficiency, spleen *qi* deficiency with phlegm damp).
- 2. Aggravation and amelioration:** worse for stress or anger (stagnation of liver *qi*/liver fire blazing); worse with tobacco/alcohol (liver fire blazing, phlegm fire); better for relaxation (stagnation of liver *qi*, liver fire blazing); better with rest (kidney/spleen *qi* deficiency).
- 3. Excess or deficient tinnitus:** full Patterns – sound of frogs or tide (liver fire blazing/phlegm fire); deficient patterns – fine sound of cicadas or flute/pipe (kidney *yin* deficiency/centre *qi* fall).
- 4. Aetiology:** emotional strain (anger, frustration, resentment); excessive sexual activity and overwork; old age; poor diet; exposure to loud sounds; kidney deficiency; external wind in channels (*san jiao*, gallbladder, small intestine and *taiyang*); stagnation of liver *qi*; liver fire blazing; phlegm damp.
- 5. Zang fu patterns:**

Excess	Wind heat invading the lung Stagnation of liver <i>qi</i> Liver fire blazing Phlegm damp Phlegm fire Blood stasis
Deficiency	Kidney <i>yin</i> /essence deficiency Spleen <i>qi</i> deficiency with phlegm damp Centre <i>qi</i> fall with damp obstruction Heart blood deficiency

Western Differentiation: Tiredness

- 1. Due to narcolepsy:** tiredness with persistent drowsiness; difficulty staying awake during class or work; sudden uncontrollable need to sleep during day.
- 2. Due to sleep apnoea:** tiredness associated with abnormal daytime sleepiness; loud snoring; awakening not rested in the morning; poor concentration; memory loss.
- 3. Due to diabetes:**
 - a) Type 1:** tiredness; excessive thirst; frequent urination; hunger; weight loss; fatigue; nausea and vomiting.
 - b) Type 2:** tiredness with excessive thirst; frequent urination; hunger; fatigue; blurred vision; slow-healing infections; impotence in men.
- 4. Due to food allergies:** tiredness with abdominal pain; nausea and vomiting; diarrhoea; scratchy throat; itching; nasal congestion; wheezing; difficulty swallowing; anaphylaxis if severe.
- 5. Due to chronic fatigue syndrome:** chronic tiredness; mild fever; sore throat; lymph node tenderness in neck or armpit; muscle aches; joint pain.
- 6. Due to hypothyroidism:** tiredness with weakness; cold intolerance; weight gain; constipation; depression; joint or muscle pain.
- 7. Other causes include:** trauma or injury; depression; chronic anxiety; excess alcohol; drugs (antihistamines, narcotics, analgesics, beta-blockers).

Chinese Differentiation: Tiredness

Diagnostic questioning according to:

- 1. Type of tiredness:** better for exercise (excess pattern); worse for exertion (deficient pattern); following trauma and shock (blood stasis); with desire to lie down (spleen *yang* deficiency); with listlessness (kidney *yang* deficiency); after eating, feeling of heaviness (dampness); after eating and in the mornings, with muzzy head (phlegm); short term with alternating hot and cold (*shaoyang*).
- 2. Tongue diagnosis:** thick coat (damp or phlegm); swollen, pale, thin coat (spleen *qi* deficiency); swollen, pale/bluish, moist coat (spleen and/or kidney *yang* deficiency); unilateral coat (*shaoyang*); dry, red (*yin* deficiency).
- 3. Aetiology:** weak constitution; excessive mental or physical work; prolonged exposure to external cold/damp; weak spleen/kidney function; irregular eating/overeating, poor diet; excessive lifting; severe illness; fear, anxiety, shock; childbirth; phlegm damp.
- 4. Zangfu patterns:**

Excess	Stagnation of liver <i>qi</i> Retention of dampness/phlegm Invasion of wind at <i>shaoyang</i> stage
Deficiency	Lung <i>qi/yin</i> deficiency Spleen <i>yang</i> deficiency with damp obstruction Spleen <i>qi</i> deficiency with phlegm obstructing middle burner Heart/spleen <i>qi</i> deficiency Kidney <i>yang</i> deficiency Liver blood deficiency Kidney <i>yin</i> deficiency

Western Differentiation: Urine frequency, enuresis and incontinence

- 1. Urinary tract infection (cystitis):** painful, urgent and frequent urination; nocturia; cloudy urine, blood in urine.
- 2. Prostatitis:**
 - a) Acute:** dysuria; fever, chills; lower back pain; abdominal and perineal pain; urinary retention; painful ejaculation.
 - b) Chronic:** dysuria with lower back pain; genital pain; pain on ejaculation; decreased urinary stream; recurrent UTIs; urinary hesitancy.
- 3. Diabetes:**
 - a) Diabetes mellitus:** thirst; excessive urination; weight loss.
 - b) Diabetes insipidus:** thirst; large volumes of dilute urination.
- 4. Benign prostatic hypertrophy:** urgency; weak, delayed stream; incomplete emptying; frequency and nocturia; dysuria.
- 5. Hypothyroidism:** weakness; fatigue; cold intolerance; constipation.
- 6. Multiple sclerosis:** enuresis with weakness and paralysis; tremor; muscle spasticity, atrophy; numbness, tingling; visual impairment; decreased co-ordination; loss of balance.
- 7. Irritable bladder:** urgency and frequency; abdominal distension.
- 8. Bladder stones:** frequent and urgent urination; interrupted flow of urine; blood in urine; abdominal pain; dysuria.
- 9. Bladder tumours:** enuresis with blood in urine; frequent, painful and urgent urination; bone pain or tenderness; anaemia; weight loss.
- 10. Other causes include:** medications (diuretics, tranquillisers, antidepressants); weight gain; pregnancy; mental confusion; stress; post surgery; old age.

Chinese Differentiation: Urine frequency, enuresis and incontinence

Diagnostic questioning according to:

- 1. Colour of urine:** concentrated and dark (damp heat or *yin* deficiency); pale or normal (stagnation of liver *qi*, spleen/lung or kidney *qi* deficiency).
- 2. Aggravation:** with stress (stagnation of liver *qi*); with cold (kidney deficiency); with cough (spleen/lung *taiyin* deficiency); when fatigued (deficiency patterns).
- 3. Main organs involved:** lungs (governs *qi*, provides bladder with *qi* to control urine); spleen (raises *qi* so sinking spleen *qi* leads to leaking of urine); kidneys (as in enuresis, control urination).
- 4. Aetiology:** weak constitution (kidney deficiency); shock; old age (natural decline in kidney, lung and spleen *qi*); excessive sexual activity (weakens kidney *yang*); chronic cough (producing strain on the bladder); childbirth (weakens kidney energy).
- 5. Common pattern combinations:**
 - a) Incontinence:** kidney, lung, spleen *qi* deficiency, damp heat
 - b) Frequency:** kidney, lung, spleen deficiency, stagnation of liver *qi*, damp heat
 - c) Enuresis:** kidney deficiency, liver *qi* stagnation, heat or fire
 - d) Nocturia:** kidney deficiency
- 6. Zangfu patterns:**

Excess	Damp heat in bladder Stagnation of liver <i>qi</i>
Deficiency	Lung <i>qi</i> deficiency Spleen <i>qi</i> deficiency Centre <i>qi</i> fall Kidney <i>yang</i> deficiency Kidney <i>yin</i> deficiency

BLADDER DEFICIENT AND COLD

Aetiology: excessive sexual activity; exposure to cold weather conditions or living in cold and damp places.

Underlying or accompanying pathology: kidney *qi* not firm; kidney *yang* deficiency.

Signs and symptoms: frequent, abundant pale urination; dribbling after urination; incontinence; enuresis; lower backache; dizziness; nocturia; lower abdominal pain; weak stream.

Pulse: deep, weak.

Tongue: pale and wet.

Treatment principle: warm and supplement kidney *yang*.

Acupuncture treatment:

Bl-23 <i>Shenshu</i> (moxa) supplements kidney <i>yang</i>	Du-4 <i>Mingmen</i> supplements kidneys and bladder
Bl-28 <i>Pangguangshu</i> supplements the bladder	Ren-4 <i>Guanyuan</i> (moxa) boosts <i>qi</i> /supplements <i>yang</i>
Sp-6 <i>Sanyinjiao</i> supplements the spleen	Du-20 <i>Baihui</i> raises <i>yang</i>
Ren-3 <i>Zhongji</i> supplements the bladder	

Needle with supplementation and add moxa:

- for severe deficiency cold add Ren-6 *Qihai*, Ren-4 *Guanyuan*
- for kidney *yang* deficiency add Du-4 *Mingmen*, Ki-3 *Taixi*

Herbal treatment:

Suo Quan Wan (Contracting The Spring Pill)

Zhen Wu Tang (True Warrior Decoction)

Gong Ti Wan (Dyke Strengthening Pill)

BLADDER QI BLOCK

Aetiology: excessive sexual activity; exposure to cold weather conditions or living in cold and damp places.

Underlying or accompanying pathology: inhibited *qi* transformation of the kidney, lung or triple burner.

Signs and symptoms: inhibited urination; difficult urination, urine retention with lower abdominal distension.

Pulse: deep, weak.

Tongue: pale and wet.

Treatment principle: promote *qi* transformation and disinhibit water.

Acupuncture treatment:

Bl-23 *Shenshu* strengthens *qi* transformation

Bl-22 *Sanjiaoshu* regulates *qi*, disinhibits water

Kid-10 *Yingu* frees the bladder

Bl-28 *Panguangshu* regulates the lower burner

Sp-6 *Sanyinjiao* helps transformation

Ren-3 *Zhongji* disinhibits the bladder

Bl-39 *Weizhong* disinhibits triple burner, courses waterways

Needle with supplementation and moxa:

- for lower abdominal fullness and distension: Ren-6 *Qihai*
- for kidney deficiency and inhibited *qi* transformation: Ren-4 *Guanyuan*, Du-4 *Mingmen*
- for poor descending of lung *qi*: Lu-5 *Chize*, LI-11 *Quchi*, Lu-7 *Lieque* with drainage

Herbal treatment:

Ji Sheng Shen Qi Wan (Life Saver Kidney Qi Pill)

DAMP COLD IN THE BLADDER

Aetiology: excessive exposure to exterior dampness and cold.

Underlying or accompanying pathology: dampness and cold in the lower burner; kidney *yang* deficiency.

Signs and symptoms: frequent and urgent urination; difficult urination; sensation of heaviness in the hypogastrium and urethra; pale and turbid urine.

Pulse: slippery, slow. Left rear position may have a wiry quality.

Tongue: white sticky coating on root.

Treatment principle: disinhibit damp and dissipate cold in the lower burner.

Acupuncture treatment:

Sp-9 *Yinlingquan* for dampness in lower burner

Sp-6 *Sanyinjiao* for dampness in lower burner

Bl-22 *Sanjiaoshu* opens lower water passages

Ren-3 *Zhongji* resolves dampness in bladder

St-28 *Shuidao* resolves dampness in lower burner

Ren-9 *Shuifen* resolves dampness in lower burner

Bl-28 *Pangguangshu* dampness in bladder

Needle with drainage

Herbal treatment:

Bi Xie Fen Qing Yin (Dioscorea Separating the Clear Decoction)

Ba Zheng San (Eight Upright Powder)

Shi Wei San (Pyrrhosia Powder)

DAMP HEAT IN THE BLADDER

Aetiology: excessive exposure to exterior damp heat or dampness or cold; emotional strain.

Underlying or accompanying pathology: dampness and heat in the bladder.

Possible presenting conditions: urinary tract infections or urinary calculus.

Signs and symptoms: frequent and urgent urination; burning urination; difficult urination; dark yellow turbid urine; blood in the urine; fever; thirst with desire to drink; hypogastric fullness and pain; feeling hot; sand or stones in urine.

Pulse: slippery, rapid and wiry on the left rear position.

Tongue: thick, sticky yellow coating on the root with red spots.

Treatment principle: clear heat and disinhibit damp in bladder, free waterways, disinhibit water and free *lin*.

Acupuncture treatment:

Sp-9 *Yinlingquan* for damp heat in lower burner

Sp-6 *Sanyinjiao* for damp heat in lower burner

Bl-22 *Sanjiaoshu* opens lower water passages

Ren-3 *Zhongji* front *mu* point of bladder

St-28 *Shuidao* regulates the bladder and urination

Ren-9 *Shuifen* resolves general dampness

Bl-28 *Panguangshu* dampness in bladder

Needle with drainage:

- for small amounts of red urine Du-27 *Duiduan*
- for pain on urination Liv-5 *Ligou*, Liv-2 *Xingjian*
- for blood in urine Sp-10 *Xuehai*, Bl-60 *Kunlun*

Herbal treatment:

Ba Zheng Tan (Eight Ingredient Rectifying Decoction)

Shi Wei San (Pyrosia Powder) for sand and stones

DAMP COLD IN THE GALLBLADDER

Aetiology: excessive consumption of greasy, fatty and damp-producing foods; emotional strain (prolonged worry, anger, frustration, resentment).

Underlying or accompanying pathology: stagnation of liver *qi*; spleen *qi* and *yang* deficiency; kidney *yang* deficiency.

Signs and symptoms: jaundice, dull yellow eyes and skin; hypochondrial pain, fullness and distension; nausea and vomiting; inability to digest fats; dull-yellow sclera; turbid urine; no thirst; sticky taste; dull headache; heaviness in the body and limbs; feeling cold.

Pulse: slippery, wiry and slow.

Tongue: thick sticky white coating.

Treatment principle: clear damp and supplement the gallbladder, course liver *qi*, disinhibit bile (if jaundice), transform damp in middle burner.

Acupuncture treatment: moxa can be used.

Gb-24 *Riyue* benefits gallbladder, courses liver *qi* Liv-14 *Qimen* courses the liver and regulates *qi*

Ren-12 *Zhongwan* harmonises the middle burner Gb-34 *Yanglingquan* clears gallbladder damp

Du-9 *Zhiyang* drains damp, treats jaundice Bl-19 *Danshu* clears damp, supplements gallbladder

Bl-20 *Pishu* resolves damp and supplements spleen *qi* SJ-6 *Zhigou* for smooth flow of liver *qi*

St-19 *Burong* subdues rebellious *qi*

Herbal treatment:

Yin Chen Si Ni Tang (Artemisia Capillaris Decoction for Frigid Extremities)

San Ren Tan (Three Seeds Decoction) plus *Yin Chen Hao* (Herba Artemisiae Capillaris)

GALLBLADDER DAMP HEAT

Aetiology: emotional strain (bottled-up anger and hatred); excessive consumption of greasy foods; exposure to climatic damp heat.

Underlying or accompanying pathology: liver *qi* stagnation; spleen *qi* deficiency; liver damp heat.

Signs and symptoms: alternating fevers/chills; bitter taste in mouth; hypochondrial pain, fullness, distension, nausea/vomiting; inability to digest fats; yellow complexion; scanty, dark yellow urine; fever; thirst without desire to drink; dizziness; tinnitus; irritability; feeling of heaviness in body; numbness of limbs; swelling of feet; diarrhoea or constipation; yellow sclera.

Pulse: rapid pulse which is either slippery or wiry.

Tongue: thick sticky yellow coating.

Treatment principle: course liver and clear damp heat, disinhibit bile (if jaundice), transform damp in middle burner.

Acupuncture treatment:

Gb-24 *Riyue* clears heat from gallbladder

Liv-14 *Qimen* clears heat in liver

Ren-12 *Zhongwan* resolves dampness

Gb-34 *Yanglingquan* resolves damp, clears heat

Extra point *Danangxue* clears damp heat

Du-9 *Zhiyang* clears heat in gallbladder

Bl-19 *Danshu* clears heat, supplements gallbladder *qi*

Bl-20 *Pishu* resolves dampness

LI-11 *Quchi* clears heat, resolves damp

TB-6 *Zhigou* smoothes liver *qi*, clears heat

St-19 *Burong* subdues rebellious *qi*

Needle with drainage:

- heat predominance Du-14 *Dazhu*
- dampness predominance Sp-6 *Sanyinjiao*

Herbal treatment:

Yin Chen Hao Tang (Artemisia Capillaris Decoction)

Da Chai Hu Tang (Major Bupleurum Decoction)

GALLBLADDER DEFICIENCY

Aetiology: the early emotional development of a person. Being bullied or overcriticised and not being encouraged enough can lead to the timidity and fear seen in this pattern.

Underlying or accompanying pathology: liver *qi* deficiency; *yin* deficiency; heat in the blood; heart blood deficiency with stagnation of *qi* in the gallbladder.

Signs and symptoms: dizziness; blurred vision; floaters; nervousness; easily startled; timidity; indecisive; lacking in courage; sighing; waking early in the morning; restless dreams.

Pulse: weak, wiry.

Tongue: pale or normal, with thin white glossy fur.

Treatment principle: supplement and warm the gallbladder, calm the spirit and nourish the blood.

Acupuncture treatment: moxa can be used.

Gb-40 *Qiu xu yuan* source point with moxa

Bl-19 *Danshu* loosens the diaphragm

Bl-15 *Xinshu* stabilises the disposition

P-6 *Neiguan* regulates liver and gallbladder *qi*

Gb-34 *Yanglingquan* courses the channel

Ht-7 *Shenmen* quiets the spirit

Bl-17 *Geshu* with moxa, supplements blood

Needle with supplementation and moxa

Herbal treatment:

Shi Wei Wen Dan Tang (Ten Ingredient Warm the Gallbladder Decoction)

An Shen Ding Zhi Wan (Calming the Spirit and Settling the Will Power Pill)

GALLBLADDER HEAT

Aetiology: emotional strain.

Underlying or accompanying pathology: stagnation of liver *qi*; hyperactive liver *yang* ; liver fire blazing; heat invading the channel and blocking it.

Signs and symptoms: headache on both sides of the head; pain in the canthi; dizziness; tinnitus; bitter taste in the mouth; dry throat; fullness and pain in the chest and rib side; alternating chills and fevers; vomiting of bitter water; agitation and irritability; insomnia; possibly jaundice.

Pulse: wiry and rapid.

Tongue: red with one- or two-sided yellow coating.

Treatment principle: course liver and clear heat, disinhibit bile (if jaundice), harmonise middle burner, calm spirit.

Acupuncture treatment:

Gb-24 <i>Riyue</i> clears heat from gallbladder	P-6 <i>Neiguan</i> calms spirit, regulates <i>qi</i>
Gb-34 <i>Yanglingquan</i> clears gallbladder heat	Liv-2 <i>Xingjian</i> clears heat in liver/gallbladder
Extra point <i>Danangxue</i> clears gallbladder heat	Du-9 <i>Zhiyang</i> clears heat in gallbladder
Bl-19 <i>Danshu</i> clears heat, supplements gallbladder <i>qi</i>	LI-11 <i>Quchi</i> clears heat
St-19 <i>Burong</i> harmonises middle burner	Gb-43 <i>Xiashi</i> clears heat and benefits head

Needle with drainage:

- for fullness and pain in the hypochondrium needle SJ-6 *Zhigou*
- for alternating chills and fevers add Du-14 *Dazhui*

Herbal treatment:

Hao Qin Qing Dan Tang (Sweet Wormwood and Scutellaria Gallbladder Clearing Decoction)

HEART AND KIDNEY NOT HARMONISED

Aetiology: repressed emotions; chronic illness; blood loss; excessive sexual activity; overwork.

Underlying or accompanying pathology: kidney *yin* deficiency or heart fire blazing.

Signs and symptoms: heart vexation, agitation; insomnia, profuse dreaming; heart palpitation or fearful throbbing and seminal emission. If kidney *yin* is pronounced: dizziness; tinnitus; vertigo; poor memory; night sweating; dry mouth and throat at night; lower backache; ache in bones; bleeding gums; hardness of hearing; constipation; scanty dark urine; infertility; premature ejaculation.

Pulse: floating, rapid and overflowing especially on heart position.

Tongue: normal or red colour, redder tip and yellow coating.

Treatment principle: enrich kidney *yin*, calm *shen*, subdue heart fire (*shaoyin*).

Acupuncture treatment:

Bl-23 *Shenshu* enriches kidney *yin*

Kid-3 *Taixi* enriches kidney *yin*

Kid-1 *Yongquan* clears kidney heat

Ht-7 *Shenmen* calms *shen*

P-8 *Laogong* subdues heart fire

P-7 *Daling* pacifies *shen*, clears heart fire

Sp-6 *Sanyinjiao* supplements *yin*

Bl-15 *Xinshu* supplements heart *qi*

Needle with even supplementation and drainage or supplement the kidney and drain the heart

For profuse dreaming add Gb-44 *Zuqiaoyin* and St-45 *Lidui*

For heart palpitations add P-6 *Neiguan*

Herbal treatment:

Huang Lian E Jiao Ji Zi Huang Tang (Coptis, Ass Hide Glue and Egg Yolk Decoction)

Jiao Tai Wan (Peaceful Interaction Pill)

HEART BLOOD DEFICIENCY

Aetiology: diet lacking in blood-producing foods; prolonged anxiety and worry; heavy bleeding.

Underlying or accompanying pathology: spleen *qi* deficiency; heart *qi* deficiency; heart *yin* deficiency; liver blood or *yin* deficiency; nutritional disturbance, neurosis, tachycardia, arrhythmia, anaemia, hyperthyroidism.

Signs and symptoms: palpitations; dizziness; insomnia; dream-disturbed sleep; anxiety; poor memory; easily startled; dull complexion; pale lips.

Pulse: fine or choppy.

Tongue: pale and thin.

Treatment principle: nourish heart blood and calm the *shen*.

Acupuncture treatment:

Ht-7 *Shenmen* supplements heart blood, calms mind

P-6 *Neiguan* supplements heart *qi*, pacifies mind

Ren-14 *Juque* supplements heart blood, calms mind

Ren-15 *Jiuwei* supplements heart blood; calms *shen*

Ren-4 *Guanyuan* supplements blood

Bl-20 *Pishu* supplements spleen to produce blood

Bl-17 *Geshu* (with moxa) gathering point for blood

Sp-6 *Sanyinjiao* supplements blood

Bl-15 *Xinshu* boosts heart *qi* and calms the *shen*

Needle with supplementation and moxa

Herbal treatment:

Gui Pi Tang (Tonifying the Spleen Decoction)

Shen Qi Si Wu Tang (Ginseng-Astragalus Four Substances Decoction)

HEART BLOOD STASIS

Aetiology: prolonged anxiety; grief; anger; chronic illness; severe blood loss; poor diet.

Underlying or accompanying pathology: heart *yang* deficiency; heart blood deficiency; phlegm obstructing.

Possible presenting conditions: angina pectoris, coronary heart disease, myocardial infarction.

Signs and symptoms: dull pain and oppression in chest anterior to heart; tiredness and fatigue; palpitations. Attacks characterised by gripping, stabbing or pricking chest pain (may radiate to shoulder or down inner arm); constriction of chest; green-blue or purple cyanosis of lips and nails; cold lips.

Pulse: knotted, wiry or choppy.

Tongue: purple.

Treatment principle: rectify and quicken the blood and transform stasis. Calm *shen*, warm and supplement heart *yang* .

Acupuncture treatment:

P-6 *Neiguan* regulates heart blood, opens chest

Ht-7 *Shenmen* supplements and pacifies mind

P-4 *Ximen* accumulation point, stops heart pain

Ren-17 *Shanzhong* regulates chest *qi* and blood

Bl-14 *Jueyinshu* regulates heart blood

Sp-10 *Xuehai* regulates blood

Bl-17 *Geshu* (with moxa) gathering point for blood

Ki-25 *Shencang* moves *qi* and blood in chest

Bl-15 *Xinshu* clears the heart, supplements heart *qi*

Ren-14 *Juque* clears the heart

Needle with even method

Herbal treatment:

Xue Fu Zhu Yu Tang (Eliminating Stasis in the Mansion of Blood Decoction)

Bu Xin Dan (Heart Supplementing Elixir)

HEART FIRE BLAZING

Aetiology: chronic anxiety; worry; anger.

Underlying pathology: liver fire blazing.

Signs and symptoms: mental restlessness; agitation; insomnia; mouth sores; red face; thirst; yellow urine; dry stool; spontaneous external bleeding; manic agitation and delirious speech; sweating, red swollen and painful skin sores.

Pulse: rapid and overflowing, especially on heart position.

Tongue: red with redder tip and yellow coating.

Treatment principle: clear the heart and drain fire.

Acupuncture treatment:

To clear heart fire, needle Ht-8 *Shaofu*, P-8 *Laogong*, Ht-9 *Shaochong*, Ren-14 *Juque*. Prick to bleed P-9 *Zhongchong* and, Ht-9 *Shaochong*

Select points based on symptomatology:

- for mouth sores use Kid-2 *Rangu*
- for agitation and mental restlessness use Kid-1 *Yongquan* and P-5 *Jianshi*
- for insomnia use Ht-7 *Shenmen*, Bl-15 *Xinshu* and Ht-5 *Tongli*
- for thirst use SJ-2 *Yemen*, Ren-23 *Lianquan*, Kid-6 *Zhaohai*, Sp-6 *Sanyinjiao*
- for dry stool use LI-4 *Hegu*, LI-11 *Quchi*, St-37 *Shangjuxu*, SJ-6 *Zhigou*
- for bleeding use St-44 *Neiting*, P-4 *Ximen*

Herbal treatment:

Xie Xin Tang (Draining the Heart Decoction)

Qing Gong Tang (Palate Clearing Decoction)

HEART QI AND BLOOD DEFICIENCY

Aetiology: sadness and grief; chronic illness; blood loss; insufficient ancestral *qi*.

Underlying or accompanying pathology: insufficiency of *qi* and blood leading to heart not housing the *shen*.

Possible presenting conditions: cardiac failure; angina pectoris; arrhythmia; general asthenia; neurosis.

Signs and symptoms: palpitations; shortness of breath worse on exertion; insomnia and profuse dreaming; dizzy head and vision; white or withered yellow facial complexion; lassitude of spirit and lack of strength; spontaneous sweating; shortage of *qi* and unwillingness to speak; pale lips and nails; lustreless hair.

Pulse: empty and fine or fine and rapid.

Tongue: pale, and may have midline crack reaching to the tip.

Treatment principle: nourish heart blood, boost heart *qi*, calm *shen*.

Acupuncture treatment:

Ht-5 *Tongli* supplements heart *qi*

P-6 *Neiguan* supplements heart *qi*, calms *shen*

Bl-15 *Xinshu* back *shu* point for the heart

Ren-17 *Shanzhong* gathering point for *qi*

Ren-6 *Qihai* tonifies original *qi*

Ren-14 *Juque* clears the heart, stabilises the spirit

Ht-7 *Shenmen* quiets the heart and spirit

St-36 *Zusanli* regulates *qi*

Bl-17 *Geshu* with moxa, supplements blood

Bl-20 *Pishu* supplements spleen to produce blood

Needle with supplementation and moxa

Herbal treatment:

Ba Zhen Tang (Eight Gem Decoction)

Sheng Yu Tang (Sagacious Cure Decoction)

HEART QI DEFICIENCY

Aetiology: sadness and grief; chronic illness; blood loss; insufficient ancestral *qi*.

Underlying or accompanying pathology: spleen *qi* deficiency; heart and/or liver blood deficiency; kidney *qi/yang* deficiency; wind cold (*bi*) settling in the heart; static blood obstructing the vessels.

Possible presenting conditions: cardiac failure; angina pectoris; arrhythmia; general asthenia; neurosis.

Signs and symptoms: palpitations; shortness of breath worse on exertion; oppression in the chest; sweating; pallor; tiredness; fatigue.

Pulse: empty.

Tongue: normal or pale colour. May have midline crack reaching to the tip.

Treatment principle: boost heart *qi* and calm the *shen*.

Acupuncture treatment:

Ht-5 *Tongli* supplements heart *qi*

P-6 *Neiguan* supplements heart *qi*, calms *shen*

Bl-15 *Xinshu* back *shu* point for the heart

Ren-17 *Shanzhong* gathering point for *qi*

Ren-6 *Qihai* supplements original *qi*

Ren-14 *Juque* clears the heart, stabilises the spirit

Ht-7 *Shenmen* quiets the heart and spirit

St-36 *Zusanli* regulates *qi*

Needle with supplementation and moxa

Herbal treatment:

Zhi Gan Cao Tang (Honey Fried Licorice Decoction)

Yang Xin Tang (Heart Nourishing Decoction)

Gui Pi Tang (Supplementing the Spleen Decoction)

HEART QI STAGNATION

Aetiology: emotional stress; chronic illness; blood loss.

Underlying or accompanying pathology: stagnation of liver *qi*; heart *qi* deficiency; heart *yang* deficiency.

Signs and symptoms: palpitations; feeling of oppression in the chest; depression; plumstone throat; slight shortness of breath; sighing; poor appetite; epigastric discomfort; dislike of lying down; weak and cold limbs; pale complexion; slight purple lips.

Pulse: empty with overflowing quality on left front position.

Tongue: pale and purplish, especially on the sides near tip.

Treatment principle: boost heart *qi* and unbind the chest, clear phlegm and calm the *shen*, descend lung *qi*.

Acupuncture treatment:

Ht-5 *Tongli* supplements heart *qi*

Ht-7 *Shenmen* regulates and supplements the heart

P-6 *Neiguan* unbinds the chest and regulates *qi*

Ren-15 *Jiuwei* regulates heart, descends lung *qi*

Ren-17 *Shanzhong* gathering point for *qi*

Lu-7 *Lieque* descends lung *qi*

St-40 *Fenglong* clears heart phlegm, calms *shen*

LI-4 *Hegu* restores *yang*

Needle with even method

Herbal treatment:

Ban Xia Hou Po Tang (Pinellia-Magnolia Decoction)

Mu Xiang Liu Qi Yin (Aucklandia Flowing Qi Decoction)

HEART YANG COLLAPSE

Aetiology: repressed emotions; chronic illness; blood loss; excessive sexual activity; retention of dampness; overwork; old age.

Underlying or accompanying pathology: kidney *yang* deficiency; heart *qi* deficiency; heart blood deficiency.

Signs and symptoms: palpitations and shortness of breath; weak and shallow breathing; cold limbs; profuse sweating; cyanosis of lips; coma if severe.

Pulse: hidden, minute, knotted.

Tongue: bluish purple or very pale.

Treatment principle: rescue *yang* and stem sweating (desertion).

Acupuncture treatment:

Ren-6 *Qihai* rescues *yang qi*, stops sweating

Ren-4 *Guanyuan* rescues *yang qi*, stops sweating

Ren-8 *Shenque* rescues *yang qi*, stops sweating

Du-4 *Mingmen* supplements kidney *yang* (moxa)

St-36 *Zusanli* strengthens heart *yang*

P-6 *Neiguan* strengthens heart *yang*

Bl-23 *Shenshu* strengthens kidney *yang* (moxa)

Du-20 *Baihui* rescues *yang*

Du-14 *Dazhui* supplements heart *yang* (moxa)

Bl-15 *Xinshu* supplements heart *yang* (moxa)

Needle with supplementation

Herbal treatment:

Shen Fu Tang (Ginseng and Prepared Aconite Decoction)

HEART YANG DEFICIENCY

Aetiology: repressed emotions; chronic illness; blood loss; excessive sexual activity; retention of dampness; overwork; old age.

Underlying or accompanying pathology: kidney *yang* deficiency; heart *qi* deficiency; heart blood deficiency.

Signs and symptoms: palpitations; breathlessness on exertion; feeling of oppression, possibly pain in the chest; worse from exertion; feeling of cold; cold hands and feet; fatigue; slight depression; spontaneous sweating; bright-pale face; slightly dark lips.

Pulse: deep and weak. If severe, it may be knotted.

Tongue: pale and soft or pale green-blue.

Treatment principle: warm and supplement heart *yang*, calm *shen*, supplement kidneys to support heart (*shaoyin*).

Acupuncture treatment:

Ht-5 *Tongli* supplements heart *qi*

P-6 *Neiguan* supplements heart *qi*

Bl-15 *Xinshu* supplements heart *yang* with moxa

Ren-17 *Shanzhong* unbinds chest

Ren-6 *Qihai* supplements *yang* of whole body (moxa)

Du-14 *Dazhui* supplements *yang* (moxa)

Ren-14 *Juque* clears heart, stabilises *shen*

Du-4 *Mingmen* secures essence, regulates *qi*

Ht-7 *Shenmen* quiets heart and *shen*

Needle with supplementation and moxa:

- for blood stasis Bl-17 *Geshu*, Liv-3 *Taichong*, Sp-6 *Sanyinjiao* needled with even method

Herbal treatment:

Zhi Gan Cao Tang (Honey-fried Licorice Decoction)

Rou Fu Bao Yuan Tan (Cinnamomum-Aconitum Preserving the Source Decoction)

Bao Yuan Tang (Origin Preserving Decoction)

HEART YANG DEFICIENCY WITH PHLEGM

Aetiology: repressed emotions; chronic illness; blood loss; excessive consumption of phlegm-forming foods; overwork; old age.

Underlying or accompanying pathology: heart *qi* deficiency; heart blood deficiency; spleen *qi* deficiency; dampness and phlegm.

Signs and symptoms: palpitations; a feeling of oppression in the chest; sputum in the throat; dizziness; tiredness; cold hands; numbness of the limbs; oedema of the hands; muzziness (fuzziness) of the head; poor memory; a feeling of heaviness; depression.

Pulse: weak, slightly slippery.

Tongue: pale, swollen, wet.

Treatment principle: warm and supplement heart *yang*, unbind chest *qi* and resolve phlegm, strengthen kidney *yang* to support heart *yang*.

Acupuncture treatment:

Ren-6 *Qihai* supplements *qi*, resolves damp

Ren-4 *Guanyuan* strengthens *yang*/blood

Ren-8 *Shenque* rescues *yang qi*

Du-4 *Mingmen* supplements kidney *yang* (moxa)

St-36 *Zusanli* strengthens heart *yang*

P-6 *Neiguan* supplements heart *qi*

Bl-23 *Shenshu* strengthens kidney *yang* (moxa)

Du-14 *Dazhui* supplements heart *yang* (moxa)

Bl-15 *Xinshu* supplements heart *yang* (moxa)

St-40 *Fenglong* resolves phlegm

Ren-12 *Zhongwan* supplements spleen *qi*

P-5 *Jianshi* resolves phlegm from heart

Ren-17 *Shanzhong* unbinds chest

Needle with even method

Herbal treatment:

Ling Gui Zhu Gan Tang (Poria-Ramulus Cinnamomi-Atractylodes-Glycyrrhiza Decoction) plus *Yi Yi Ren* (Semen Coicis Lachryma Jobi)

HEART YIN DEFICIENCY

Aetiology: long-standing anxiety; worry or sadness; excessive mental and physical activity; exterior heat consuming *yin* of body; chronic illness; blood loss.

Underlying or accompanying pathology: kidney *yin* deficiency; heart *qi* deficiency; heart blood deficiency.

Signs and symptoms: palpitations; anxiety; insomnia; vivid dreams; poor memory; easily startled; mental restlessness; feeling uneasy; dry mouth and throat in afternoon or evening.

Pulse: fine and rapid or floating, empty and rapid.

Tongue: red, no coating. Swollen reddened tip. Deep midline crack reaching the tip.

Treatment principle: enrich heart and kidney *yin*, calm *shen*.

Acupuncture treatment:

Ht-7 *Shenmen* supplements heart blood and *yin*

P-6 *Neiguan* calms the spirit

Ren-14 *Juque* calms spirit

Ren-15 *Jiuwei* calms the *shen*

Ren-4 *Guanyuan* supplements *yin*, clears empty heat

Sp-6 *Sanyinjiao* supplements *yin*, calms *shen*

Kid-6 *Zhaohai* supplements kidney *yin*, promotes sleep

Needle with supplementation

Herbal treatment:

Bai Zi yang Xin Wan (Biota Seed Pill to Nourish the Heart)

Tian Wang Bu Xin Dan (Heavenly Emperor Supplementing the Heart Pill)

Zhu Sha An Shen Wan (Cinnabar Spirit Quieting Pill)

HEART YIN DEFICIENCY WITH EMPTY HEAT

Aetiology: long-standing anxiety, worry or sadness; excessive mental and physical activity; exterior heat consuming *yin* of body; chronic illness; blood loss.

Underlying or accompanying pathology: kidney *yin* deficiency; heart *qi* deficiency; heart *yin* deficiency; heart blood deficiency.

Signs and symptoms: palpitations; insomnia; vivid dreams; poor memory; easily startled; mental restlessness; anxiety; feeling uneasy; feeling hot especially in evening; dry mouth and throat in the evening; thirst with desire to drink small sips; malar flush; night sweats; five-palm heat.

Pulse: floating and empty, especially on left front position.

Tongue: red and peeled. Redder tip.

Treatment principle: enrich heart and kidney *yin*, calm *shen* and clear empty heat.

Acupuncture treatment:

Ht-7 <i>Shenmen</i> supplements heart blood and <i>yin</i>	P-6 <i>Neiguan</i> calms the spirit
Ren-14 <i>Juque</i> calms spirit	Ren-15 <i>Jiuwei</i> calms <i>shen</i>
Ren-4 <i>Guanyuan</i> supplements <i>yin</i> , clears empty heat	Ht-6 <i>Yinxi</i> supplements heart <i>yin</i> , stops sweating
Sp-6 <i>Sanyinjiao</i> supplements <i>yin</i> , calms mind	Kid-7 <i>Fuliu</i> supplements kidneys, stops sweating
Kid-6 <i>Zhaohai</i> supplements kidney <i>yin</i> , promotes sleep	LI-11 <i>Quchi</i> clears heat, cools blood
P-7 <i>Daling</i> unbinds chest, clears heat from heart	Ht-9 <i>Shaochong</i> clears heat, regulates heart <i>qi</i>
For night sweating add SI-3 <i>Houxi</i>	

Herbal treatment:

Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Supplement the Heart)

Zhu Sha An Shen Wan (Cinnabar Spirit Quieting Pill)

PHLEGM HEAT HARASSING THE HEART

Aetiology: excessive consumption of phlegm-forming foods; severe emotional problems; invasion of exterior heat.

Underlying or accompanying pathology: spleen *qi* deficiency; dampness and phlegm; heart *qi* deficiency; heart blood deficiency.

Signs and symptoms: mental restlessness; bitter taste; palpitations; thirst; red face; tightness in the chest; dark urine; expectoration of phlegm; rattling in throat; insomnia; vivid dreams; agitation and confusion; incoherent speech; rash behaviour; uncontrollable laughter or crying; depression; manic behaviour.

Pulse: full, rapid, slippery.

Tongue: red body with deep midline crack to the tip. Yellow sticky coating. Tip may be redder and swollen.

Treatment principle: drain heart fire and calm *shen*, transform phlegm and open the heart orifices.

Acupuncture treatment:

P-5 *Jianshi* resolves phlegm from heart

Ht-7 *Shenmen* clears heat, calms *shen*

Ht-8 *Shaofu* clears heart fire

Ht-9 *Shaochong* clears heart, opens orifices

P-7 *Daling* pacifies *shen*, clears heart fire

Ren-15 *Jiuwei* pacifies the *shen*

Bl-15 *Xinshu* clears heart fire

Ren-12 *Zhongwan* supplements spleen *qi*

St-40 *Fenglong* resolves phlegm

Sp-6 *Sanyinjiao* resolves phlegm, calms *shen*

Liv-2 *Xingjian* subdues fire

Du-20 *Baihui* restores consciousness

Gb-15 *Toulinqi* pacifies *shen*

Needle with drainage

Herbal treatment:

Wen Dan Tang (Warming the Gallbladder Decoction)

PHLEGM MISTING THE MIND

Aetiology: excessive consumption of phlegm-forming foods; severe emotional problems.

Underlying or accompanying pathology: spleen *qi* deficiency; dampness and phlegm; heart *qi* deficiency; heart blood deficiency.

Signs and symptoms: mental confusion; unconsciousness; lethargic stupor; rattling coming from the throat; vomiting; speech difficulty.

Pulse: slippery.

Tongue: swollen tongue with thick sticky slippery coat. Deep midline crack reaching the tip.

Treatment principle: transform phlegm, open the orifices of the heart and restore consciousness.

Acupuncture treatment:

Ht-9 *Shaochong* clears heart, opens orifices

P-5 *Jianshi* resolves phlegm from heart

Bl-15 *Xinshu* clears the heart, supplements heart *qi*

St-40 *Fenglong* resolves phlegm

Du-26 *Renzhong* restores consciousness

Needle with drainage

Ren-12 *Zhongwan* supplements spleen *qi*

Bl-20 *Pishu* supplements spleen *qi*

Needle with even method

Herbal treatment:

Wen Dan Tang (Warming the Gallbladder Decoction)

Di Tan Tang (Scouring Phlegm Decoction)

Gun Tan Wan (Vaporising Phlegm Pill)

KIDNEY ESSENCE (JING) DEFICIENCY

Aetiology: long, chronic illness; overwork over long period; poor development at the foetal stage.

Accompanying pathology: kidney *yin* deficiency; kidney *yang* deficiency.

Signs and symptoms: impairment of intellectual function; osteodystrophy or poorly developed bone structure; dizziness; tinnitus; weak, aching back and knees; infertility, impotence or lack of libido; loss of head hair or premature greying; loosening of teeth. *In children:* retarded growth and development; short stature; sluggishness of physical movement; low intelligence; weak bones; retarded closure of fontanelles. *In adults:* premature senility; weakness of legs; difficulty in walking; dullness of spirit; slowness of physical movement.

Pulse: floating, fine, empty, leather.

Tongue: red, without coating or pale.

Treatment principle: supplement kidney essence, bone marrow, kidney *yang* ; enrich kidney *yin*.

Acupuncture treatment:

Bl-23 Shenshu, Bl-52 Zhishi, Kid-3 Taixi, Sp-6 Sanyinjiao, Gb-39 Xuanzhong. Needle with supplementation

Select further points according to symptom:

- dizziness: Du-20 *Baihui*, Du-16 *Fengfu*
- tinnitus: SJ-17 *Yifeng*, Gb-2 *Tinghui*, SJ-3 *Zhongzhu*
- lumbar pain: Du-3 *Yaoyangguan*, Bl-40 *Weizhong*, Bl-60 *Kunlun*
- seminal emission: Kid-12 *Dahe*, Ren-6 *Qihai*, Ht-7 *Shenmen*, St-36 *Zusanli*

Herbal treatment:

Zuo Gui Wan (Left Restoring Kidney Yin Pill)

You Gui Wan (Right Restoring Pill) where cold signs are present

KIDNEY QI DEFICIENCY

Aetiology: emotional strain (fear, shock, anxiety); excessive sexual activity; chronic illness; old age; overwork.

Underlying/accompanying pathology: heart *qi* deficiency; liver *qi* deficiency; spleen *qi* deficiency; before-heaven *qi* deficient.

Signs and symptoms: diminished hearing; dizziness; tinnitus; backache; weak back; weak knees; lack of strength; deafness; heel pain; loose teeth; hair loss; premature ejaculation; vaginal discharge; flooding; spotting; frequent urination; urination at night.

Pulse: weak on right rear position.

Tongue: slightly pale.

Treatment principle: supplement kidney *qi*.

Acupuncture treatment:

Bl-23 <i>Shenshu</i> supplements the kidneys	Du-4 <i>Mingmen</i> supplements kidney <i>yang</i>
Ren-4 <i>Guanyuan</i> supplements kidney essence	Kid-6 <i>Zhaohai</i> supplements kidney <i>yin</i>
Ren-6 <i>Qihai</i> supplements the original <i>qi</i>	Kid-7 <i>Fuliu</i> benefits the kidneys
St-36 <i>Zusanli</i> supplements stomach and spleen <i>qi</i>	Kid-3 <i>Taixi</i> nourishes <i>yin</i> to root <i>yang</i>

Needle with supplementation:

- for dizziness Du-20 *Baihui*, Du-16 *Fengfu*, Gb-39 *Xuanzhong*
- for deafness SJ-17 *Yifeng*, Gb-2 *Tinghui*, SI-19 *Tinggong*
- for sore and weak back Du-3 *Yaoyangguan*, Bl-40 *Weizhong*, Gb-34 *Yanglingquan*
- for vaginal discharge Gb-26 *Daimai*, Bl-30 *Baihuanshu*, Sp-6 *Sanyinjiao*

Herbal treatment:

Zuo Gui Wan (Restoring the Left Kidney Pill)

Qing E Wan (Young Maiden Pill)

If deafness or tinnitus is the main sign use *Er Long Zuo Ci Wan* (Deafness Left Benefiting Loadstone Pill)

KIDNEY QI NOT FIRM

Aetiology: excessive sexual activity; in women, too many childbirths too close together.

Underlying/accompanying pathology: kidney *qi* deficiency; kidney *yin* deficiency; kidney *yang* deficiency.

Signs and symptoms: soreness and weakness of lower back; weak knees; clear frequent urination; weak-stream urination; abundant urination; dribbling after urination; incontinence; enuresis; nocturia; nocturnal emissions without dreams; premature ejaculation; spermatorrhoea; prolapse of uterus in women; chronic white vaginal discharge; tiredness; dragging down feeling in lower abdomen; recurrent miscarriage; feeling of cold; cold limbs.

Pulse: deep, weak, especially in rear position.

Tongue: pale.

Treatment principle: secure kidney, astringe *jing*.

Acupuncture treatment:

Bl-23 <i>Shenshu</i> supplements kidneys	Du-4 <i>Mingmen</i> supplements kidney <i>yang</i>
Kid-3 <i>Taixi</i> supplements kidney <i>yin</i> /essence	Bl-52 <i>Zhishi</i> supplements kidneys and essence
Ren-4 <i>Guanyuan</i> supplements kidney essence	Ren-6 <i>Qihai</i> supplements original <i>qi</i>
Du-20 <i>Baihui</i> nourishes sea of marrow	Ki-13 <i>Qixue</i> regulates lower burner
Bl-32 <i>Ciliao</i> regulates lower burner, facilitates urination	
Extra point <i>Jingong</i> supplements kidney <i>yang</i> and firms sperm gate	

Needle with supplementation and moxa:

- for enuresis Ren-3 *Zhongju* and Bl-28 *Pangguangshu*
- for dribbling urination Bl-20 *Pishu* and Sp-9 *Yinlingquan*

Herbal treatment:

Tu Si Wan (Cuscuta Seed Pill)

You Gui Yin (Restoring the Right Kidney Decoction) plus *Huang Qi* (Radix Astragali Membranacei) and *Qian Shi* (Semen Euryales Ferocis)

KIDNEY YANG AND KIDNEY YIN DEFICIENCY – PREDOMINANCE OF KIDNEY YANG DEFICIENCY
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Aetiology: emotional strain (fear, shock, anxiety); excessive sexual activity; chronic illness; old age; overwork; childbirth.

Underlying/accompanying pathology: kidney *qi* deficiency; kidney essence deficiency; liver *yin* or blood deficiency; spleen *qi* deficiency.

Signs and symptoms: lower backache; cold knees; sensation of cold in back; feeling cold in general; feeling of heat in the face; menopausal hot flushes; night sweating; weak legs; bright white complexion; weak knees; impotence; premature ejaculation; low sperm count; thin sperm; decreased libido; tiredness; lassitude; abundant clear or scanty clear urination; urination at night; apathy; oedema of the legs; infertility in women; loose stools; depression.

Pulse: deep and weak.

Tongue: pale.

Treatment principle: supplement kidneys, fortify *yang*.

Acupuncture treatment:

Bl-23 *Shenshu* supplements the kidneys

Du-4 *Mingmen* supplements kidney *yang*

Ren-4 *Guanyuan* supplements kidney *yin*/essence

Kid-3 *Taixi* supplements kidney *yin*/essence

Ren-6 *Qihai* fosters original *qi*, fortifies *yang*

Kid-7 *Fuliu* supplements kidney *yang*

Bl-52 *Zhishi* supplements the kidneys and essence

Extra point *Jinggong* supplements kidney *yang*

Needle with supplementation

Herbal treatment:

You Gui Yin (Restoring the Right Kidney Pill) plus *Sheng Di Huang* (*Radix Rehmanniae Glutinosae*) and *Tian Men Dong* (*Tuber Asparagi Cochinchinensis*)

KIDNEY YANG AND KIDNEY YIN DEFICIENCY – PREDOMINANCE OF KIDNEY YIN DEFICIENCY

Aetiology: emotional strain (fear, shock, anxiety); excessive sexual activity; chronic illness; old age; overwork; childbirth.

Underlying/accompanying pathology: kidney *qi* deficiency; kidney essence deficiency; liver *yin* or blood deficiency; spleen *qi* deficiency.

Signs and symptoms: dizziness; tinnitus; vertigo; poor memory; difficulty hearing; night sweating; dry mouth and throat at night; lower backache; ache in the bones; nocturnal emissions; infertility; premature ejaculation; tiredness; lassitude; depression; slight anxiety; cold feet; abundant pale urine.

Pulse: floating and empty or weak on both rear positions.

Tongue: normal colour and peeled.

Treatment principle: supplement kidneys and essence, nourish kidney *yin*.

Acupuncture treatment:

Ren-4 *Guanyuan* supplements kidney *yin*/essence

Kid-3 *Taixi* supplements kidney *yin* and essence

Kid-6 *Zhaohai* supplements kidney *yin*

Kid-10 *Yingu* benefits the kidneys

Kid-9 *Zhubin* regulates *qi* and alleviates pain

Sp-6 *Sanyinjiao* supplements *yin*

Ren-7 *Yinjiao* benefits lower burner and genitals

Lu-7 *Lieque* with Kid-6 *Zhaohai* opens *ren* vessel (sea of *yin*)

Needle with supplementation

Herbal treatment:

Liu Wei Di Huang Wan (Six Ingredient Pill of the Yellow Emperor)

Zuo Gui Wan (Restoring the Left Kidney Pill) plus *Ba Ji Tian* (*Radix Morindae Officinalis*)

KIDNEY YANG DEFICIENCY

Aetiology: chronic illness; excessive sexual activity; exposure to cold after sex; retention of dampness (from spleen deficiency); old age.

Underlying/accompanying pathology: kidney *yin* deficiency; spleen *qi* deficiency; retention of dampness.

Signs and symptoms: lower backache; cold and weak knees; sensation of cold in the lower back; feeling of cold; weak legs; bright white complexion; tiredness; lassitude; abundant clear urination; nocturia; apathy; oedema of the legs; infertility in women; loose stools; depression; impotence; premature ejaculation; low sperm count; thin sperm; decreased libido.

Pulse: deep and weak.

Tongue: pale and wet.

Treatment principle: supplement and warm kidney *yang* .

Acupuncture treatment:

Bl-23 *Shenshu* supplements kidneys

Du-4 *Mingmen* supplements kidney *yang*

Ren-4 *Guanyuan* supplements kidney *yin*/essence

Kid-3 *Taixi* supplements kidney *yin*/essence

Ren-6 *Qihai* fosters original *qi*, fortifies *yang*

Kid-7 *Fuliu* supplements kidney *yang*

Bl-52 *Zhishi* supplements kidneys and essence

Extra point *Jingong* supplements kidney *yang*

St-36 *Zusanli* fosters original *qi*

Needle with supplementation and moxa:

- for severe water swelling Sp-9 *Yinlingquan*, Ren-9 *Shuifen*
- to supplement spleen/large intestine Bl-20 *Pishu*, Sp-6 *Sanyinjiao*, Bl-25 *Dachangshu*, St-25 *Tianshu*
- for heart and kidney deficiency Ht-7 *Shenmen*, Bl-15 *Xinshu*, P-6 *Neiguan*

Herbal treatment:

You Gui Wan (Restoring the Right Kidney Pill)

KIDNEY YANG DEFICIENCY, WATER OVERFLOWING

Aetiology: chronic, long-standing retention of dampness (from spleen *yang* deficiency); transmission from heart *yang* deficiency from poor constitution/emotional problems (water overflowing to heart); transmission from lung *qi* deficiency from exterior cold retained in lungs (water overflowing to lungs).

Underlying/accompanying pathology: kidney *yang* deficiency; heart *yang* deficiency; lung *qi* deficiency.

Signs and symptoms: oedema especially of legs/ankles; cold feeling in legs/back; fullness/distension of abdomen; sore lower back; feeling cold; scanty clear urine:

- **water overflowing to heart:** plus palpitations; breathlessness; cold hands
- **water overflowing to lungs:** plus thin watery frothy sputum; cough; asthma; breathlessness on exertion.

Pulse: deep, forceless, slow.

Tongue: pale, swollen, wet with white coating.

Treatment principle: warm and supplement kidney, spleen, heart *yang*, boost lung *qi*, promote urination.

Acupuncture treatment:

Bl-23 *Shenshu* supplements kidneys

Du-4 *Mingmen* supplements kidney *yang*

Bl-22 *Sanjiaoshu* stimulates transformation of fluids

Bl-20 *Pishu* supplements spleen, resolves damp

Ren-9 *Shuifen* regulates water passages

St-28 *Shuidao* promotes transformation of fluids

Sp-9 *Yinlingquan* resolves damp from lower burner

Sp-6 *Sanyinjiao* supplements spleen, resolves damp

Needle with supplementation and moxa

Herbal treatment:

Zhen Wu Tang (True Warrior Decoction)

Jin Gui Shen Qi Wan (Golden Chest Kidney Qi Pill) plus *Wu Ling San* (Five Ling Powder)

KIDNEY YIN DEFICIENCY

Aetiology: long, chronic illness; overwork over long period; excessive sexual activity; depletion of body fluids; blood loss.

Underlying/accompanying pathology: kidney essence deficiency; heart, liver or lung *yin* deficiency.

Signs and symptoms: dizziness; tinnitus; vertigo; poor memory; night sweating; dry mouth and throat at night; lower backache; ache in bones; bleeding gums; hardness of hearing; nocturnal emissions; constipation; scanty dark urine; infertility; premature ejaculation; tiredness; lassitude; depression; slight anxiety.

Pulse: floating, empty.

Tongue: normal colour without coating.

Treatment principle: enrich kidney *yin*.

Acupuncture treatment:

Bl-23 *Shenshu*, Ren-4 *Guanyuan*, Kid-3 *Taixi*, Bl-52 *Zhishi*, Kid-6 *Zhaohai*, Kid-1 *Yongquan*, Sp-6 *Sanyinjiao*, Lu-7 *Lieque* with Kid-6 *Zhaohai* opens directing vessel (sea of *yin*). Needle with supplementation

Select further points according to symptom:

- dizziness: Du-20 *Baihui*, Du-16 *Fengfu*, Gb-39 *Xuanzhong*
- tinnitus: SJ-17 *Yifeng*, Gb-2 *Tinghui*, SJ-3 *Zhongzhu*
- dry pharynx and mouth: Kid-2 *Rangu*, SJ-2 *Yemen*
- tidal heat: Kid-2 *Rangu*, Ht-8 *Shaofu*, Lu-10 *Yuji*, P-5 *Jianshi*
- lumbar pain: Du-3 *Yaoyangguan*, Bl-40 *Weizhong*, Bl-60 *Kunlun*
- seminal emission: Kid-12 *Dahe*, Ren-6 *Qihai*, Ht-7 *Shenmen*, St-36 *Zusanli*
- night sweating: SI-3 *Houxi*, Ht-6 *Yinxi*

Herbal treatment:

Er Zhi Wan (Double Supreme Pill) for mild *yin* deficiency

Liu Wei Di Huang Wan (Six Ingredient Rehmannia Pill)

KIDNEY YIN DEFICIENCY COMBINED WITH LIVER, HEART, LUNG YIN DEFICIENCY

Aetiology: as for kidney *yin* deficiency.

Underlying/accompanying pathology: *yin* deficiency of one organ may lead to or develop from *yin* deficiency of another.

Signs and symptoms: in addition to kidney *yin* deficiency signs:

- with liver *yin* deficiency: headache; blurred vision; poor eyesight; irregular menses; sterility (hypertension, neurosis, menstrual disorders)
- with heart *yin* deficiency: insomnia; heart palpitations; forgetfulness; profuse dreaming (tachycardia, hyperthyroidism, neurosis)
- with lung *yin* deficiency: cough; expectoration of blood; steaming bone tidal fever (pulmonary tuberculosis).

Pulse: floating, empty or rapid if more severe (see empty heat).

Tongue: normal colour without coating, or red if more severe (see empty heat).

Treatment principle: enrich kidney *yin*; clear deficiency heat.

Acupuncture treatment: as for *yin* deficiency plus:

Liver/kidney deficiency: Bl-18 *Ganshu*, Liv-3 *Taichong*

Heart/kidney *yin* deficiency: Bl-15 *Xinshu*, Bl-17 *Geshu*, Ren-14 *Juque*, P-6 *Neiguan*, Ht-7 *Shenmen*

Lung/kidney deficiency: Bl-13 *Feishu*, Bl-43 *Gaohuangshu*, Lu-5 *Chize*

Needle with supplementation

Use additional points according to symptomatology: see kidney *yin* deficiency

Herbal treatment:

Liver/kidney deficiency: *Qi Ju Di Huang Wan* (Lycium Berry, Chrysanthemum and Rehmannia Pill)

Heart/kidney *yin* deficiency: *Tian Wang Bu Xin Dan* (Celestial Emperor Heart Supplementing Elixir)

Lung/kidney deficiency: *Bai He Gu Jin Tang* (Lily Bulb Metal Securing Decoction)

KIDNEY YIN DEFICIENCY WITH EMPTY HEAT

Aetiology: long, chronic illness; overwork over long period; excessive sexual activity; depletion of body fluids; blood loss.

Underlying/accompanying pathology: kidney essence deficiency; kidney *yin* deficiency.

Signs and symptoms: dizziness; tinnitus; vertigo; poor memory; hardness of hearing; night sweating; dry mouth, throat at night; five-palm heat; feeling of heat in evening; malar flush; menopausal hot flushes; thirst with desire to drink in small sips; lower backache; ache in bones; nocturnal emissions; constipation; scanty dark urine; infertility; premature ejaculation; tiredness; lassitude; depression; anxiety; insomnia; excessive menstrual bleeding.

Pulse: floating, empty, rapid.

Tongue: red, peeled. Maybe cracks.

Treatment principle: enrich kidney *yin* and clear empty heat.

Acupuncture treatment:

Ren-4 Guanyuan supplements kidney *yin* and essence Kid-3 Taixi supplements kidney *yin*/essence

Kid-6 Zhaohai supplements kidney *yin* Kid-10 Yingu benefits kidneys

Kid-9 Zhubin regulates *qi* and alleviates pain Sp-6 Sanyinjiao supplements *yin*

Ren-7 Yinjiao benefits lower burner/genitals Kid-2 Rangu clears empty heat

Ht-6 Yinxi clears empty heat, stops night sweats

Lu-7 Lieque with Kid-6 Zhaohai opens *ren* vessel
(sea of *yin*)

Needle with supplementation

Herbal treatment:

Zhi Bai Di Huang Wan (Six Ingredient Pill with Anemarrhena and Phellodendron)

Da Bu Yin Wan (Great Supplementing *Yin* Pill)

KIDNEY YIN DEFICIENCY WITH PHLEGM

Aetiology: long and chronic illness; overwork over a long period; excessive sexual activity; depletion of body fluids; blood loss; poor diet (rich in phlegm-forming foods) and irregular eating.

Underlying/accompanying pathology: kidney essence deficiency; kidney *yin* deficiency; spleen *qi* deficiency; retention of dampness.

Signs and symptoms: sputum in the throat; bouts of dry cough followed by expectoration of scanty sputum; breathlessness; feeling of oppression in the chest; dizziness; tinnitus; hardness of hearing; night sweating.

Pulse: floating, empty and slightly slippery.

Tongue: red with rootless sticky yellow coating.

Treatment principle: enrich kidney *yin*, clear phlegm.

Acupuncture treatment:

Ren-4 *Guanyuan* supplements kidney *yin*/essence Kid-3 *Taixi* supplements kidney *yin* and essence

Sp-9 *Yinlingquan* supplements spleen, resolves damp Sp-6 *Sanyinjiao* supplements spleen, resolves damp

St-40 *Fenglong* resolves phlegm, opens chest Kid-6 *Zhaohai* supplements kidney *yin*

Needle with even method

Herbal treatment:

Da Zao Wan (Great Creation Pill)

Zuo Gui Wan (Restoring the Left Kidney Pill) plus *Bei Mu Gua Lou Tang* (Fritillaria-Trichosanthes Decoction)

KIDNEYS FAILING TO RECEIVE QI

Aetiology: hereditary weakness of lungs and kidneys; long-standing chronic illness; excessive physical exercise, especially during puberty (excessive lifting and standing).

Underlying/accompanying pathology: kidney *yang* deficiency; lung *qi* deficiency.

Possible presenting conditions: chronic cardiopulmonary failure.

Signs and symptoms: shortness of breath on exertion; rapid weak breathing; difficulty inhaling; chronic cough; asthma; spontaneous sweating; cold limbs after sweating; swelling of face; thin body; mental listlessness; clear urination during asthma attack; lower backache; dizziness; tinnitus.

Pulse: deep, weak, tight.

Tongue: pale.

Treatment principle: promote descending and diffusing of lung *qi*, warm and supplement kidney *qi*.

Acupuncture treatment:

Kid-7 *Fuliu* supplements kidney *yang*

Kid-3 *Taixi* supplements kidney *qi* and essence

St-36 *Zusanli* supplements blood and lung *qi*

Bl-23 *Shenshu* supplements kidney *qi*

Du-4 *Mingmen* supplements kidney *yang*

Ren-6 *Qihai* fosters original *qi*, fortifies *yang*

Kid-25 *Shencang* unbinds the chest

Ren-17 *Shanzhong* descends rebellious lung *qi*

Du-12 *Shenzhu* supplements lung *qi*

Bl-13 *Feishu* supplements lung *qi*

Ren-4 *Guanyuan* supplements kidney *yang*

Needle with supplementation and moxa

Lu-7 *Lieque* with Kid-6 *Zhaohai* stimulates the lungs descending and the kidneys receiving functions

Herbal treatment:

Su Zi Jiang Qi Tang (Perilla Seed Descending Qi Decoction)

Shen Ge San (Ginseng Gecko Powder)

COLD INVADING THE LARGE INTESTINE

Aetiology: invasion of exterior cold with possible underlying stomach *qi* or *yang* deficiency.

Signs and symptoms: constipation accompanied by sudden abdominal pain; a feeling of cold; diarrhoea with pain; cold sensation of the abdomen; bland taste in the mouth.

Pulse: wiry deep pulse, especially on the right rear position.

Tongue: white tongue with scant sticky white coating.

Treatment principle: warm *yang* and free stool; rectify *qi* and relieve pain.

Acupuncture treatment:

St-25 <i>Tianshu</i> stops diarrhoea, regulates intestines	Bl-25 <i>Dachangshu</i> supplements large intestine <i>qi</i>
St-37 <i>Shangjuxu</i> stops diarrhoea	St-27 <i>Daju</i> regulates <i>qi</i> and promotes urination
Sp-6 <i>Sanyinjiao</i> resolves damp in lower burner	Sp-9 <i>Yinlingquan</i> for damp in lower burner
Ren-12 <i>Zhongwan</i> resolves dampness	Bl-22 <i>Sanjiaoshu</i> regulates the water passages
SJ-6 <i>Zhigou</i> frees bowel <i>qi</i>	Ren-4 <i>Guanyuan</i> dispels cold
Ren-6 <i>Qihai</i> warms the lower burner	Ren-8 <i>Shenque</i> moves gastrointestinal <i>qi</i> , transforms cold stagnation

Needle with supplementation or even method with large amounts of moxa

Herbal treatment:

Wen Pi Tang (Spleen Warming Decoction)

Ban Liu Wan (Pinellia and Sulphur Pill)

DAMP HEAT IN THE LARGE INTESTINE

Aetiology: excessive consumption of hot and greasy foods leading to stomach heat; damp heat in the stomach and spleen; emotional problems like prolonged anxiety and worry leading to spleen *qi* deficiency.

Possible presenting condition: dysentery; colitis, Crohn's disease

Signs and symptoms: diarrhoea with abdominal pain; incomplete defaecation; mucus and blood in the stools; stools with an offensive odour; burning sensation in the rectum; tenesmus; scanty dark urine; sweating; thirst but no desire to drink; heaviness in the limbs; bitter taste.

Pulse: slippery and rapid.

Tongue: red with a sticky yellow coat.

Treatment principle: clear heat and disinherit dampness; resolve toxin.

Acupuncture treatment:

Sp-9 Yinlingquan resolves damp in lower burner

Sp-6 Sanyinjiao resolves damp in lower burner

Bl-22 Sanjiaoshu resolves damp in lower burner

St-25 Tianshu stops diarrhoea

St-27 Daju promotes urination

Ren-6 Qihai regulates *qi* in the lower burner

Bl-25 Dachangshu clears heat from intestine

LI-11 Quchi clears heat

Ren-12 Zhongwan resolves dampness

St-37 Shangjuxu clears and disinherits damp heat

St-44 Neiting harmonises intestines

Needle with drainage, add moxa

Herbal treatment:

Shao Yao Tang (Peonia Decoction)

Bai Tou Weng Tang (Pulsatilla Decoction)

DAMPNESS IN THE LARGE INTESTINE

Aetiology: exposure to exterior damp conditions; excessive consumption of damp-producing foods leading to spleen *qi* deficiency and retention of dampness.

Signs and symptoms: abdominal distension and fullness; difficult urination; scant urination; diarrhoea; borborygmi; sticky taste; nausea; vomiting; mucus in the stools.

Pulse: soggy, especially on the right rear position.

Tongue: sticky white coating.

Treatment principle: regulate intestines and clear dampness; regulate water passages and promote urination.

Acupuncture treatment:

St-25 *Tianshu* stops diarrhoea, regulates intestines Bl-25 *Dachangshu* supplements large intestine *qi*

St-37 *Shangjuxu* stops diarrhoea St-27 *Daju* regulates *qi* and promotes urination

Sp-6 *Sanyinjiao* resolves damp in lower burner Sp-9 *Yinlingquan* for damp in lower burner

Ren-12 *Zhongwan* resolves dampness Bl-22 *Sanjiaoshu* regulates the water passages

Needle with drainage

Herbal treatment:

Shen Ling Bai Zhu San (Ginseng, Poria and Atractylodes Powder)

Wei Ling Tang (Stomach Ling Decoction)

HEAT INVADING THE LARGE INTESTINE

Aetiology: excessive consumption of heating and/or drying foods; externally contracted febrile disease manifesting as *yangming* pattern, also known as disease in the *qi* aspect; possible stomach heat underlying.

Signs and symptoms: constipation with dry stools; abdominal pain with dislike of pressure; a burning sensation in the mouth; dry tongue; burning and swelling of the anus; scanty dark urine.

Pulse: full and rapid.

Tongue: thick yellow dry coat.

Treatment principle: clear heat and free the stool.

Acupuncture treatment:

ST-25 *Tianshu* regulates the intestines

BL-25 *Dachangshu* moves large intestine *qi*

LI-11 *Quchi* clears heat

St-37 *Shangjuxu* regulates intestines, clears heat

St-44 *Neiting* harmonises the intestines, clears heat

LI-2 *Erjian* clears heat

Kid-6 *Zhaohai* supplements *yin*, promotes fluids

Needle with drainage

Herbal treatment:

Ma Zi Ren Wan (Cannabis Seed Pill)

LARGE INTESTINAL YIN DEFICIENCY WITH DRYNESS

Aetiology: a lack of blood and body fluids with underlying blood or *yin* deficiency leading to exhaustion of fluids in the large intestine; a warm dry climate; postpartum blood deficiency; liquid depletion in the aged and in enduring and severe diseases; externally contracted febrile disease.

Signs and symptoms: dry, hard stools which are difficult to move; dry mouth and throat; thin body; bad breath; dizziness, generally no abdominal distension or pain.

Pulse: fine.

Tongue: dry and peeled. Can be pale or red.

Treatment principle: supplement *yin*, promote fluids; regulate intestines and move stagnation.

Acupuncture treatment:

St-36 *Zusanli* promotes *yang ming* fluids

Sp-6 *Sanyinjiao* supplements *yin*, promotes fluids

Kid-6 *Zhaohai* supplements *yin*, promotes fluids

Ren-4 *Guanyuan* supplements *yin*, promotes fluids

St-25 *Tianshu* regulates the intestines

Bl-17 *Geshu* harmonises stomach *qi*

Bl-20 *Pishu* benefits spleen transformation

Bl-21 *Weishu* supports centre *qi* to supplement deficiency

Bl-25 *Dachangshu* regulates the large intestine, transforms stagnation

Needle with supplementation and maybe moxa if needed

Herbal treatment:

Run Chang Wan (Moistening the Intestines Pill)

Wu Ren Wan (Five Seeds Pill)

Zeng Ye Tang (Increasing Fluids Decoction)

Hou Po Sheng Jiang Ban Xia Gan Cao Ren Shen Tang (Magnolia Bark, Fresh Ginger, Pinellia, Licorice and Ginseng Decoction)

LARGE INTESTINE DEFICIENCY COLD

Aetiology: excessive consumption of cold and raw foods; prolonged exposure of the abdomen to cold weather; probable underlying spleen/kidney *yang* deficiency.

Possible presenting condition: chronic enteritis; chronic dysentery.

Signs and symptoms: loose stools resembling duck droppings; dull abdominal pain; pale urination; cold limbs; borborygmi, lower backache; poor appetite, aversion to cold.

Comparison:

- **spleen-stomach *yang* deficiency:** stools contains undigested food, there is poor appetite, oppression in the abdomen after eating.
- **large intestinal *yang* deficiency:** the disease is in the lower rather than middle burner, accompanied by diarrhoea and borborygmi, and may have constipation rather than diarrhoea.

Pulse: deep and weak.

Tongue: pale, thin tongue fur.

Treatment principle: stop diarrhoea and supplement *qi* and *yang* .

Acupuncture treatment:

St-25 *Tianshu* stops diarrhoea and pain

Ren-6 *Qihai* supplements *qi* and stops chronic diarrhoea

St-36 *Zusanli* supplements spleen *qi*

St-37 *Shangjuxu* stops chronic diarrhoea

Bl-20 *Pishu* supplements spleen *qi*

Liv-13 *Zhangmen* transforms stasis

Ren-12 *Zhongwan* fortifies spleen

Bl-25 *Dachangshu* supplements large intestine

Needle with supplementation and moxa

Herbal treatment:

Li Zhong Wan (Regulate the Middle Pill)

Liang Fu Wan (Alpinia Cyperus Pill)

DAMP HEAT IN THE LIVER

Aetiology: irregular diet and lifestyle (excessive consumption of greasy foods); excessive anger; climatic damp heat.

Underlying/accompanying pathology: spleen *qi* deficiency with dampness; stagnation of liver *qi*.

Signs and symptoms: fullness in the hypochondrium; bitter taste; nausea; poor appetite; heaviness of the body; yellow vaginal discharge; vaginal itching; genital rashes; mid-cycle bleeding/pain; pain; redness and swelling of the scrotum; difficult, burning and painful urination.

Pulse: slippery, wiry, rapid.

Tongue: red with redder sides, sticky yellow coating.

Treatment principle: course liver and clear damp heat, transform damp in middle burner.

Acupuncture treatment:

Bl-18 *Ganshu* dispels hepatocystic damp heat

Liv-14 *Qimen* calms the liver and disinhibits *qi*

Gb-24 *Riyue* courses gallbladder, transforms damp heat

SJ-6 *Zhigou* with Gb-34 *Yanglingquan* relieves pain in lower ribs

Sp-9 *Yinlingquan* moves central burner and transforms damp heat

Liv-3 *Taichong* courses liver *qi*

Needle with drainage

Herbal treatment:

Long Dan Xie Gan Wan (Gentiana Drain the Liver Pill)

EXTREME HEAT GENERATING WIND

Aetiology: invasion of exterior heat or wind heat penetrating to the blood level, generating internal wind.

Underlying/accompanying pathology: this pattern is only encountered with acute febrile diseases.

Possible presenting conditions: measles, encephalitis, meningitis.

Signs and symptoms: high fever with thirst; red face and eyes; convulsions; rigidity of the neck and back; upwards staring eyes; clenched jaw; tremor of the limbs; coma in severe cases.

Pulse: wiry, rapid.

Tongue: deep red, stiff, dry yellow coating.

Treatment principle: calm the liver and extinguish wind, clear heat.

Acupuncture treatment:

Gb-20 *Fengchi* extinguishes interior wind

Liv-3 *Taichong* disperses liver, subdues wind

LI-11 *Quchi* subdues hyperactive liver *qi*

P-8 *Laogong* extinguishes wind, cools blood

Ht-8 *Shaofu* quiets heart, regulates spirit

Du-8 *Jinsuo* extinguishes wind, relieves spasm

Liv-2 *Xingjian* clears liver heat

Du-14 *Dazhui* extinguishes wind, clears heat

Extra point *Shixuan* clears heat, extinguishes wind

SI-3 *Houxi* extinguishes wind from governing vessel

Du-20 *Baihui* extinguishes interior wind

Du-16 *Fengfu* extinguishes interior wind

Needle with drainage and prick twelve well points to bleed

Herbal treatment:

Ling Jiao Gou Ten Tan (Cornu Antelopis-Uncaria Decoction)

An Gong Niu Huang Wan (Peaceful Palace Bovine Bezoar Pill)

HYPERACTIVITY OF LIVER YANG

Aetiology: prolonged anger, frustration, resentment.

Underlying/accompanying pathology: kidney *yin* deficiency; liver *yin* deficiency; liver blood deficiency; hypertension.

Signs and symptoms: headache (temporal, behind eyes or lateral side of head); dizziness; tinnitus; fire flush with baking heat in face; deafness; blurred vision; dry mouth/throat; irritability; insomnia and profuse dreaming; feeling wound up; easily angered.

Pulse: wiry or wiry and fine.

Tongue: normal or red; pale if liver blood deficiency present.

Treatment principle: enrich *yin*, calm liver, subdue *yang* .

Acupuncture treatment:

Liv-3 <i>Taichi</i> courses liver <i>qi</i> , subdues <i>yang</i>	Liv-2 <i>Xingjian</i> clears liver fire
SJ-5 <i>Weiguan</i> subdues <i>yang</i> to relieve headache	Bl-18 <i>Ganshu</i> enriches liver <i>yin</i>
Bl-23 <i>Shenshu</i> supplements kidney	Kid-3 <i>Taixi</i> enriches kidney <i>yin</i>
Sp-6 <i>Sanyinjiao</i> enriches kidney <i>yin</i>	Extra point <i>Taiyang</i> heat in liver
P-6 <i>Neiguan</i> calms the spirit, for bad temper	LI-4 <i>Hegu</i> subdues <i>yang</i> to relieve headache
Gb-43 <i>Xiaxi</i> subdues <i>yang</i> to relieve headache	Gb-38 <i>yangfu</i> subdues <i>yang</i> to relieve headache
Gb-20 <i>Fengchi</i> subdues <i>yang</i> , for dizziness	SJ-17 <i>Yifeng</i> with Gb-39 <i>Juegu</i> for tinnitus
Needle with drainage	

Herbal treatment:

Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)

Ling Jiao Gou Teng Tang (Cornu Antelopis-Uncaria Decoction)

Qi Ju Di Huang Wan (Lycium Berry, Chrysanthemum and Rehmannia Pill)

HYPERACTIVITY OF LIVER YANG GENERATING WIND

Aetiology: prolonged anger; frustration and resentment.

Underlying/accompanying pathology: kidney *yin* deficiency; liver *yin* deficiency; liver blood deficiency, hyperactivity of liver *yang* .

Possible presenting condition: stroke.

Signs and symptoms: tremor; facial tic; shaking head and trembling of limbs; severe dizziness; sluggish speech; possible sudden collapse/unconsciousness leading to hemiplegia; tinnitus; headache; hypertension; dry throat; dry eyes; blurred vision; numbness, tingling of limbs; poor memory.

Pulse: wiry, fine.

Tongue: red tongue (white tongue indicates evil has not yet transformed into fire, while slimy tongue suggests phlegm).

Treatment principle: calm liver, extinguish wind, subdue *yang* , enrich *yin*.

Acupuncture treatment:

Du-20 <i>Baihui</i> extinguishes wind, subdues <i>yang</i>	Liv-3 <i>Taichi</i> courses liver <i>qi</i> , subdues <i>yang</i>
Gb-20 <i>Fengchi</i> extinguishes wind, subdues <i>yang</i>	Sp-6 <i>Sanyinjiao</i> harmonises liver, calms <i>shen</i>
Gb-43 <i>Xiaxi</i> benefits the head	Kid-1 <i>Yongquan</i> clears wind phlegm from head
LI-4 <i>Hegu</i> forms the 'four gates' with Liv-3	SJ-5 <i>Weiguan</i> clears headache
Du-19 <i>Houding</i> extinguishes wind, calms spirit	Sp-6 <i>Sanyinjiao</i> regulates liver, nourishes blood
Liv-8 <i>Ququan</i> nourishes liver blood and <i>yin</i>	Kid-3 <i>Taixi</i> nourishes <i>yin</i> to root <i>yang</i>

Needle with drainage

Herbal treatment:

Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)

Zhen Gan Xi Feng Tang (Pacifying the Liver and Subduing Wind Decoction)

LIVER BLOOD DEFICIENCY

Aetiology: diet poor in nourishment or lacking in protein; damage to *yin*/blood as a result of prolonged illness; blood loss; excessive physical work; chronic illness; too much sexual activity.

Underlying/accompanying pathology: stagnation of liver *qi*; spleen *qi* deficiency; kidney *yin* deficiency; liver *yin* deficiency.

Signs and symptoms: dizziness; numbness/tingling of limbs; insomnia; blurred vision; visual floaters; poor night vision; light menstruation; dull pale complexion; pale lips; muscular weakness; cramps; brittle nails; dry skin/hair; depression.

Pulse: choppy or fine.

Tongue: pale body, paler sides. Sides may be orangey.

Treatment principle: nourish *yang*, rectify blood.

Acupuncture treatment:

Bl-18 *Ganshu* nourishes liver blood

Bl-20 *Pishu* fortifies spleen to generate blood

Bl-17 *Geshu* with moxa, nourishes blood

Liv-8 *Ququan* supplements liver blood

Liv-14 *Qimen* calms liver, disinhibits *qi*

Liv-3 *Taichong* courses liver *qi*

Sp-6 *Sanyinjiao* nourishes blood

Ren-4 *Guanyuan* supplements blood (moxa)

St-36 *Zusanli* supplements blood

Gb-34 *Yanglingquan* to nourish sinews

Bl-23 *Shenshu* enriches kidneys to generate blood

Extra point *Yuyao* benefits eyes

Needle with supplementation

Herbal treatment:

Ba Zhen Tang (Eight Treasure Decoction)

Bu Gan Tang (Tonifying the Liver Decoction)

Si Wu Tang (Four Agents Decoction)

Hei Xiao Yao San (Black Free Wanderer Powder) for disharmony of *chong* and *ren* vessels from liver blood deficiency

LIVER BLOOD DEFICIENCY ENGENDERING WIND

Aetiology: diet poor in nourishment or lacking in protein; blood loss; excessive physical work; chronic illness; too much sexual activity.

Underlying/accompanying pathology: chronic deficiency of liver blood.

Possible presenting conditions: fright wind (convulsions) in children.

Signs and symptoms: fine tremor; facial tic; dizziness; blurred vision; numbness and tingling of limbs; poor memory; insomnia; light menstruation.

Pulse: wiry, fine.

Tongue: pale and thin.

Treatment principle: nourish blood and extinguish wind.

Acupuncture treatment:

Liv-2 Xingjian and *Liv-3 Taichong* calm liver, extinguish wind

Sp-6 Sanyinjiao regulates liver, nourishes blood

Du-20 Baihui extinguishes interior wind

Gb-20 Fengchi extinguishes interior wind

Liv-8 Ququan nourishes liver blood

LI-4 Hegu eliminates wind from the face

Bl-18 Ganshu nourishes blood

SJ-5 Weiguan extinguishes wind, benefits head

Kid-3 Taixi enriches kidneys to nourish blood

Du-19 Houding eliminates wind, calms tremors

Bl-17 Geshu with moxa, nourishes liver blood

Ren-4 Guanyuan nourishes blood (moxa)

Bl-20 Pishu chronic infantile fright wind (convulsions)

Herbal treatment:

Shi Quan Da Bu Tang (All Inclusive Great Tonifying Decoction)

E Jiao Ji Zi Huang Tang (Gelatinum Corii Asini-Egg Yolk Decoction)

Ding Zhen Wan (Tremor Stabilising Pill)

LIVER BLOOD STASIS

Aetiology: emotional stress stagnating liver *qi*; local blood stasis from knocks, falls, bleeding; *qi* stagnation; *qi* deficiency; heat/cold impairing free flow of blood.

Underlying/accompanying pathology: stagnation of liver *qi*.

Possible presenting conditions: cardiovascular diseases; hepatosplenomegaly; menstrual disorders; heterotopic pregnancy; postpartum disorders.

Signs and symptoms: fixed, stabbing pain; superficial bruising, abdominal masses; dark purple clotted postpartum/menstrual blood; painful irregular menstruation; infertility; soot-black complexion; rough, dry, lustreless skin; red speckles; purple macules; spider naevi; petechiae; purple nails; purple lips; vomiting blood; nosebleeds.

Pulse: wiry.

Tongue: purple, especially sides. Possible purple spots.

Treatment principle: course liver, rectify *qi*/blood.

Acupuncture treatment:

LI-4 *Hegu* relieves pain

Bl-60 *Kunlun* rectifies uterine blood stagnation

Gb-34 *Yanglingquan* courses liver

Liv-3 *Taichong* courses liver and rectifies *qi*/blood

Bl-18 *Ganshu* rectifies liver blood

Bl-17 *Geshu* rectifies blood

Sp-10 *Xuehai* rectifies blood

Liv-6 *Zhongdu* regulates blood

Sp-8 *Diji* harmonises the womb

St-29 *Guilai* moves blood stasis in lower burner

Kid-14 *Siman* moves blood stasis

Liv-5 *Ligou* courses liver *qi*, regulates menstruation

Sp-4 *Gongsun* and P-6 *Neiguan* opens *chong* vessel to invigorate blood

Herbal treatment:

Tao Hong Si Wu Tang (Four Substance Decoction with Safflower and Peach Pit)

Ge Xia Zhu Yu Tang (Eliminating Stasis below Diaphragm Decoction)

Tao Ren Cheng Qi Tang (Peach Kernel Qi Co-ordinating Decoction)

LIVER FIRE BLAZING

Aetiology: long-standing anger, resentment, frustration; excessive alcohol, sweet, fatty foods, red meat.

Underlying/accompanying pathology: liver *qi* stagnation transforming into liver fire; depressed internal damp heat.

Signs and symptoms: outbursts of anger; irritability; sudden-onset tinnitus and/or deafness; red face/eyes; bitter taste; temporal headache; thirst; dream-disturbed sleep; dizziness; constipation with dry stools; dark yellow urine; nosebleeds; coughing blood; vomiting blood; scorching hypochondrial pain.

Pulse: wiry, rapid.

Tongue: red, redder sides, dry yellow coating.

Treatment principle: clear liver, drain fire, cool blood.

Acupuncture treatment:

Liv-2 *Xingjian* clears liver fire

Liv-3 *Taichong* courses the liver

Gb-34 *Yanglingquan* courses liver *qi*

Gb-43 *Xiashi* clears liver heat

Liv-1 *Dadun* clears heat from the blood

Gb-20 *Fengchi* subdues ascending liver *qi*

Extra point *Taiyang* clears liver fire

Gb-13 *Benshen* subdues ascending liver *qi*

LI-11 *Quchi* subdues ascending liver *qi*

Gb-1 *Tongziliao* benefits the eyes, clears heat

Gb-8 *Shuaigu* benefits head, alleviates pain

Gb-6 *Xuanli* clears heat, alleviates pain

Du-24 *Shenting* eliminates wind, calms shen

Sp-6 *Sanyinjiao* harmonises liver, calms shen

Needle with drainage

Herbal treatment:

Zhi Zi Da Huang Tang (Gardenia and Rhubarb Decoction)

Long Dan Xie Gan Tang (Gentiana Draining the Liver Decoction)

Dang Gui Long Hui Wan (Tangkuei, Gentian and Aloe Pill)

LIVER FIRE GENERATING WIND

Aetiology: long-standing anger, resentment, frustration; excessive alcohol, sweet, fatty foods, red meat.

Underlying/accompanying pathology: stagnation of liver *qi* transforming into liver fire.

Signs and symptoms: tremor; irritability; easily angered; sudden onset deafness and/or tinnitus; temporal headache; dizziness; red face and eyes; thirst; bitter taste; dream-disturbed sleep; constipation; dark yellow urine; nosebleed; vomiting blood; coughing blood.

Pulse: wiry and rapid.

Tongue: red with redder sides. Dry yellow coating.

Treatment principle: clear liver, drain fire, cool blood; extinguish wind.

Acupuncture treatment:

Liv-2 *Xingjian* clears liver fire

Liv-3 *Taichong* courses the liver

Gb-20 *Fengchi* subdues ascending liver *qi*

Extra point *Taiyang* clears liver fire

Gb-13 *Benshen* subdues ascending liver *qi*

LI-11 *Quchi* subdues ascending liver *qi*

Gb-1 *Tongziliao* benefits the eyes, clears heat

Gb-8 *Shuaigu* benefits head, alleviates pain

Gb-6 *Xuanli* extinguishes wind, clears heat

Du-24 *Shenting* extinguishes wind, calms *shen*

Sp-6 *Sanyinjiao* harmonises liver, calms *shen*

Liv-1 *Dadun* clears heat from the blood

Du-8 *Jinsuo* soothes the liver, extinguishes wind

Herbal treatment:

Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction) plus *Long Dan Cao* (Radix Gentianae Scabrae)

LIVER FIRE INSULTING THE LUNG

Aetiology: repressed anger and frustration; excessive consumption of hot and greasy foods.

Underlying/accompanying pathology: liver *qi* stagnation; lung *qi* deficiency; spleen *qi* deficiency.

Signs and symptoms: breathlessness; asthma; fullness/stuffiness/scorching pain of chest and hypochondrium; cough; yellow or blood-tinged scant sticky sputum; rashness; impatience; headache; dizziness; red face; thirst; bitter taste; scant dark urine; constipation.

Pulse: wiry, slippery, rapid.

Tongue: red, redder on sides. Dry yellow fur. Swollen in lung area.

Treatment principle: clear heat and drain fire, moisten lung and transform phlegm.

Acupuncture treatment:

Bl-13 *Feishu* regulates lung *qi*

Lu-10 *Yuji* disinhibits the throat

Liv-2 *Xingjian* clears liver fire

Gb-34 *Yanglingquan* soothes vessels

Liv-3 *Taichong* courses the liver

LI-11 *Quchi* clears heat

Liv-14 *Qimen* harmonises liver *qi* in the chest

Ren-17 *Shanzhong* descends lung *qi*

Ren-22 *Tiantu* descends lung *qi*

P-6 *Neiguan* opens chest, descends lung *qi*

Lu-7 *Lieque* descends lung *qi*

Needle with drainage

Herbal treatment:

Long Dan Xie gan Wan (Gentiana Drain the Liver Pill) plus *Su Zi* (Fructus Perillae Frutescentis), *Sang Bai Pi* (Cortex Mori Albae Radicis) and *Zhu Ru* (Caulis Bambusae in Taeniis)

Qing Ge Wan (Indigo and Clamshell Pill) combined with *Qing Jin Hua Tan Tang* (Metal-Clearing Phlegm-Transforming Decoction)

LIVER QI DEFICIENCY

Aetiology: the early emotional development of a person. Being bullied or overcriticised and not being encouraged enough can lead to the timidity and fear seen in this pattern. A diet lacking in blood-producing foods.

Underlying/accompanying pathology: gallbladder deficiency; deficiency of heart and gallbladder; liver blood deficiency.

Signs and symptoms: dizziness; visual floaters; blurred vision; nervousness; timidity; tendency to be startled; lack of courage and initiative; indecision; sighing; depression; restless sleep; irritability; hypochondrial distension; irregular periods.

Pulse: weak.

Tongue: pale or normal.

Treatment principle: nourish liver blood, boost liver *qi*, supplement kidneys.

Acupuncture treatment:

Liv-8 *Ququan* enriches liver *yin* and blood Gb-40 *Qiuxu* supplements gallbladder *qi*

St-36 *Zusanli* supplements *qi* and nourishes blood Sp-6 *Sanyinjiao* harmonises the liver

Ren-4 *Guanyuan* supplements the kidneys Bl-18 *Ganshu* regulates liver *qi* and blood

Herbal treatment:

Xiao Yao San (Free and Easy Wanderer Powder)

LIVER QI INVADING THE SPLEEN

Aetiology: emotional strain (anger, frustration, resentment); irregular diet; overwork.

Underlying/accompanying pathology: stagnation of liver *qi*; spleen *qi* deficiency.

Possible presenting condition: irritable bowel syndrome.

Signs and symptoms: irritability; headache; bitter taste; oppression in chest and hypochondrium; abdominal pain/distension after eating; alternating diarrhoea and constipation (stools can be dry and pebble-like or loose); flatulence; tiredness.

Pulse: wiry on left and weak on right.

Tongue: normal colour or slightly red on sides.

Treatment principle: calm liver, harmonise middle burner, supplement spleen *qi*, regulate intestine.

Acupuncture treatment:

Bl-20 <i>Pishu</i> regulates spleen	Liv-13 <i>Zhangmen</i> harmonises liver and spleen
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Liv-14 <i>Qimen</i> harmonises liver and regulates <i>qi</i>	Sp-3 <i>Taibai</i> harmonises central burner
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Liv-3 <i>Taichong</i> harmonises liver <i>qi</i>	Gb-34 <i>Yanglingquan</i> harmonises liver <i>qi</i>
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Ren-6 <i>Qihai</i> fosters original <i>qi</i>	St-25 <i>Tianshu</i> regulates large intestine
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Sp-15 <i>Daheng</i> moves <i>qi</i> , regulates intestines	Ren-12 <i>Zhongwan</i> supplements spleen
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SJ-6 <i>Zhigou</i> regulates <i>qi</i> , moves stool	St-36 <i>Zusanli</i> supplements stomach/spleen <i>qi</i>
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Sp-6 <i>Sanyinjiao</i> regulates liver, supplements spleen	P-6 <i>Neiguan</i> harmonises middle burner
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Needle with drainage or even method

Herbal treatment:

Chai Hu Su Gan Tang (Bupleurum Soothing the Liver Decoction)

Xiao Yao San (Free and Easy Wanderer Powder)

Tong Xie Yao Fang (Pain and Diarrhoea Formula) plus *Yan Hu Sao* corydalis and *Mu Xiang* saussurea

LIVER QI INVADING THE STOMACH

Aetiology: states of resentment, frustration and anger over long periods of time.

Underlying/accompanying pathology: liver *qi* stagnation.

Signs and symptoms: hypochondrial or epigastric distension; sighing; hiccup; nausea and vomiting of sour fluid; poor appetite or aversion to food; diarrhoea; dizziness; belching; churning sensation in the stomach; irritability; breast distension and tenderness in women.

Pulse: wiry, especially on left middle position.

Tongue: normal colour. Sides may be red.

Treatment principle: calm liver and harmonise middle burner, supplement stomach *qi*, regulate intestine.

Acupuncture treatment:

Bl-21 *Weishu* regulates centre, harmonises stomach Ren-12 *Zhongguan* harmonises the stomach

St-36 *Zusanli* supplements stomach and spleen *qi* St-25 *Tianshu* regulates the large intestine

Sp-6 *Sanyinjiao* supplements spleen, regulates liver St-21 *Liangmen* harmonises middle burner

Needle with supplementation

Bl-18 *Ganshu* regulates liver *qi* and blood P-6 *Neiguan* lowers rebellious *qi*

Liv-3 *Taichong* courses liver *qi*, subdues *yang* Liv-14 *Qimen* harmonises liver *qi* in middle burner

Gb-34 *Yanglingquan* courses liver *qi* St-19 *Burong* lowers rebellion

SJ-6 *Zhigou* benefits lateral costal region

Needle with drainage or even method

Herbal treatment:

Yue Ju Wan (Escape Restraint Pills)

Chai Hu Shu Gan Tang (Bupleurum Soothing the Liver Decoction)

LIVER WIND HARBOURING PHLEGM

Aetiology: repressed anger and frustration; excessive consumption of cold, raw, sweet and/or greasy foods.

Underlying/accompanying pathology: stagnation of liver *qi*; liver blood deficiency; spleen *qi* deficiency with damp obstruction; lung *qi* deficiency.

Signs and symptoms: headache; dizziness; feeling of heaviness in the head; blurred vision; occipital stiffness; tinnitus; nausea; cough with sputum; insomnia; dream-disturbed sleep.

Pulse: wiry, slippery.

Tongue: stiff, swollen with sticky coating.

Treatment principle: calm the liver, extinguish wind, transform phlegm, calm *shen*.

Acupuncture treatment:

Liv-3 Taichong courses liver *qi*, subdues wind

St-40 Fenglong resolves phlegm

LI-4 Hegu regulates face, eyes, nose, mouth and ears

Gb-20 Fengchi eliminates wind

St-8 Touwei eliminates wind, benefits eyes

Ren-12 Zhongwan harmonises middle burner

Sp-6 Sanyinjiao supplements spleen, regulates liver

P-6 Neiguan calms *shen*

Needle with drainage or even method

Herbal treatment:

Ban Xia Bai Zhu Tian Ma Tang (Pinellia-Attractylodes-Gastrodia Decoction)

LIVER YIN DEFICIENCY

Aetiology: a diet lacking in nourishment; excessive use of drugs; chronic illness; too much sexual intercourse; overexertion.

Underlying/accompanying pathology: kidney *yin* deficiency; liver blood deficiency (may allow *yang* to become hyperactive and even wind to stir internally).

Signs and symptoms: dizziness; headache; blurred vision; visual floaters; dry eyes; poor night vision; scant menstruation or amenorrhoea; numbness and tingling of the limbs; insomnia; dull-pale complexion with redness around cheekbones; muscular weakness; cramps; brittle nails; very dry skin and hair; depression.

Pulse: floating, empty.

Tongue: normal colour and peeled.

Treatment principle: enrich *yin*, nourish blood.

Acupuncture treatment:

Bl-17 *Geshu* with moxa, supplements blood

Bl-20 *Pishu* supplements spleen to produce blood

Bl-23 *Shenshu* supplements kidneys to produce *yin*

Liv-8 *Ququan* nourishes liver *yin* and blood

Sp-6 *Sanyinjiao* regulates liver, nourishes *yin*

Kid-3 *Taixi* supplements kidney *yin*

St-36 *Zusanli* nourishes *yin* and blood

Ren-4 *Guanyuan* nourishes kidney *yin*

Ki-6 *Zhaohai* nourishes *yin*, clears empty heat

Extra point *Yuyao* benefits the eyes

Needle with supplementation:

- for ascendant liver *yang* add Du-20 *Baihui*, Gb-20 *Fengchi*, Gb-43 *Xiashi*, Kid-1 *Yongquan*

Herbal treatment:

Bai Gui Di Huang Wan (Six Ingredient Pill with Peonia and Angelica)

Yi Guan Jian (One Linking Decoction)

LIVER YIN DEFICIENCY WITH EMPTY HEAT

Aetiology: diet lacking nourishment; excessive drugs; chronic illness; excess sexual intercourse; overexertion.

Underlying/accompanying pathology: kidney *yin* deficiency; liver blood deficiency.

Signs and symptoms: dizziness; numbness/tingling of limbs; insomnia; blurred vision; visual floaters; dry eyes; poor night vision; scant menstruation (or heavy bleeding if empty heat pronounced); dull-pale complexion, redness around cheekbones; muscular weakness; cramps; brittle nails; very dry skin/hair; depression; anxiety; feeling warm in evening; night sweating; five-palm heat; thirst.

Pulse: floating, empty, slightly rapid.

Tongue: red without coating.

Treatment principle: enrich *yin*, nourish blood, cool heat.

Acupuncture treatment:

Kid-6 *Zhaohai* cools five-palm heat

Kid-2 *Rangu* abates kidney heat

Kid-1 *Yongquan* clears kidney heat

Liv-8 *Ququan* nourishes liver *yin*/blood

Sp-6 *Sanyinjiao* regulates liver, nourishes *yin*

Kid-3 *Taixi* nourishes *yin*, clears empty heat

St-36 *Zusanli* nourishes *yin*/blood

Ren-4 *Guanyuan* nourishes kidney *yin*

Kid-6 *Zhaohai* nourishes *yin*, clears empty heat

Liv-2 *Xingjian* clears liver heat

Extra point *Yuyao* benefits eyes

Needle with even method or drainage:

- for insomnia: Ht-8 *Shaofu*, Lu-11 *Shaoshang*, Ht-7 *Shenmen*, Sp-6 *Sanyinjiao* with supplementation
- for steaming bones: St-36 *Zusanli*, Bl-43 *Gaohuangshu*

Herbal treatment:

Qi Ju Di Huang Wan (Six Ingredient Pill with Lycium and Chrysanthemum)

Qing Hao Bie Jia Tang (Artemisia Annuu-Carapax Amydae Decoction)

STAGNANT LIVER QI TURNING INTO HEAT

Aetiology: states of resentment, frustration and anger over long periods of time.

Underlying/accompanying pathology: stagnation of liver *qi*; hyperactive liver *yang*.

Signs and symptoms: hypochondrial or epigastric distension; feeling of oppression of the chest; irritability; melancholy; depression; moodiness; premenstrual tension; irregular periods; premenstrual breast distension; plumstone throat; feeling of heat; red face; thirst; easily angered; heavy periods.

Pulse: wiry and may be rapid.

Tongue: red on the sides.

Treatment principle: course liver, rectify *qi*, resolve depression, harmonise liver and spleen/stomach, cool heat.

Acupuncture treatment:

P-6 *Neiguan* regulates liver *qi*

Gb-34 *Yanglingquan* courses liver *qi*

Liv-13 *Zhangmen* harmonises liver/spleen

Liv-14 *Qimen* harmonises liver/stomach

Liv-3 *Taichong* courses liver *qi*

SJ-6 *Zhigou* clears heat in the three burners

Liv-2 *Xingjian* clears heat from the liver

Bl-18 *Ganshu* disperses liver stasis

Herbal treatment:

Dan Zhi Xiao Yao San (Free and Easy Wanderer with Moutan and Gardenia)

STAGNATION (BINDING DEPRESSION) OF LIVER QI

Aetiology: prolonged emotional disturbance like a state of frustration, repressed anger or resentment over long period.

Underlying/accompanying pathology: kidney deficiency; liver blood deficiency; spleen *qi* deficiency.

Signs and symptoms: melancholy; depression; moodiness; hypochondrial/epigastric distension; feeling of oppression of chest; sighing; irritability; premenstrual tension; irregular periods; premenstrual breast distension; plumstone throat; jaundice; epilepsy.

Pulse: wiry.

Tongue: normal or slightly red sides.

Treatment principle: course liver, rectify *qi*, resolve depression, harmonise liver and spleen/stomach.

Acupuncture treatment:

P-6 *Neiguan* regulates liver *qi*

Gb-34 *Yanglingquan* courses liver *qi*

Liv-13 *Zhangmen* harmonises liver/spleen

Liv-14 *Qimen* harmonises liver/stomach

Liv-3 *Taichong* courses liver *qi*

SJ-6 *Zhigou* regulates liver, eases hypochondrium

Bl-18 *Ganshu* disperses liver stasis

- for mental depression Ht-7 *Shenmen*, Du-26 *Renzhong*
- for oppression in chest Ren-17 *Shanzhong*
- for pain and distension in lower abdomen Liv-5 *Ligou*, Liv-6 *Zhongdu*
- for plumstone throat Ren-17 *Shanzhong*, P-5 *Jianshi*, Ren-22 *Tiantu*
- for breast pain Ren-17 *Shanzhong*, Liv-14 *Qimen*

Needle with even method. Moxa may be used

Herbal treatment:

Chai Hu Shu Gan San (Bupleurum Liver Coursing Powder)

Yue Ju Wan (Depression Overcoming Pill)

Xiao Yao San (Free and Easy Wanderer Powder) for liver spleen disharmony and menstrual irregularities

STAGNATION OF COLD IN THE LIVER CHANNEL

Aetiology: invasion of exterior cold.

Underlying/accompanying pathology: invasion of the liver channel by cold.

Signs and symptoms: fullness and distension of the hypogastrium with pain, which refers downwards to the scrotum and testis and upwards to the hypochondrium; alleviation of pain by warmth; straining of the testis or contraction of the scrotum; bright white complexion; green-blue or purple lips; vertex headache; a feeling of cold; cold hands and feet; vomiting of clear watery fluid; copious clear urine; loose stools; in women there can be shrinking of the vagina.

Pulse: deep, wiry, slow.

Tongue: pale and wet with a glossy, white coating.

Treatment principle: warm the liver and dissipate cold, rectify *qi* and stop pain.

Acupuncture treatment:

Ren-4 *Guanyuan* scatters cold in genitals

Ren-6 *Qihai* warms the lower burner

Sp-6 *Sanyinjiao* warms liver, nourishes blood

Ren-3 *Zhongji* scatters cold from lower burner

Liv-5 *Ligou* scatters cold from liver channel

Liv-1 *Dadun* clears liver channel

Liv-3 *Taichong* courses liver *qi*

Needle with drainage; moxa can be used in large amounts if there are significant cold signs

Herbal treatment:

Ju He Wan (Tangerine Seed Pill)

Nuan Gan Jian (Warming the Liver Decoction)

LUNG HEAT

Aetiology: interior heat from *yin* deficiency or *qi* stagnation (from chronic emotional strain); invasion of external pathogenic heat

Underlying pathology: lung *yin* deficiency; invasion of lungs by wind heat; lung *qi* stagnation.

Signs and symptoms: cough; slight breathlessness; feeling of heat; chest ache; flaring of the nostrils; thirst; red face

Pulse: overflowing, rapid

Tongue: red with yellow coating

Treatment: enrich *yin*; clear lung heat;

Acupuncture treatment:

Lu-5 Chize clears heat from the lungs

Lu-10 Yuji clear heat from the lungs

Lu-7 Lieque restores lung descending function

LI-11 Quchi clears heat

Lu-1 Zhongfu descends lung *qi*, alleviates cough; *Bl-13*

Feishu supplements lung *qi*

Needle with drainage

Herbal treatment:

Ma Xing Shi Gan Tang (Ephedra, Prunus, Gypsum and Licorice Decoction)

Qing Bai San (Clearing White Powder)

LUNG QI DEFICIENCY

Aetiology: hereditary weakness; poor posture which constricts the breath; exposure to cold; prolonged grief and sadness weakening lung *qi*; repeated impairment of lung *qi* diffusing and descending over long time.

Signs and symptoms: shortness of breath, panting, worse on exertion; forceless cough with profuse watery sputum; weak voice; spontaneous daytime sweating; dislike of speaking; pale or bright white complexion; easily catches colds; tiredness; dislike of cold; feeling of cold; cold hands; cold feeling of upper back; absence of thirst.

Pulse: weak, especially right front position.

Tongue: pale, slightly wet, white fur.

Treatment principle: strengthen lung *qi*; support defensive exterior.

Acupuncture treatment:

Lu-9 *Taiyuan* supplements lung *yang*

Lu-7 *Lieque* promotes descending of lung *qi*

Ren-6 *Qihai* supplements original *qi*, fortifies *yang*

Bl-13 *Feishu* supplements lung *qi*

Du-12 *Shenzhu* relieves cough and dyspnoea

St-36 *Zusanli* supplements stomach and lung *qi*

Ren-12 *Zhongwan* supplements earth to strengthen metal

Bl-43 *Gaohuangshu* supplements the lung

Bl-20 *Pishu* supplements spleen

Sp-3 *Taibaiyuan* source point of the spleen

Needle with supplementation and use moxa if required

Herbal treatment:

Bu Fei Tang (Lung Supplementation Decoction) combined with *Yu Ping Feng San* (Jade Wind-Barrier Powder) for insecurity of the defensive exterior

Yu Ping Feng San (Jade Wind-Barrier Powder)

Lui Jun Zi Tang (Six Gentlemen Decoction)

LUNG YANG DEFICIENCY

Aetiology: hereditary weakness; poor posture which constricts the breath; exposure to cold; prolonged grief and sadness weakening lung *qi*; repeated impairment of lung *qi* diffusing and descending function over a long time; spleen/kidney *yang* deficiency.

Signs and symptoms: shortness of breath; panting, worse on exertion; forceless cough with profuse watery sputum; weak voice; bright white complexion; spontaneous daytime sweating; dislike of speaking; easily catches colds; tiredness; dislike of cold; feeling of cold; cold hands; cold feeling of upper back; absence of thirst.

Pulse: weak, especially right front position.

Tongue: pale, slightly wet, white fur.

Treatment principle: warm and supplement lung *yang* .

Acupuncture treatment:

Lu-9 Taiyuan supplements lung *yang*

Lu-7 Lieque promotes descending of lung *qi*

Ren-6 Qihai supplements original *qi*, fortifies *yang*

Bl-13 Feishu supplements lung *qi*

Du-12 Shenzhu relieves cough and dyspnoea

St-36 Zusanli supplements stomach and lung *qi*

Ren-12 Zhongwan supplements earth to strengthen metal

Bl-43 Gaohuangshu supplements the lung

Bl-20 Pishu supplements spleen

Sp-3 Taibaiyuan source point of the spleen

Needle with supplementation and large amounts of moxa

Herbal treatment:

Gan Cao Gan Jiang Tang (Glycyrrhiza Zingiber Decoction)

Ling Gan Wu Wei Jiang Xin Tang (Poria, Licorice, Schisandra, Ginger and Asarum Decoction)

LUNG YIN DEFICIENCY

Aetiology: hereditary weakness; poor posture which constricts the breath; exterior attack of wind cold or wind heat resulting in impaired lung descending function; prolonged grief and sadness weakening the lung *qi*; external or internally generated dryness; aetiological factors leading to kidney and/or stomach *yin* deficiency.

Possible presenting condition: pulmonary tuberculosis.

Signs and symptoms: cough which is dry or with scanty sticky sputum; weak/hoarse voice; dry mouth and throat; tickly throat; tiredness; dislike of speaking; thin body or thin chest; night sweating; emaciation; afternoon tidal fever; five-palm heat.

Pulse: floating, empty, rapid, fine.

Tongue: normal colour or red and peeled.

Treatment principle: moisten lung, suppress cough, enrich *yin*.

Acupuncture treatment:

Lu-9 *Taiyuan* supplements lung *yin*

Ren-17 *Shanzhong* supplements *qi* and lung *yin*

Sp-6 *Sanyinjiao* supplements *yin*

Bl-13 *Feishu* supplements lung *qi* and *yin*

Du-12 *Shenzhu* relieves cough and dyspnoea

Ren-4 *Guanyuan* supplements kidney *yin*

Kid-6 *Zhaohai* supplements *yin*, benefits the throat

Ren-12 *Zhongwan* supplements stomach *yin*

Bl-43 *Gaohuangshu* supplements lung *yin*

Lu-5 *Chize* clears lung heat

Needle with supplementation

For lung kidney *yin* deficiency add Bl-23 *Shenshu*, Sp-6 *Sanyinjiao*

Herbal treatment:

Bai He Gu Jin Tang (Lily Bulb Metal Securing Decoction)

Sheng Mai San (Generating the Pulse Powder)

LUNG YIN DEFICIENCY WITH EMPTY HEAT

Aetiology: hereditary weakness; poor posture constricting breath; exterior attack of wind cold/wind heat; prolonged grief/sadness weakening lung *qi*; external/internally generated dryness; aetiological factors leading to kidney/stomach *yin* deficiency.

Signs and symptoms: dry cough or scanty sticky sputum, maybe blood tinged; dry mouth/throat at night; weak/hoarse voice; tickly throat; night sweating; tiredness; malar flush; dislike of speaking; feeling of heat/low-grade fever in evening; five-palm heat; thirst with desire to drink in small sips; insomnia; anxiety; thin body; thin chest.

Pulse: floating, empty, rapid.

Tongue: red and peeled.

Treatment principle: moisten lung, suppress cough; enrich *yin*, descend fire.

Acupuncture treatment:

Lu-9 <i>Taiyuan</i> supplements lung <i>yin</i>	Ren-17 <i>Shanzhong</i> supplements <i>qi</i> and lung <i>yin</i>
Bl-43 <i>Gaohuanshu</i> supplements lung <i>yin</i>	Bl-13 <i>Feishu</i> supplements lung <i>qi</i> and <i>yin</i>
Du-12 <i>Shenzhu</i> clears heat from the lungs	Ren-4 <i>Guanyuan</i> supplements kidney <i>yin</i>
Kid-6 <i>Zhaohai</i> supplements kidney <i>yin</i> , benefits throat	Ren-12 <i>Zhongwan</i> nourishes stomach fluids
Sp-6 <i>Sanyinjiao</i> supplements <i>yin</i>	Lu-10 <i>Yuji</i> clears lung empty heat
Lu-11 <i>Quchi</i> clears heat from the lungs	Lu-5 <i>Chize</i> clears upper burner heat

Herbal treatment:

Bai He Gu Jin Tang (Lily Bulb Metal-Securing Decoction)

Ba Xian Chang Shou Wan (Eight Immortals Longevity Pill)

Yang Yin Qing Fei Tang (Nourishing *Yin* and Clearing the Lungs Decoction)

PHLEGM DAMP OBSTRUCTING THE LUNG

Aetiology: invasion of exterior cold poorly expelled; overexertion and poor diet over long period; excessive consumption of greasy/cold-raw foods leading to phlegm damp production by spleen, settling in lung; chronic spleen/lung *yang* deficiency.

Signs and symptoms: cough with easy expectoration of watery white sputum; aggravated by exposure to cold; aggravated by physical movement; feeling of cold; cold hands; phlegm in throat; dizziness; feeling of fullness and oppression in chest; feeling of cold in chest.

Pulse: slippery and slow.

Tongue: swollen and wet tongue, sticky white coating.

Treatment principle: transform phlegm damp; regulate waterways, descend lung *qi*, suppress cough.

Acupuncture treatment:

Lu-5 *Chize* clears phlegm from lungs

Lu-7 *Lieque* descends lung *qi*

Ren-17 *Shangzhong* supplements lung *qi*

Ren-12 *Zhongwan* resolves phlegm

Bl-13 *Feishu* supplements lung *qi*

Bl-20 *Pishu* supplements spleen and resolves phlegm

Ren-22 *Tiantu* diffuses lung, transforms phlegm

Sp-3 *Taibai* supports the spleen

LI-4 *Hegu* releases the exterior

Lu-9 *Taiyuan* supplements lung *yin*

P-6 *Neiguan* loosens the chest and rectifies *qi*

St-36 *Zusanli* transforms damp

Needle with even method

Herbal treatment:

Er Chen San Zi yang Qin Tang (Two Old and Three Seed Nourishing the Parents Decoction)

She Gan Ma Huang Tan (Belamcanda Ephedra Decoction)

Ling Gui Zhu Gan Tang (Poria Ramulus Cinamomi Atractylodes Glycyrrhiza Decoction)

PHEGGM HEAT OBSTRUCTING THE LUNG

Aetiology: invasion of exterior heat depressed in the lung and transforming into heat; internally produced heat from *yin* deficiency or *qi* stagnation (from long-term emotional strain); excessive consumption of greasy and cold-raw foods.

Possible presenting condition: bronchial asthma; acute bronchitis; pneumonia; pulmonary emphysema with infection.

Signs and symptoms: cough and panting; barking cough with profuse sticky yellow or green sputum; shortness of breath; sweating; flaring nostrils; expectoration of blood and/or purulent phlegm with fishy smell; wheezing; feeling of oppression of the chest; feeling of heat; thirst; insomnia; agitation.

Pulse: slippery, rapid.

Tongue: red, swollen with a sticky yellow coating.

Treatment principle: clear and drain phlegm heat.

Acupuncture treatment:

Lu-5 *Chize* clears heat and phlegm

Lu-7 *Lieque* restores lung descending function

Lu-10 *Yuji* clears lung heat

LI-11 *Quchi* clears lung heat

Bl-13 *Feishu* supplements lung *qi*

Ren-12 *Zhongwan* supplements spleen, resolves phlegm

St-40 *Fenglong* resolves phlegm

Lu-1 *Zhongfu* descends lung *qi*, alleviates cough

LI-4 *Hegu* releases the exterior

Ren-17 *Shanzhong* unbinds chest

St-36 *Zusanli* transforms phlegm

Kid-6 *Zhaohai* disinhibits the throat

Needle with drainage

Prick LI-1 *Shangyang* to bleed

Herbal treatment:

Qing Qi Hua Tan Tang (Clearing *Qi* and Resolving Phlegm Decoction)

Wen Dan Tang (Warming the Gallbladder Decoction)

WATER COLD IN THE LUNG

Aetiology: exterior invasion of wind cold when patient suffers from phlegm or water swelling; two pathogens combining to impair diffusion of lung *qi*; lung *qi* deficiency; stomach *yin* deficiency; kidney *yin* deficiency may underlie.

Possible presenting condition: in severe cases may be pulmonary tuberculosis.

Signs and symptoms: cough; hasty panting with inability to lie down and puffy swelling of the lower limbs; copious thin white phlegm; fullness and oppression in the chest and rib-side; distension and fullness in abdomen; cold pain in lumbar region; cold knees and lower legs; scant urine.

Pulse: tight and floating, or tight and wiry.

Tongue: tongue fur thin, white and glossy or white and slimy.

Treatment principle: warm lung and transform phlegm; assist *yang* and disinhibit water.

Acupuncture treatment:

- Bl-13 *Feishu*, Lu-9 *Taiyuan*, St-40 *Fenglong*, LI-4 *Hegu*, Ren-12 *Zhongwan*, St-36 *Zusanli*, Ren-17 *Shanzhong* to warm the lung and transform phlegm
- Ren-9 *Shuifen*, Ren-6 *Qihai*, Bl-23 *Shenshu*, Bl-20 *Pishu*, Bl-22 *Sanjiaoshu* and Sp-9 *Yinlingquan* to assist *yang* and disinhibit water

Herbal treatment:

Xiao Qing Long Tang (Green Blue Dragon Decoction) combined with *Zhen Wu Tang* (True Warrior Decoction)

WIND COLD INVADING THE LUNG

Aetiology: exposure to exterior wind and cold; relative weakness of the body's *qi* in relation to the pathogenic factor.

Signs and symptoms: aversion to cold; fever; cough; itchy throat; slight breathlessness; stuffed or runny nose with clear watery discharge; sneezing; occipital headache; body aches; absence of sweating; heavy voice; itchy throat; cough; absence of thirst.

Pulse: floating, tight.

Tongue: thin white coating.

Treatment principle: dissipate wind cold; diffuse the lung and suppress cough.

Acupuncture treatment:

Lu-7 *Lieque* releases the exterior, expels wind

SJ-5 *Weiguan* expels wind, benefits head

Gb-20 *Fengchi* expels wind

LI-4 *Hegu* releases the exterior

Du-16 *Fengfu* expels wind

Bl-13 *Feishu* suppresses cough, regulates lung *qi*

Bl-12 *Fengmen* (cupping) expels wind and releases the exterior

Needle with drainage:

- for headache add Du-20 *Baihui* and SI-3 *Houxi*
- for absence of sweating add Kid-7 *Fuliu*
- for nasal congestion and running nose add LI-20 *Yingxiang* and extra point *Yintang*
- for cough add Bl-13 *Feishu* and Bl-11 *Duzhu*

Herbal treatment:

Ma Huang Tang (Ephedra Decoction)

Zhi Sou San (Stop Coughing Powder)

WIND DRYNESS INVADING THE LUNG

Aetiology: exposure to climatic wind and heat.

Signs and symptoms: dry cough without phlegm or with scant sticky phlegm not easily expectorated; aversion to cold; fever; dry throat; tickly throat; dry nose; dry lips; discomfort in the chest.

Pulse: floating.

Tongue: red with yellow or white fur.

Treatment principle: clear dryness, moisten lung; suppress cough, transform phlegm.

Acupuncture treatment:

Lu-7 Lieque releases exterior, expels wind

LI-4 Hegu releases exterior

SJ-5 Waiguan expels wind, releases exterior

Ren-12 Zhongwan descends rebellious *qi*

Sp-6 Sanyinjiao supplements the body's *yin*

Bl-12 Fengmen (cupping) expels wind

Bl-13 Feishu supplements lung *qi*

Kid-6 zhaohai disinhibits the throat

Needle with drainage

For generalised sweating and aversion to cold, drain *Bl-12 Fengmen*, *Gb-20 Fenchi* and *Bl-11 Da Zhu*

Herbal treatment:

Qing Zao Jiu Fei Tang (Dryness-Clearing Lung Rescuing Decoction)

Sang Xing Tang (Mulberry Leaf and Apricot Kernel Decoction)

Sang Xing Tang (Morus and Prunus Decoction)

WIND HEAT INVADING THE LUNG

Aetiology: exposure to climatic wind and heat; possible weak defensive (*wei*) *qi*.

Signs and symptoms: cough; fever; aversion to cold; scorching sore throat; stuffed nose without snivel; cough with yellow mucus; headache; body aches; slight sweating; thirst; swollen tonsils; slight aversion to cold.

Pulse: floating and rapid.

Tongue: red sides or tip. Coating may be yellow or yellowish white, thin.

Treatment principle: release the exterior, expel wind heat.

Acupuncture treatment:

Lu-10 <i>Yuji</i> clears lung heat	LI-4 <i>Hegu</i> releases the exterior, clears heat
LI-11 <i>Quchi</i> releases the exterior, clears heat	St-44 <i>Neiting</i> descends stomach <i>qi</i>
Lu-11 <i>Shaoshang</i> clears lung heat	Du-14 <i>Dazhui</i> clears heat
Bl-12 <i>Fengmen</i> (cupping) expels wind	Du-16 <i>Fengfu</i> expels exterior wind
Gb-20 <i>Fengchi</i> expels exterior wind	SJ-5 <i>Weiguan</i> expels wind and clears heat
Lu-5 <i>Chize</i> clears phlegm	

Needle with drainage:

- for headache add Du-20 *Baihui*, *Taiyang* and SI-3 *Houxi*
- for spontaneous sweating add LI-4 *Hegu* and Kid-7 *Fuliu*
- for nasal congestion without snivel add LI-20 *Yingxiang* and extra point *Yintang*
- for scorching sore throat prick Lu-11 *Shaoshang* to bleed
- for cough with thick yellow phlegm add Bl-13 *Feishu*, LI-4 *Hegu* and Lu-7 *Lieque*

Herbal treatment:

Sang Ju Yin (Morus and Chrysanthemum Decoction)

Yin Qiao San (Lonicera Forsythia Powder)

FULL HEAT IN THE SMALL INTESTINE

Aetiology: emotional problems (prolonged anxiety, stress, anger, depression); ‘always on the go’; excessive mental activity.

Underlying/accompanying pathology: stagnation of liver *qi*; *qi* stagnation in the lung; heart *qi* stagnation; heart fire blazing; damp heat in the bladder.

Possible presenting condition: urinary tract infection.

Signs and symptoms: mental restlessness; tinnitus; sore throat; tongue ulcers; discomfort and heat in the chest; abdominal pain; thirst; scanty and dark urine; painful urination; blood in urine.

Pulse: rapid and overflowing, especially in the front left position.

Tongue: red with reddened swollen tip, yellow coating.

Treatment principle: clear the heart and drain fire in the small intestine; stop abdominal pain; calm the *shen*; supplement the *yin* to clear heat.

Acupuncture treatment:

SI-2 *Qiangqu* clears small intestine heat

SI-5 *Yanggu* clears heat and calms mind

SI-3 *Houxi* clears interior heat

Ren-3 *Zhongji* disinhibits the bladder

Sp-9 *Yinlingquan* clears heat from lower burner

Ren-4 *Guanyuan* regulates *qi* in lower burner

Ht-5 *Tongli* clears heart fire

Ht-8 *Shaofu* clears heart fire

St-39 *Xiajuxu* lower sea point for small intestine
(stops abdominal pain)

Needle with drainage

Herbal treatment:

Dao Chi San (Eliminating Redness Powder)

Dao Chi Qing Xin Tang (Eliminating Redness and Clearing the Heart Decoction)

INFESTATION OF WORMS IN THE SMALL INTESTINE

Aetiology: infestation of intestinal worms; excessive consumption of cold and raw foods.

Underlying/accompanying pathology: cold conditions of the spleen and intestines, which allow the worms to thrive.

Signs and symptoms: abdominal pain and distension, bad taste in the mouth; sallow complexion:

Roundworms – abdominal pain; vomiting of worms; cold limbs

Hookworms – desire to eat unconventional things like soil, uncooked rice or tea leaves

Pinworms – itchy anus, worse in the evening

Tapeworms – constant hunger combined with weight loss

Acupuncture treatment: herbal medicine is the treatment of choice.

Herbal treatment:

Wu Mei Wan (Mume Pill)

Li Zhong An Hui Tang (Regulating the Centre and Calming Roundworms Decoction)

Lian Mei An Hui Tang (Picrorhiza Mume Calming Roundworms Decoction)

Hua Chong Wan (Dissolving Parasites Pill)

SMALL INTESTINE DEFICIENT AND COLD

Aetiology: excessive consumption of cold and raw foods hindering the transformation function of the small intestine.

Underlying/accompanying pathology: spleen *yang* deficiency; kidney *yang* deficiency.

Signs and symptoms: abdominal pain; desire for hot drinks and pressure on abdomen; borborygmi; diarrhoea; pale, frequent inhibited urine; cold limbs.

Pulse: deep, weak and slow.

Tongue: pale with white coating.

Treatment principle: warm and supplement spleen *yang* , warm the small intestine and dissipate cold, disinhibit bladder.

Acupuncture treatment:

Ren-6 <i>Qihai</i> with moxa supplements <i>yang</i>	St-25 <i>Tianshu</i> stops diarrhoea and abdominal pain
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St-39 <i>Xiajuxu</i> stops abdominal pain	St-36 <i>Zusanli</i> supplements spleen <i>yang</i> (moxa)
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Bl-20 <i>Pishu</i> supplements spleen <i>qi</i>	Bl-27 <i>Xiaochangshu</i> warms small intestine
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Bl-28 <i>Pangguangshu</i> disinhibits the bladder	Bl-23 <i>Shenshu</i> supplements the kidney
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Needle with supplementation and moxa

Herbal treatment:

Fu Zi Li Zhong Wan (Aconite Regulating the Centre Pill)

Xiao Jian Zhong Tang (Small/Strengthening the Centre Decoction)

Shen Ling Bai Zhu San (Ginseng Poria Atractylodis Powder)

SMALL INTESTINE QI PAIN

Aetiology: excessive consumption of cold and raw foods; emotional states (anger, frustration, resentment).

Underlying/accompanying pathology: stagnation of liver *qi*; liver *qi* invading the spleen; spleen *qi* deficiency.

Signs and symptoms: lower abdominal twisting pain which can extend to the back; abdominal distension; dislike of pressure on the abdomen; borborygmi; flatulence (abdominal pain relieved with the passing of wind); pain in the testis.

Pulse: deep, wiry, especially rear positions.

Tongue: white coating.

Treatment principle: course the liver and move *qi* in the lower burner; stop abdominal pain; harmonise liver and spleen.

Acupuncture treatment:

Ren-6 *Qihai* moves *qi* in lower burner

Gb-34 *Yanglingquan* moves stagnation, relieves pain

Liv-13 *Zhangmen* harmonises the liver and spleen

St-27 *Daju* moves *qi* in lower burner

St-29 *Guilai* stops pain, stimulates small intestine

Sp-6 *Sanyinjiao* stops abdominal pain

Liv-3 *Taichong* relieves stagnation of liver *qi*

St-39 *Xiajuxu* lower sea point of small intestine

Needle with drainage

Herbal treatment:

Ling Fu Zheng Qi Tian Xing San (Alpinia Cyperus and Upright Qi Heavenly Fragrance Powder)

Chai Hu Shu Gan Tang (Bupleurum Soothing the Liver Decoction)

SMALL INTESTINE QI TIED

Aetiology: excessive consumption of cold and raw foods hindering the transformation function of the small intestine.

Underlying/accompanying pathology: stagnation of liver *qi*; liver *qi* invading the spleen; spleen *qi* deficiency.

Signs and symptoms: intense abdominal pain; intolerance of pressure on the abdomen; abdominal distension; constipation; vomiting; borborygmi; flatulence.

Pulse: thick white coating.

Tongue: deep and wiry.

Treatment principle: course obstruction in the small intestine and rectify *qi*; harmonise the stomach.

Acupuncture treatment:

St-39 *Xiajuxu* moves small intestine *qi*, stops pain

Extra point *Lanweixue* if appendicitis is suspected

Ren-6 *Qihai* moves *qi* in lower burner

Gb-34 *Yanglingquan* moves stagnation, relieves pain

Sp-6 *Sanyinjiao* stops abdominal pain

Liv-3 *Taichong* stops pain and spasms

St-25 *Tianshu* stops abdominal pain, harmonises stomach

Needle with drainage

Herbal treatment:

Chai Hu Su Gan Tang (Bupleurum Soothing the Liver Decoction)

Zhi Shi Dao Zhi Wan (Eliminating Stagnation Pill)

CENTRE QI FALL (SPLEEN QI SINKING)

Aetiology: excessive consumption of cold and raw foods which hinder the spleen; irregular eating and eating too much; excessive mental activity; standing for long hours every day; childbirth; menopause; prolonged exposure to damp; chronic illness.

Underlying or accompanying pathology: spleen *qi* deficiency; stomach *qi* deficiency; lung *qi* deficiency.

Signs and symptoms: poor appetite; slight abdominal distension following food; pale complexion; tiredness; weakness of the limbs; loose stools; depression; tendency to gain weight; bearing down sensation in the abdomen; prolapse of stomach, uterus, anus or bladder; frequent and urgent urination; in infants depressed fontanelle.

Pulse: empty or weak.

Tongue: pale.

Treatment principle: supplement the centre and boost *qi*; raise *yang* and rectify the fall.

Acupuncture treatment:

Ren-12 Zhongwan supplements spleen *qi*

St-36 Zusanli supplements spleen *qi*

Sp-3 Taibai yuan source point of the spleen

Sp-6 Sanyinjiao supplements spleen *qi*

Bl-20 Pishu supplements spleen *qi* (chronic)

Bl-21 Weishu supplements stomach and spleen *qi*

Du-20 Baihui raises *qi*

Ren-6 Qihai supplements and raises *qi*

St-21 Liangmen supplements stomach, rectifies prolapse of stomach

Du-1 Chengqiang for prolapse of anus

Needle with supplementation and moxa

Herbal treatment:

Bu Zhong Yi Qi Tang (Centre Supplementing Qi Boosting Decoction)

COLD DAMP INVADING THE SPLEEN

Aetiology: exposure to exterior dampness from either weather or living conditions with spleen *qi* deficiency underlying allowing damp to invade.

Signs and symptoms: poor appetite and digestion; fullness and oppression in the stomach duct and epigastrium which is better for warmth; heaviness in the head and limbs; sweet or sticky taste or absence of taste; no thirst or thirst for warm drinks; loose stools; leucorrhoea; tiredness; dull-white complexion.

Pulse: slippery and slow.

Tongue: swollen, pale with sticky white coat.

Treatment principle: warm the centre, dispel cold and disinhibit damp.

Acupuncture treatment:

Sp-9 *Yinlingquan* drains damp in lower burner

Sp-6 *Sanyinjiao* disinhibits dampness

Ren-12 *Zhongwan* supplements spleen,
disinhibits damp

Sp-3 *Taibai* supplements spleen *qi*

St-8 *Touwei* transforms damp in the head

Bl-22 *Sanjiaoshu* harmonises spleen and stomach

Bl-20 *Pishu* supplements spleen, resolves damp

Ren-9 *Shuifen* harmonises intestines

Ren-11 *Jianli* harmonises middle burner

St-22 *Guanmen* regulates intestines

Needle with supplementation and large amounts of moxa

Herbal treatment:

Huo Xiang Zhen Qi San (Agastache Powder to Rectify the *Qi*)

Ping Wei San (Balancing the Stomach Powder)

DAMP HEAT IN THE SPLEEN

Aetiology: exterior damp heat; eating contaminated/unclean food; possible background spleen *qi* deficiency.

Signs and symptoms: fullness of the epigastrium and lower abdomen; epigastric/abdominal pain; poor appetite; feeling of heaviness; thirst without desire to drink; nausea/vomiting; loose stools with offensive odour; yellow urine; heavy cumbersome limbs; tenesmus; feeling of heat; low-grade fever unabated by sweating; headache; bitter taste; yellow sclera.

Pulse: slippery and rapid or soggy.

Tongue: red, sticky yellow coating.

Treatment principle: clear heat, resolve dampness and regulate the intestines.

Acupuncture treatment:

Sp-9 *Yinlingquan* resolves lower burner damp heat

Sp-6 *Sanyinjiao* resolves damp heat

Du-9 *Zhiyang* resolves damp heat

LI-11 *Quchi* clears heat and resolves damp

BL-20 *Pishu* resolves dampness

Gb-34 *Yanglingquan* resolves damp heat

Ren-9 *Shuifen* harmonises intestines

Ren-11 *Jianli* harmonises middle burner

St-22 *Guanmen* regulates intestines

St-28 *Shuidao* regulates lower burner

BL-22 *Sanjiaoshu* regulates spleen and stomach

LI-4 *Hegu* clears heat

St-25 *Tianshu* regulates large intestine

- for yellowing of body/eyes drain Liv-3 *Taichong*, Gb-34 *Yanglingquan*
- for itchy skin add *Zhiyang*, Sp-10 *Xuehai*
- for pronounced heat drain Du-14 *Dazhui*, prick LI-1 *Shangyang* to bleed

Needle with drainage, no moxa

Herbal treatment:

Lian Po Yin (Coptis and Magnolia Bark Decoction)

Xiang Sha Liu Jun Zi Tang (Six Gentlemen Decoction)

PHLEGM OBSTRUCTING THE MIDDLE BURNER

Aetiology: poor diet (rich in phlegm-forming foods) and irregular eating; excessive mental activity; sedentary lifestyle.

Underlying/accompanying pathology: spleen *qi* deficiency with damp obstruction.

Signs and symptoms: oppressive sensation in the chest and epigastrium; sour regurgitation; poor appetite; nausea and vomiting; gnawing hunger; dizziness; feeling of heaviness; loose stools or diarrhoea; poor concentration; copious salivation, dizziness, palpitation or headaches that can be triggered by strong smells; maybe chronic mucus production from the sinuses and lungs, tendency to obesity; pear shape.

Pulse: slippery, especially on the right middle position.

Tongue: swollen with thick sticky coating in centre.

Treatment principle: harmonise the middle burner, transform phlegm, supplement spleen and stomach.

Acupuncture treatment:

Ren-10 *Xiawan* harmonises the stomach

St-21 *Liangmen* harmonises the middle burner

Ren-9 *Shuifen* harmonises intestines

St-22 *Guanmen* regulates the intestines

St-40 *Fenglong* transforms phlegm, benefits chest

Sp-9 *Yinglingquan* transforms damp

Sp-3 *Taibai* supplements spleen, transforms damp

St-36 *Zusanli* supplements spleen and stomach

Sp-5 *Shangqiu* transforms damp

P-5 *Jianshi* transforms phlegm, harmonises stomach

Needle with drainage

Herbal treatment:

Xiang Sha Liu Jun Zi Tang (Aplotaxis-Amomum Six Gentlemen Decoction)

Ping Wei San (Stomach Calming Powder)

SPLEEN FAILING TO MANAGE THE BLOOD

Aetiology: excessive consumption of cold and raw foods which hinder the spleen; irregular eating and eating too much; a diet lacking in protein; excessive mental activity; prolonged exposure to damp; chronic illness.

Underlying or accompanying pathology: spleen *qi* deficiency.

Signs and symptoms: poor appetite; slight abdominal distension after food; tiredness; weakness of limbs; pale and sallow complexion; weak and fatigued spirit; loose stools; tendency to obesity; petechiae; blood in urine or stools; excessive uterine bleeding; dizziness; heart palpitations; shortness of breath.

Pulse: weak or fine.

Tongue: pale.

Treatment principle: boost *qi* to contain blood.

Acupuncture treatment:

Ren-12 *Zhongwan* supplements stomach and spleen

St-36 *Zusanli* supplements spleen *qi*

Sp-3 *Taibaiyuan* source point of the spleen

Sp-6 *Sanyinjiao* supplements spleen *qi*

Bl-20 *Pishu* supplements spleen *qi* (chronic)

Bl-21 *Weishu* supplements stomach/spleen *qi*

Du-20 *Baihui* raises *yang*, nourishes marrow

Ren-6 *Qihai* regulates *qi*, harmonises blood

Bl-17 *Geshu* nourishes/harmonises blood

Sp-10 *Xuehai* helps spleen manage blood

Sp-1 *Yinbai* strengthens spleen, stops uterine bleeding

Needle with supplementation, moxa:

- for blood in stool Ren-4 *Guanyuan*, Bl-35 *Huiyang*
- for flooding/spotting Ren-4 *Guanyuan*, Ren-6 *Qihai*

Herbal treatment:

Huang Tu Tang (Yellow Earth Decoction)

Gui Pi Tang (Tonifying the Spleen Decoction)

SPLEEN HEAT

Aetiology: excessive consumption of hot spicy foods and/or alcohol; smoking; long-held emotional strain (frustration and anger causing stagnation which can lead to heat); excessive mental activity; chronic illness.

Underlying or accompanying pathology: spleen *qi* deficiency; stomach *yin* deficiency; stomach heat; liver fire blazing.

Signs and symptoms: burning epigastric/abdominal pain; excessive hunger; red tip of the nose; dry lips; thirst; mouth ulcers; dry stools; feeling hot; scanty dark urine; yellow complexion.

Pulse: overflowing and rapid.

Tongue: red with dry yellow coating.

Treatment principle: clear heat and harmonise middle burner.

Acupuncture treatment:

Sp-9 *Yinglingquan* clears heat from lower burner

Sp-6 *Sanyinjiao* supplements spleen, clears heat

Sp-2 *Dadu* regulates the spleen, clears heat

LI-11 *Quchi* clears heat

St-44 *Neiting* clears stomach heat

Ren-11 *Jianli* harmonises middle burner

Bl-20 *Pishu* supplements spleen, harmonises middle burner

Needle with drainage

Herbal treatment:

Xie Huang San (Draining the Yellow Powder)

SPLEEN AND KIDNEY YANG DEFICIENCY

Aetiology: chronic illness; excessive sexual activity; exposure to cold after sex; damp retention (from spleen deficiency); old age.

Underlying or accompanying pathology: kidney *yin* deficiency; spleen *qi* deficiency; retention of dampness. Fire not engendering earth, earth not damming water.

Signs and symptoms: lower backache; cold, weak knees; chronic diarrhoea; puffy face; swollen limbs; cold in lower back; feeling cold; weak legs; bright white complexion; tiredness; lassitude; abundant clear urination; nocturia; apathy; infertility in women; depression; impotence; premature ejaculation; low sperm count; decreased libido.

Pulse: deep, weak.

Tongue: pale, wet, glossy fur.

Treatment principle: nourish and warm spleen/kidneys.

Acupuncture treatment:

Bl-23 <i>Shenshu</i> supplements kidneys	Du-4 <i>Mingmen</i> supplements kidney <i>yang</i>
Ren-4 <i>Guanyuan</i> enriches kidney <i>yin</i> /essence	Kid-3 <i>Taixi</i> enriches kidney <i>yin</i> /essence
Ren-6 <i>Qihai</i> fosters original <i>qi</i> , fortifies <i>yang</i>	Kid-7 <i>Fuliu</i> supplements kidney <i>yang</i>
Bl-52 <i>Zhishi</i> supplements kidneys	Extra point <i>Jingong</i> supplements kidney <i>yang</i>
St-36 <i>Zusanli</i> fosters original <i>qi</i>	

Needle with supplementation, moxa:

- for severe swelling Sp-9 *Yinlingquan*, Ren-9 *Shuifen*
- to supplement spleen Bl-20 *Pishu*, Sp-6 *Sanyinjiao*, Bl-25 *Dachangshu*, St-25 *Tianshu*
- for heart/kidney deficiency Ht-7 *Shenmen*, Bl-15 *Xinshu*, P-6 *Neiguan*

Herbal treatment:

You Gui Wan (Restoring the Right Kidney Pill)

Fu Zi Li Zhong Tang (Aconite Centre Rectifying Decoction)

Si Pi Yin (Spleen Firming Beverage)

SPLEEN QI DEFICIENCY

Aetiology: excessive consumption of cold and raw foods which hinder the spleen; irregular eating and eating too much; excessive mental activity; anxiety; prolonged exposure to damp; chronic illness.

Underlying or accompanying pathology: stomach *qi* deficiency; spleen *yang* deficiency; lung *qi* deficiency.

Signs and symptoms: poor appetite; abdominal distension after eating; tiredness; pale or yellow complexion; pale or dark lips; dizziness; low voice; shortness of breath; weakness of the limbs; loose stools; slight depression; tendency to gain weight.

Pulse: empty.

Tongue: pale, thick fur.

Treatment principle: supplement spleen, warm lower burner.

Acupuncture treatment:

Ren-12 *Zhongwan* fortifies stomach and spleen

St-36 *Zusanli* supplements spleen *qi*

Sp-3 *Taibai yuan* source point of the spleen

Sp-6 *Sanyinjiao* supplements spleen *qi*

Bl-20 *Pishu* supplements spleen *qi* (chronic)

Bl-21 *Weishu* supplements stomach and spleen *qi*

Ren-4 *Guanyuan* supplements *qi*

Ren-6 *Qihai* warms the lower burner

Needle with supplementation and moxa

Herbal treatment:

Bu Zhong Yi Qi Tang (Centre-Supplementing Qi-Boosting Decoction)

Si Jun Zi Tang (Four Gentlemen Decoction)

SPLEEN QI DEFICIENCY WITH DAMP OBSTRUCTION

Aetiology: excessive consumption of cold/raw foods hindering spleen; irregular eating, eating to excess; excessive mental activity; anxiety; prolonged exposure to damp; chronic illness.

Underlying or accompanying pathology: stomach *qi* deficiency; spleen *yang* deficiency; lung *qi* deficiency; accumulation of damp.

Signs and symptoms: poor appetite; fullness and oppression in stomach duct after eating; tiredness; pale or yellow complexion; pale or dark lips; dizziness; low voice; shortness of breath; loose stools; slight depression; tendency to gain weight; cumbersome fatigued limbs, possibly swollen; sticky sensation in mouth; absence of thirst or thirst with desire for warm drinks; in severe cases nausea/vomiting.

Pulse: empty; moderate.

Tongue: pale, thick fur, swollen edges, teethmarks.

Treatment principle: nourish spleen and disinhibit damp.

Acupuncture treatment:

Ren-12 Zhongwan fortifies stomach and spleen

St-36 Zusanli supplements spleen *qi*

Sp-3 Taibai yuan source point of spleen

Sp-9 Yinlingquan disinhibits damp in lower burner

Bl-20 Pishu supplements spleen *qi* (chronic)

Bl-21 Weishu supplements stomach and spleen *qi*

Ren-4 Guanyuan supplements *qi*

Liv-13 Zhangmen courses the liver and moves *qi*

St-40 Fenglong disinhibits damp

Sp-5 Shangqui disinhibits damp

Needle with even method, moxa

Herbal treatment:

Bu Zhong Yi Qi Tang (Centre-Supplementing Qi-Boosting Decoction)

Si Jun Zi Tang (Four Gentlemen Decoction)

Ping Wei San (Stomach Calming Powder)

SPLEEN YANG DEFICIENCY

Aetiology: prolonged exposure to damp; excessive consumption of cold/raw foods which hinder spleen; irregular eating and eating too much; excessive mental activity; chronic illness.

Underlying or accompanying pathology: spleen *qi* deficiency; lung *qi* deficiency; kidney *yang* deficiency.

Signs and symptoms: poor appetite; slight abdominal distension after food; bright white complexion; tiredness; weakness of limbs; loose stools; tendency to weight gain; feeling cold; cold limbs; oedema; fatigued spirit; physical cold; abdominal pain relieved by warmth/pressure; diarrhoea containing untransformed food.

Pulse: deep, weak, slow, forceless.

Tongue: pale, swollen, wet with white fur.

Treatment principle: fortify and warm spleen *yang*, disinherit water.

Acupuncture treatment:

Ren-12 <i>Zhongwan</i> fortifies stomach/spleen	St-36 <i>Zusanli</i> supplements spleen <i>qi</i>
Sp-3 <i>Taibai yuan</i> source point of the spleen	Sp-6 <i>Sanyinjiao</i> supplements spleen <i>qi</i>
Bl-20 <i>Pishu</i> supplements spleen <i>qi</i> (chronic)	Bl-21 <i>Weishu</i> supplements stomach/spleen <i>qi</i>
Sp-9 <i>Yinlingquan</i> resolves damp in lower burner	Ren-9 <i>Shuifen</i> supplements spleen, resolves oedema
Bl-22 <i>Sanyinjiao</i> supplements spleen, resolves oedema	St-28 <i>Shuidao</i> supplements spleen, resolves oedema
Ren-6 <i>Qihai</i> warms the lower burner	Ren-11 <i>Jianli</i> harmonises middle burner
St-22 <i>Guanmen</i> regulates intestines	Ren-4 <i>Guanyuan</i> supplements <i>qi</i> and <i>yang</i>
Needle with supplementation and large amounts of moxa	

Herbal treatment:

You Gui Yin (Restore the Right Kidney Decoction)

Li Zhong Tang (Regulating the Centre Decoction)

SPLEEN YIN DEFICIENCY

Aetiology: excessive consumption of cold and raw foods which hinder the spleen; irregular eating and eating too much; excessive mental activity; prolonged exposure to damp; chronic illness injuring *yin*.

Underlying or accompanying pathology: spleen *qi* deficiency; liver and/or kidney *yin* deficiency; stomach *yin* deficiency.

Signs and symptoms: poor appetite but with no desire for food or drink; poor digestion; sallow complexion; gnawing hunger; poor sense of taste; epigastric discomfort; dry mouth; dry lips; dry stools; hiccough; night sweats; tip of the nose may be red.

Pulse: weak or floating and empty.

Tongue: peeled with transverse cracks on the sides.

Treatment principle: supplement *qi* and fortify the spleen; boost the stomach and nourish *yin*.

Acupuncture treatment:

Ren-12 *Zhongwan* fortifies stomach and spleen

St-36 *Zusanli* boosts spleen/stomach *qi*

Sp-3 *Taibaiyuan* source point of the spleen

Kid-6 *Zhaohai* nourishes *yin*, clears empty heat

Sp-6 *Sanyinjiao* nourishes *yin*, clears empty heat

Bl-20 *Pishu* supplements spleen, resolves damp

Bl-21 *Weishu* supplements stomach and spleen *qi*

Needle with supplementation

Herbal treatment:

Wu Ren Wan (Five Seed Pill)

Ma Zi Ren Wan (Cannabis Pill)

Shen Ling Bai Zhu San (Ginseng-Poria-Atractylodes Powder)

SPLEEN YIN DEFICIENCY WITH EMPTY HEAT

Aetiology: excessive consumption of cold and raw foods which hinder the spleen; irregular eating and eating too much; excessive mental activity; prolonged exposure to damp; chronic illness injuring the *yin*.

Underlying or accompanying pathology: spleen *qi* deficiency; liver and/or kidney *yin* deficiency; stomach *yin* deficiency.

Signs and symptoms: poor appetite; poor digestion; sallow complexion; gnawing hunger; poor sense of taste; epigastric discomfort; dry mouth; dry lips; dry stools; night sweats; tip of the nose may be red; feeling of heat in the evening; malar flush.

Pulse: floating, empty and rapid.

Tongue: red and peeled, transverse cracks on the sides.

Treatment principle: supplement *qi*, fortify spleen and clear empty heat; boost the stomach and nourish *yin*.

Acupuncture treatment:

Ren-12 *Zhongwan* fortifies stomach and spleen

St-36 *Zusanli* supplements spleen *qi*

Sp-3 *Taibai yuan* source point of the spleen

Ki-6 *Zhaohai* nourishes *yin*, clears empty heat

Sp-6 *Sanyinjiao* nourishes *yin*, clears empty heat

LI-11 *Quchi* clears heat

Bl-20 *Pishu* supplements spleen, resolves damp

Bl-21 *Weishu* supplements stomach and spleen *qi*

Needle with even method, no moxa

Herbal treatment:

Wu Ren Wan (Five Seed Pill)

Ma Zi Ren Wan (Cannabis Pill)

Shen Ling Bai Zhu San (Ginseng-Poria-Atractylodes Powder) plus *Zhi Mu* (Radix Anemarrhenae Asphodeloidis)

YIN FIRE

Aetiology: irregular diet; overwork; emotional stress.

Underlying pathology: generalised deficiency of *yin* and *yang*, *qi* and blood, but with spleen *yang* deficiency most outstanding; weakness of stomach, spleen and original *qi*. Damp pours down into lower burner causing blockage, forcing *yin* fire to rush to occupy place of *qi* in middle burner. Minister fire harasses heart and pericardium.

Signs and symptoms: cold feet; a feeling of cold; heat in face; palpitations; anxiety; abdominal pain; tiredness; dizziness; restless heat in hands and feet; dry throat and mouth; nosebleeds; aching limbs; spermatorrhoea; urgency to move bowels. If deficiency of original *qi* predominates, pulse may be slow rather than rapid.

Pulse: rapid, choppy, wiry.

Tongue: pale tongue, white moist tongue coat.

Treatment principle: fortify and warm *qi* of spleen and stomach to support original *qi*, raise clear *yang*.

Acupuncture treatment:

Ren-12 *Zhongwan* fortifies stomach and spleen

St-36 *Zusanli* supplements spleen *qi*

Sp-3 *Taibaiyuan* source point of spleen

Sp-6 *Sanyinjiao* supplements spleen *qi*

Bl-20 *Pishu* supplements spleen *qi* (chronic)

Bl-21 *Weishu* supplements stomach/spleen *qi*

Ren-4 *Guanyuan* (moxa) strengthens *qi* and *yang*

Du-20 *Baihui* raises *yang*

Needle with supplementation

Herbal treatment:

Bu Zhong Yi Qi Tang (Tonifying the Centre and Benefiting Qi Decoction)

Xiao Jian Zhong Tang (Minor Cinnamon and Paeonia Combination)

BLOOD STASIS IN THE STOMACH

Aetiology: overconsumption of hot foods; smoking; overeating or eating too quickly; emotional strain (prolonged anger, frustration and resentment); overwork.

Underlying pathology: stomach fire; retention of food in the stomach; liver *qi* invading the stomach.

Signs and symptoms severe stabbing epigastric pain which is worse at night and worse for pressure; nausea and vomiting; vomiting blood; blood in the stools.

Pulse: wiry.

Tongue: purple.

Treatment principle: clear stasis, nourish blood, stimulate the descending of *qi*.

Acupuncture treatment:

St-34 *Lianqiu* harmonises stomach

St-21 *Liangmen* transforms stagnation

St-19 *Youmen* harmonises middle burner

SJ-6 *Zhigou* clears heat in the three burners

Sp-4 *Gongsun* opens *chong mai*

P-6 *Neiguan* with Sp-4 opens *chong mai*

Gb-34 *Yanglingquan* courses liver *qi*

Ren-12 *Zhongwan* harmonises the stomach

Bl-17 *Geshu* clears stasis and quickens blood

Sp-10 *Xuehai* clears stasis and quickens blood

Ren-11 *Jianli* harmonises middle burner, regulates *qi*

Needle with drainage

Herbal treatment:

Ge Xia Zhu Yu Tang (Drive Out Blood Stasis Below the Diaphragm Decoction)

Shi Xiao San (Breaking into a Smile Powder)

Dan Shen Yin (Salvia Decoction)

COLD INVADING THE STOMACH

Aetiology: invasion of exterior cold; exposure to cold; excessive consumption of cold or raw foods.

Underlying/accompanying pathology: possible underlying stomach *qi* weakness.

Signs and symptoms: sudden severe epigastric pain; feeling cold; preference for warmth; cold limbs; nausea and vomiting of clear fluids that relieves pain; pain worse after drinking cold fluids; preference for warm liquids.

Pulse: deep, tight and slow.

Tongue: thick white coating.

Treatment principle: scatter cold, warm and harmonise the stomach, stop pain.

Acupuncture treatment:

St-21 *Liangmen* dissipates stomach cold

Sp-4 *Gongsun* clears obstruction from stomach

Ren-13 *Liangqiu* stimulates descending of stomach *qi*

St-34 *Liangqiu* for acute and painful patterns

St-36 *Zusanli* main point to supplement stomach *qi*

Ren-12 *Zhongwan* supplements stomach and spleen *qi*

St-44 *Neiting* descends stomach *qi*

St-21 *Liangmen* regulates *qi* and alleviates pain

P-6 *Neiguan* harmonises the stomach

Needle with even method and moxa

Herbal treatment:

Sheng Jiang Hong Tng Tang (Ginger and Brown Sugar Decoction)

Liang Fu Wan (Alpinia-Cyperus Pill)

DAMP HEAT INVADING THE STOMACH

Aetiology: exposure to exterior damp heat.

Underlying/accompanying pathology: spleen *qi* deficiency; accumulation of dampness; retention of food in the stomach; stomach heat; damp heat in the spleen.

Signs and symptoms: epigastric fullness and pain; feeling of heaviness; facial pain; blocked nose with thick sticky nasal discharge; thirst with no desire to drink; nausea; feeling of heat; dull yellow complexion; a sticky taste.

Pulse: slippery and rapid.

Tongue: red tongue with sticky yellow coat.

Treatment principle: clear heat and transform damp, supplement stomach, disinhibit water passages.

Acupuncture treatment:

St-44 *Neiting* clears heat

St-34 *Lianqiu* for acute and painful patterns

St-21 *Liangmen* alleviates pain, harmonises stomach

Ren-13 *Lianqui* subdues rebellious stomach *qi*

LI-11 *Quchi* clears heat

Ren-12 *Zhongwan* supplements and harmonises stomach

LI-4 *Hegu* command point for the face

Ren-11 *Jianli* harmonises middle burner

St-40 *Fenglong* resolves dampness and phlegm

Sp-9 *Yinlingquan* clears damp heat

Ren-9 *Shuifen* regulates the water passages

Needle with drainage

Herbal treatment:

Xiang Sha Ping Wei San (Saussurea and Amomum Regulating the Stomach Powder)

Lian Po Yin (Coptis-Magnolia Decoction)

FOOD STAGNATION IN THE STOMACH

Aetiology: overeating; eating too quickly; eating while worrying.

Underlying/accompanying pathology: obstruction of food in the stomach preventing stomach *qi* from descending; stomach deficient and cold; phlegm heat/fire in the stomach.

Signs and symptoms: epigastric pain, fullness and distension; discomfort alleviated by vomiting or passing stool; nausea and vomiting of sour fluids; halitosis; sour regurgitation; belching; insomnia; diarrhoea or constipation; poor appetite.

Pulse: full and slippery.

Tongue: thick coating which is either white or yellow.

Treatment principle: harmonise and stimulate descending of stomach *qi*, move food stagnation.

Acupuncture treatment:

Ren-13 *Lianqui* subdues rebellious stomach *qi*

Ren-10 *Xiawan* stimulates descending of *qi*

St-21 *Liangmen* moves stagnant food

St-44 *Neiting* clears stagnation and heat

St-45 *Lidui* abducts stagnant food, calms mind

Sp-4 *Gongsun* moves stagnant food

P-6 *Neiguan* stimulates descending of *qi*

St-19 *Burong* harmonises middle burner

Ren-12 *Zhongwan* supplements and harmonises stomach

Ki-21 *Youmen* harmonises stomach

Needle with drainage

Herbal treatment:

Bao He Wan (Preserving and Harmonising Pill)

Zhi Shi Dao Zhi Wan (Citrus Eliminating Stagnation Pill)

STOMACH LIVER DISHARMONY

Aetiology: emotional strain (anger, frustration, resentment); irregular diet; overwork.

Underlying/accompanying pathology: liver *qi* stagnation; stomach *qi* deficiency; spleen *qi* deficiency.

Signs and symptoms: irritability; epigastric and bilateral hypochondrial distension and pain; feeling of oppression in the epigastrium; sour regurgitation; hiccup; belching; nausea; vomiting; sighing; weak limbs.

Pulse: wiry on the left; weak on the right. May be wiry on both sides.

Tongue: may have slightly red sides.

Treatment principle: calm liver and harmonise middle burner, supplement stomach *qi*, regulate intestine.

Acupuncture treatment:

Liv-14 *Qimen* courses the liver and regulates *qi*

Gb-34 *Yanglingquan* courses liver *qi*

Ren-13 *Shangwan* descends ascending stomach *qi*

Ren-10 *Xiawan* descends stomach *qi*

St-21 *Liangmen* harmonises the middle burner

St-19 *Burong* harmonises the middle burner

St-36 *Zusanli* supplements the stomach

Sp-4 *Gongsun* supplements the stomach

Liv-3 *Taichong* calms the liver

Liv-14 *Qimen* calms the liver and disinhibits *qi*

St-34 *Liangqiu* harmonises stomach, stops pain

Bl-21 *Weishu* supplements stomach *qi*

Needle with drainage

Herbal treatment:

Chai Hu Shu Gan Tang (Bupleurum Soothing the Liver Decoction)

Si Mo Tang (Milled Herb Decoction)

STOMACH PHLEGM FIRE

Aetiology: excessive hot, spicy/phlegm-forming foods; smoking; emotions (prolonged anger, frustration, resentment, depression).

Underlying/accompanying pathology: spleen *qi* deficiency; stomach *qi* deficiency; stomach heat; liver *qi* stagnation; liver fire blazing; heart fire blazing.

Signs and symptoms: burning epigastric pain; bitter taste; thirst but no desire to drink; bleeding gums; mental restlessness; constipation; nausea/vomiting soon after food; sour regurgitation; dry mouth; mouth ulcers; excess hunger; bad breath; feeling of heat; oppression of chest/epigastrium; mucus in stools; insomnia; vivid dreaming; expectoration of phlegm.

Pulse: slippery, rapid, slightly overflowing right middle position.

Tongue: red body, deep midline crack. Sticky yellow coating, also within stomach crack.

Treatment principle: clear stomach and drain fire, harmonise stomach, transform phlegm, nourish *yin* fluids.

Acupuncture treatment:

St-44 *Neiting* clears stomach heat

St-34 *Liangqiu* harmonises stomach

St-21 *Liangmen* stimulates descending of *qi*

Ren-12 *Zhongwan* clears stomach heat

Ren-13 *Shangwan* subdues rebellious *qi*

LI-11 *Quchi* clears heat

LI-4 *Hegu* regulates face, eyes, nose, mouth, ears

Ren-11 *Jianli* harmonises middle burner

Sp-15 *Daheng* moves *qi* and regulates intestines

St-40 *Fenglong* transforms phlegm, benefits chest

Sp-9 *Yinlingquan* transforms dampness

Ren-9 *Shuifen* harmonises intestines

Sp-6 *Sanyinjiao* supplements spleen/stomach

Needle with drainage

Herbal treatment:

Wen Dan Tang (Warm the Gallbladder Decoction)

Qing We San (Stomach Clearing Powder)

Yu nu jian (Jade Lady Brew)

STOMACH QI ASCENDING COUNTERFLOW

Aetiology: emotions (i.e. anxiety, worry) obstructing stomach *qi* from descending.

Underlying/accompanying pathology: stomach fire; cold invading stomach; stomach *qi* deficiency.

Signs and symptoms: nausea/vomiting; difficulty swallowing; belching; hiccoughs, plus symptoms of underlying/accompanying pattern.

Pulse: tight or wiry on right middle position.

Tongue: no changes.

Treatment principle: descend stomach *qi*, harmonise stomach, stop vomiting.

Acupuncture treatment: dependent on background condition.

Main points for harmonising stomach, treating counterflow and vomiting: Ren-13 *Shangwan*, Sp-4 *Gongsun* and Ren-4 *Guanyuan* needled with drainage

Supplemental points:

- Ren-13 *Shangwan* subdues counterflow stomach *qi*
- Ren-10 *Xiawan* stimulates descending of stomach *qi*
- Sp-4 *Gongsun* with P-6 *Neiguan* stimulate the descending of stomach *qi*
- St-21 *Liangmen* harmonises the middle burner
- St-19 *Burong* harmonises the middle burner and subdues counterflow
- St-44 *Neiting*, LI-11 *Quchi* and LI-4 *Hegu*: drain for underlying heat patterns
- St-40 *Fenglong*, Ren-17 *Shanzhong*, BL-20 *Pishu* and Sp-4 *Gongsun*: drain for damp conditions
- Ren-10 *Xiawan*, Ren -21 *Xuanji*: drain for food problems

Herbal treatment:

Xuan Fu Dai Zhe Shi Tang (Inula and Haematite Decoction) when the background is *qi* stagnation

Ding Xiang Shi Di Tang (Caryophyllum-Diospyros Decoction) for stomach *qi* ascending on a background of cold

STOMACH QI DEFICIENCY

Aetiology: diet lacking in nutrients (i.e. protein); excessive dieting; chronic illness.

Underlying/accompanying pathology: spleen *qi* deficiency.

Signs and symptoms: epigastric discomfort which is better after food or with pressure; poor appetite; preference for warm food and drinks; no thirst; vomiting of clear liquid; cold and weak limbs; tiredness; pale complexion.

Pulse: empty, especially right middle position.

Tongue: pale.

Treatment principle: fortify the centre and warm the stomach.

Acupuncture treatment:

St-36 *Zusanli* main point to supplement stomach *qi* Ren-12 *Zhongwan* supplements stomach and spleen *qi*

Bl-21 *Weishu* supplements stomach *qi* Ren-6 *Qihai* supplements original *qi*

P-6 *Neiguan* harmonises stomach Bl-20 *Pishu* supplements the spleen, fortifies centre

Ren-4 *Guanyuan* warms the stomach and fortifies the centre

St-21 *Liangmen* for local pain and stagnation in the stomach

Needle with supplementation and moxa

Herbal treatment:

Xiang Sha Liu Jun Zi Tang (Saussurea and Amomum Six Gentlemen Decoction)

Si Jun Zi Tang (Four Gentlemen Decoction)

STOMACH QI STAGNATION

Aetiology: Emotional problems like prolonged stress, anger, frustration and worry; poor dietary habits.

Underlying/accompanying pathology: stagnation of liver *qi*; stomach *qi* ascending counterflow; stomach *qi* deficiency; a mild stomach upset.

Signs and symptoms: epigastric pain and distension; nausea and vomiting; belching; hiccough; irritability; sleeplessness; abnormal stool.

Pulse: wiry on right middle position.

Tongue: may be red on the sides or central part of tongue.

Treatment principle: harmonise the stomach and middle burner; course the liver; transform phlegm and damp; stop pain.

Acupuncture treatment:

St-34 *Liangqiu* harmonises the stomach

St-21 *Liangmen* regulates *qi* and stops pain

St-19 *Burong* harmonises the middle burner and descends stomach *qi*

Kid-21 *Youmen* harmonises stomach *qi*

Sp-4 *Gongsun* with P-6 *Neiguan* stimulate the descending of stomach *qi*

Gb-34 *Yanglingquan* courses liver *qi*

Ren-12 *Zhongwan* supplements stomach and spleen *qi*

St-40 *Fenglong* transforms phlegm and dampness

Needle with drainage

Herbal treatment:

Chai Hu Su Gan Tang (Bupleurum Soothing the Liver Decoction)

Chen Xiang Jiang San (Aquilaria Subduing Qi Powder)

Ban Xia Hou Po Tang (Pinellia-Magnolia Decoction)

STOMACH YANG DEFICIENCY

Aetiology: a diet lacking in protein and overconsumption of cold foods and drinks; chronic illness; invasion of exterior cold.

Underlying/accompanying pathology: spleen *yang* deficiency; stomach *qi* deficiency.

Signs and symptoms: epigastric discomfort or dull pain, better after eating and with pressure; poor appetite; preference for warm foods and drinks; no thirst; vomiting clear fluids; cold and weak limbs; fatigue; pale complexion.

Pulse: deep, weak and slow.

Tongue: pale and wet.

Treatment principle: warm the *yang*, fortify the stomach, stop vomiting.

Acupuncture treatment:

St-36 *Zusanli* supplements stomach *qi*

Ren-12 *Zhongwan* supplements stomach and spleen

Bl-20 *Pishu* supplements spleen *qi*

Bl-21 *Weishu* fortifies stomach, stops vomiting

Ren-6 *Qihai* supplements original *qi*

St-37 *Shangjuxu* harmonises the stomach

Liv-14 *Qimen* harmonises *qi* in middle burner

Needle with supplementation. Moxa should be used (moxa on ginger on Ren-6)

Herbal treatment:

Li Zhong Tang (Regulate the Middle Decoction)

Xiao Jian Zhong Tang (Small Strengthening the Centre Decoction)

STOMACH YIN DEFICIENCY

Aetiology: eating late at night; skipping meals; eating ‘on the run’; worrying while eating.

Underlying/accompanying pathology: stomach *qi* deficiency; spleen *qi* deficiency; spleen *yin* deficiency; kidney *yin* deficiency; stomach heat/fire or damp heat.

Signs and symptoms: poor appetite with little desire to eat; constipation; dull epigastric discomfort or pain; dry lips, mouth and throat (especially in the afternoon); slight feeling of fullness after eating; thirst; dry stool; dry scant urine.

Pulse: floating and empty on the right middle position, rapid, fine.

Tongue: peeled in the centre. Possible midline crack.

Treatment principle: enrich stomach *yin*, harmonise the stomach.

Acupuncture treatment:

Ren-12 *Zhongwan* supplements stomach *yin*

Kid-6 *Zhaohai* nourishes *yin*

St-36 *Zusanli* supplements stomach *qi* and *yin*

Sp-3 *Taibai* nourishes fluids

Sp-6 *Sanyinjiao* supplements stomach *yin*
nourishes fluids and clears empty heat

Sp-6 *Sanyinjiao* nourishes *yin*, clears empty heat

Bl-20 *Pishu* supplements spleen

Bl-21 *Weishu* supplements stomach and spleen *qi*

St-25 *Tianshu* stops diarrhoea, regulates intestines

St-44 *Neiting* harmonises the intestines

Needle with supplementation

Herbal treatment:

Yi Wei Tang (Benefiting the Stomach Decoction)

Sha Shen Mai Dong Tang (Glehnia-Opheopogan Decoction)

STOMACH YIN DEFICIENCY WITH EMPTY HEAT
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Aetiology: eating late at night; skipping meals; eating 'on the run'; worrying while eating.

Underlying/accompanying pathology: stomach *qi* deficiency; spleen *qi* deficiency; spleen *yin* deficiency; kidney *yin* deficiency.

Signs and symptoms: dull or burning epigastric pain; feeling of heat in the afternoon; thirst with desire to drink small sips; hunger but no desire to eat; feeling full after food; night sweats; five-palm heat; bleeding gums; feeling hot in the evening.

Pulse: floating and empty on the right middle position and slightly rapid.

Tongue: red and peeled in the centre.

Treatment principle: nourish stomach *yin*; clear deficiency heat; harmonise the stomach.

Acupuncture treatment:

Ren-12 *Zhongwan* supplements stomach *yin*

Kid-6 *Zhaohai* nourishes *yin*, clears empty heat

St-36 *Zusanli* supplements stomach *qi* and *yin*

Bl-20 *Pishu* supplements spleen

Sp-6 *Sanyinjiao* supplements stomach *yin* and nourishes fluids, clears empty heat

Sp-3 *Taibai* nourishes fluids

St-44 *Neiting* clears stomach empty heat

St-21 *Liangmen* harmonises middle burner

LI-11 *Quchi* clears heat

Needle with even method, no moxa

Herbal treatment:

Sha Shen Mai Dong Tang (Glehnia and Ophiopogon Decoction), plus *Zhi* (Radix Anemarrhenae Asphodeloidis) and *Shi Hu* (Herba Dendrobii)

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