

Identification of Patterns According to the Eight Principles

DME class 11

- The identification of patterns according to the 8 Principles is the foundation for all the other methods of pattern formulation.
- It is the basic groundwork of pattern identification in Chinese Medicine, allowing the practitioner to identify the location and nature of the disharmony, as well as establish the principle of treatment.
- The method of identification of patterns according to the 8 Principles differs from all the others in so far as it is the theoretical basis for all of them and is applicable in every case.

- For example, the method of identification of patterns according to the Channels is only applicable in channel problems, and that according to the Internal Organs in organ problems, but the identification of patterns according to the 8 Principles is applicable in every case because it allows us to distinguish Exterior from Interior, Hot from Cold and Full from Empty.

- It therefore allows us to decide which method of identification of patterns applies to a particular case.
- No condition is too complex to fall outside the scope of identification according to the 8 Principles.

- It is important to realize that identifying a pattern according to the 8 Principles does not mean rigidly "categorizing" the disharmony in order to "fit" the clinical manifestations in pigeon holes.
- An understanding of the 8 Principles, on the contrary, allows us to unravel complicated patterns and identify the basic contradictions within them, reducing the various disease manifestations to the bare relevant essentials.

- The 8 Principles should not be seen in terms of "either-or".
- It is not unusual to see conditions that are Exterior and Interior simultaneously, or Hot and Cold, or Full and Empty or Yin and Yang.
- It is even possible for a condition to be all of these at the same time. The purpose of applying the 8 Principles is not to categorize the disharmony, but to understand its genesis and nature.

- It is only by understanding this that we can decide on treatment for a particular disharmony.
- Moreover, not every condition need have all four characteristics (Interior or Exterior, Hot or Cold, Full or Empty and Yin or Yang).
- For example, a condition need not necessarily be either hot or cold. Deficiency of Blood is a case in point as it does not involve any Hot or Cold symptoms.

- The 8 Principles are:
- Interior-Exterior
- Full-Empty
- Hot-Cold
- Yin-Yang.

INTERIOR-EXTERIOR

- The differentiation of Exterior and Interior is not made on the basis of what caused the disharmony (aetiology), but on the basis of the location of the disease.
- For example, a disease may be caused by an exterior pathogenic factor, but if this is affecting the Internal Organs, the condition will be classified as interior.

EXTERIOR

- An Exterior condition affects the skin, muscles and channels. An Interior condition affects the Internal Organs and bones.
- Skin, muscles and channels are also called the "Exterior" of the body, and the Internal Organs the "Interior".
- In the context of exterior diseases from Wind, the Exterior is sometimes also called the "Lung-Defensive Qi portion", as the Lung controls both the skin and the Defensive Qi which circulates in the skin and muscles.

- The clinical manifestations arising from invasion of the Exterior by a pathogenic factor are also called an "exterior pattern", while the manifestations arising from a disharmony of the Internal Organs is called an "interior pattern".
- When we say that an exterior condition affects the skin, muscles and channels, we mean that these areas have been invaded by an exterior pathogenic factor, giving rise to typical "exterior" clinical manifestations.

- However, it would be wrong to assume that any problem manifesting on the skin, is an "exterior pattern".
- In fact, most chronic skin problems are due to an interior pattern manifesting on the skin.

- There are two types of exterior conditions:
- 1. those that affect skin and muscles and are caused by an exterior pathogenic factor having an acute onset (such as in invasion of Wind-Cold or Wind-Heat); and
- 2. those that affect the channels and have a slower onset (such as in Painful Obstruction Syndrome).

- When an exterior pathogenic factor invades skin and muscles it gives rise to a typical set of symptoms and signs which are described as an "exterior pattern".
- It is difficult to generalize as to what these symptoms and signs are, as it depends on the other characters, i.e. whether they are of the Cold or Hot type, and the Empty or Full type.

- However, fever and aversion to cold occurring simultaneously always indicate an invasion from an exterior pathogenic factor.
- Generally speaking, we can say that the main symptoms of an exterior pattern are fever, aversion to cold, aching body, a stiff neck and a Floating pulse.
- The onset is acute and the correct treatment will usually induce a swift and marked improvement of the condition.

- If the condition is one of Cold (such as Wind-Cold) the symptoms are a slight or absent fever, aversion to cold, severe aches in the body, severe stiff neck, chilliness, no sweating, no thirst, a Floating-Tight pulse and a thin-white tongue coating.
- If the condition is one of Heat (such as Wind-Heat) the symptoms are fever, aversion to cold, slight sweating, thirst, a Floating-Rapid pulse and a thin-yellow tongue coating. In this case the body aches are not so pronounced.

- Main factors in differentiating the Hot or Cold character of an exterior pattern:
- thirst (Hot) or its absence (Cold)
- white (Cold) or yellow (Hot) tongue coat
- Tight (Cold) or Rapid (Hot) pulse
- Fever (Hot) or its absence (Cold)

- The character of an exterior pattern will further depend on its Full or Empty character.
- If a person has a tendency to deficiency of Qi or Blood, the exterior pattern will have an Empty character. This is also described as an exterior pattern from Wind-Cold with prevalence of Wind.
- The clinical manifestations of an Exterior-Empty pattern are slight or no fever, sweating, aversion to wind, slight body-aches, a Floating-Slow pulse and a thin-white tongue coating.

- If a person has a tendency to Fullness, the exterior pattern will have a Full character.
- The clinical manifestations of such an Exterior-Full pattern are fever, no sweating, severe body aches, aversion to cold, a Floating-Tight pulse and a thin-white tongue coating.

- The main factors in differentiating an Empty from Full Exterior condition are:
- sweating (Empty) or its absence (Full)
- Pulse (Slow in Empty and Tight in Full)
- severity of body aches (severe in Fullness, less severe in Emptiness)

- It must be stressed that "Full" and "Empty" describing the character of an exterior condition are only relative, and do not represent actual Fullness and Emptiness.
- In fact, an exterior pattern is characterized by Fullness by definition as it consists in an invasion by an exterior pathogenic factor.
- The person's Qi is still relatively intact and the pathogenic factor fights against the body's Qi.

- It is precisely this that defines a Full condition: i.e. one characterized by the presence of a pathogenic factor and the resulting struggle with the body's Qi.
- Thus an exterior condition must, by definition be Full. However, according to a person's pre-existing condition, one can further differentiate an exterior condition between Full and Empty, but only in relative terms.

- Case history
- A young girl of 13 fell ill with what was described as "influenza". She had a temperature of 102 F, a sore throat, cough, headache, aches in all joints, slight thirst and slight sweating. Her tongue was slightly red on the sides and the Pulse was Floating in both Front positions.
- This is a clear example of invasion of exterior Wind-Heat.

- The second kind of exterior pattern is that occurring when an exterior pathogenic factor invades the channels in a gradual way causing Painful Obstruction Syndrome.
- This is characterized by obstruction to the circulation of Qi in channels and joints by a pathogenic factor, which can be Cold, Dampness, Wind or Heat.

- In obstruction from Cold, usually only one joint is affected, the pain is severe and is relieved by application of heat.
- In obstruction from Wind, the pain moves from joint to joint.
- In obstruction from Dampness, there will be swelling of the joints, while in obstruction from Heat, the pain is severe and the joints are swollen and hot.

INTERIOR

- A disharmony is defined as interior when the Internal Organs are affected. This may or may not have arisen from an exterior pathogenic factor, but once the disease is located in the Interior, it is defined as an interior pattern, and treated as such.
- It is impossible to generalize to give the clinical manifestations of interior conditions as these will depend on the organ affected, and whether the condition is Hot or Cold and Full or Empty.

HOT-COLD

- Hot and Cold describe the nature of a pattern and their clinical manifestations depend on whether they are combined with a Full or Empty condition.

HOT

- Full-Heat
- The main manifestations are fever, thirst, red face, red eyes, constipation, scanty-dark urine, a Rapid-Full pulse, and a Red tongue with yellow coating.
- This is a description of an Interior Full-Heat pattern as Exterior Heat has already been discussed above.

- These are only the general symptoms of Full-Heat, as many others are possible depending on which organ is mostly affected.
- Fever need not always be present as many conditions of Interior-Full-Heat such as Liver-Fire or Heart-Fire do not involve fever.
- Aside from the above clinical manifestations, there are other diagnostic guides which indicate Heat.

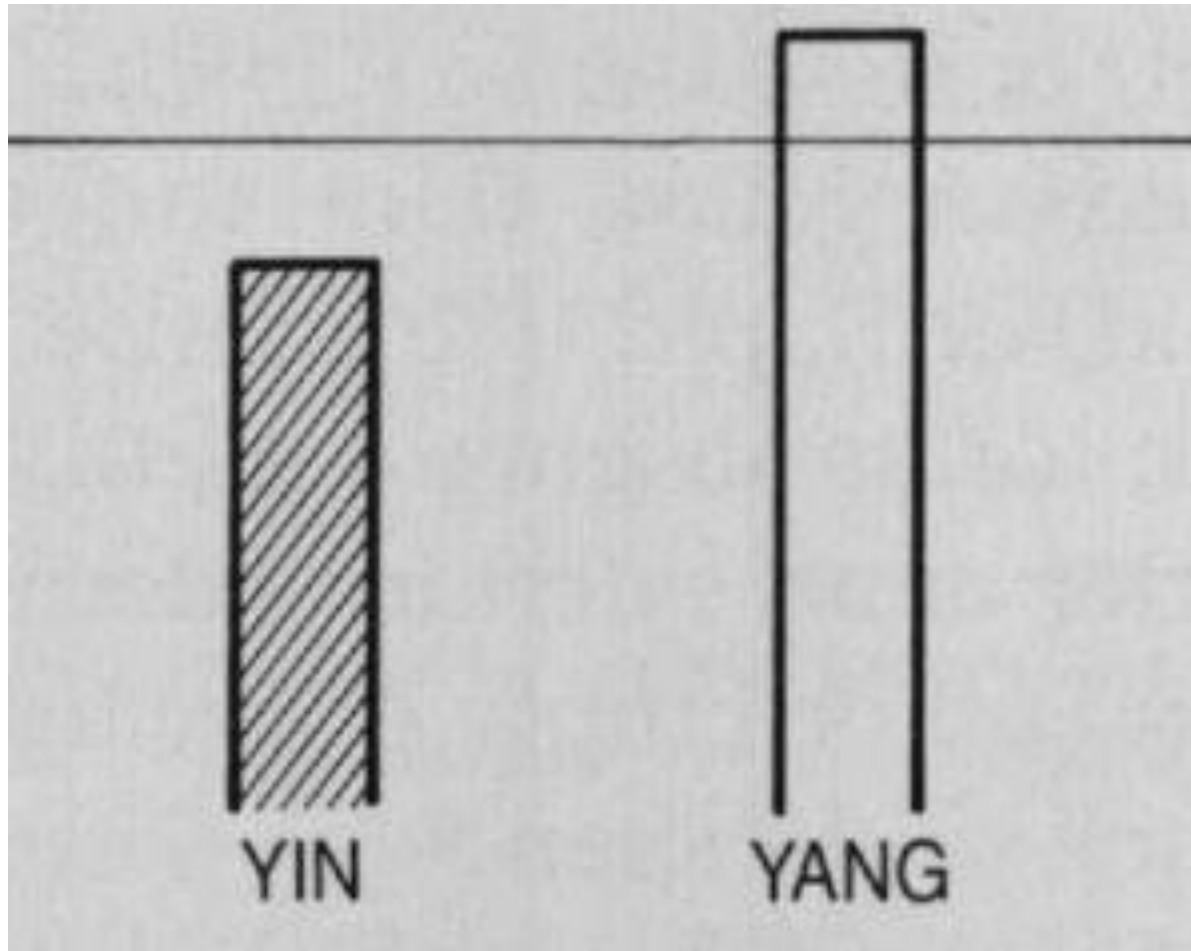
- Any raised, red skin eruption which feels hot, indicates Heat.
- For example, acute urticaria normally takes this form.
- As for pain, any burning sensation indicates Heat.
- For example, the burning sensation of cystitis, or a burning feeling in the stomach.

- Any loss of blood with large quantities of dark-red blood, indicates Heat in the Blood.
- As far as the mind is concerned, any condition of extreme restlessness or manic behaviour, indicates Heat in the Heart.

- Full-Heat arises when there is an Excess of Yang energies in the body.
- Common causes of this are the excessive consumption of hot-energy foods or long-standing emotional problems, when the stagnation of Qi generates Heat.
- The former will mostly cause Stomach or Liver Heat, while the latter will mostly cause Liver or Heart Heat.

- Full-Heat can also develop from the invasion of an exterior pathogenic factor which turns into Heat once in the body.
- Most pathogenic factors, including Cold, are likely to turn into Heat once in the body.
- A typical example of this is when exterior Cold or Heat turns into Heat and settles in the Stomach, Lung or Intestines causing high fever, sweating and thirst.

- From the Yin-Yang point of view, Full-Heat arises from Excess of Yang.

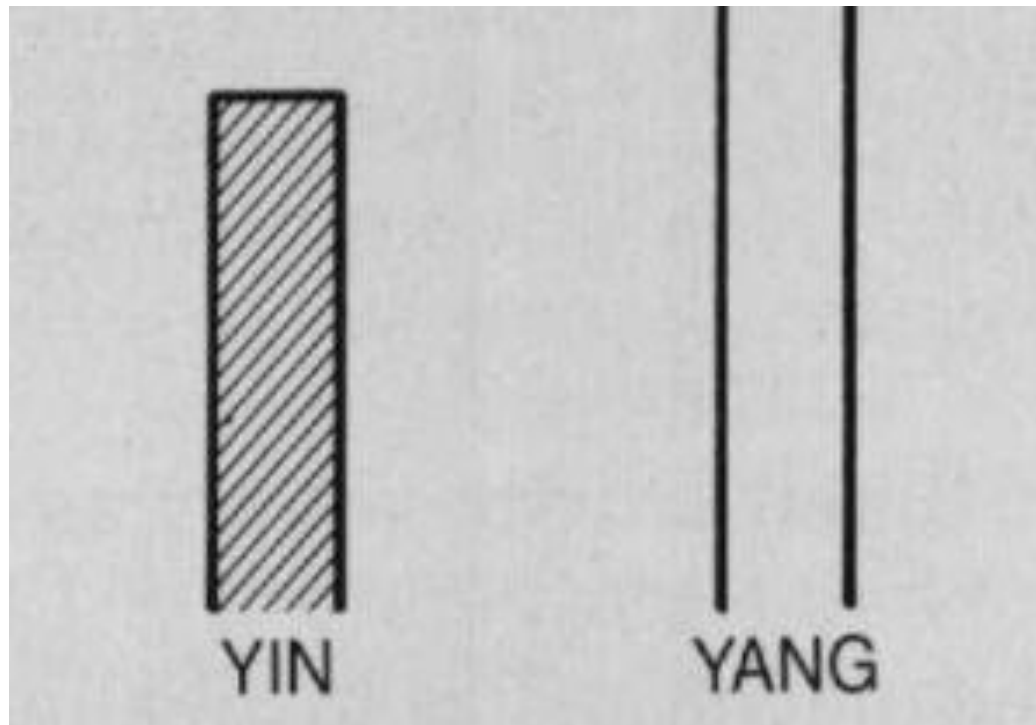


- Case history
- A woman of 50 suffered from burning pain in the epigastrium. She also complained of nausea with occasional vomiting, bleeding of the gums, bad breath, thirst and insomnia. Her tongue was Red, had a crack in the centre with a yellow coating and was dry. Her pulse was Full and slightly Rapid.
- These manifestations indicate Full-Heat in the Stomach.

- Empty-Heat
- The main manifestations are afternoon fever or a feeling of heat in the afternoon, a dry mouth, a dry throat at night, night sweating, a feeling of heat in the chest and palms and soles (also called "5-palm heat"), dry stools, scanty-dark urine, a Floating-Empty and Rapid pulse and a Red- Peeled tongue.
- These are only general symptoms and signs; others depend on which organ(s) are affected.

- Aside from these manifestations, Empty-Heat can easily be recognized from a typical feeling of mental restlessness, fidgeting and vague anxiety.
- The person feels that something is wrong, but is unable to describe what or how.
- Empty-Heat restlessness is quite different from that of Full-Heat, and one can almost visually perceive the Emptiness underlying the Heat.

- From the Yin-Yang point of view, Empty-Heat arises from Deficiency of Yin.



- If Yin is deficient for a long period of time, the Yin is consumed and the Yang is relatively in Excess.

- Etiology includes:
- overwork (long hours)
- irregular eating
- too much sex
- persistent heavy blood loss

- Comparison between Full-Heat and Empty-Heat
- Face
- Full-Heat: Whole face red
- Empty-Heat: Malar flush

- Thirst
- Full-Heat: Desire to drink cold water
- Empty-Heat: Desire to drink warm water, or cold water in small sips
- Eyelid
- Full-Heat: Red all over inside eyelid
- Empty-Heat: Thin red line inside eyelid

- Taste
- Full-Heat: Bitter taste
- Empty-Heat: No bitter taste
- Feeling of heat
- Full-Heat: All day
- Empty-Heat: In the afternoon or evening

- Fever
- Full-Heat: High fever
- Empty-Heat: Low-grade fever in the afternoon
- Mind
- Full-Heat: Very restless and agitated
- Empty-Heat: Vague anxiety, fidgeting

- Bowels
- Full-Heat: Constipation, abdominal pain
- Empty-Heat: Dry stools, no abdominal pain
- Bleeding
- Full-Heat: Profuse
- Empty-Heat: Slight

- Sleep
- Full-Heat: Dream-disturbed, very restless
- Empty-Heat: Waking up frequently during the night or early morning
- Skin
- Full-Heat: Red-hot-painful skin eruptions
- Empty-Heat: Scarlet-red, not raised, painless skin eruptions

- Pulse
- Full-Heat: Full-Rapid-Overflowing
- Empty-Heat: Floating-Empty, Rapid
- Tongue
- Full-Heat: Red with yellow coating
- Empty-Heat: Red and Peeled or Thin

- Treatment method
- Full-Heat: Clear Heat
- Empty-Heat: Nourish Yin, clear empty Heat

- Empty-Heat frequently arises from deficiency of Kidney-Yin.
- Because Kidney-Yin is the foundation for all the Yin energies of the body, when this is deficient it can affect the Yin of the Liver, Heart and Lungs.

- A long-standing deficiency of Yin in any of these organs can give rise to Empty-Heat manifesting with various symptoms, such as mental restlessness and insomnia when Heart-Yin is deficient, irritability and headaches when Liver-Yin is deficient and malar flush and dry cough when Lung-Yin is deficient.
- In practice, it is important to differentiate Full- Heat from Empty-Heat as the treatment method in the former case is to clear the Heat, while in the latter case is to nourish Yin.

- Case history
- A woman of 54 suffered from severe anxiety, insomnia, dizziness, tinnitus, soreness of the lower back, a feeling of heat in the evening, a dry mouth and night sweating.
- Her face was flushed on the cheek-bones.
- Her pulse was Floating-Empty and slightly Rapid and her tongue was Red and Peeled.

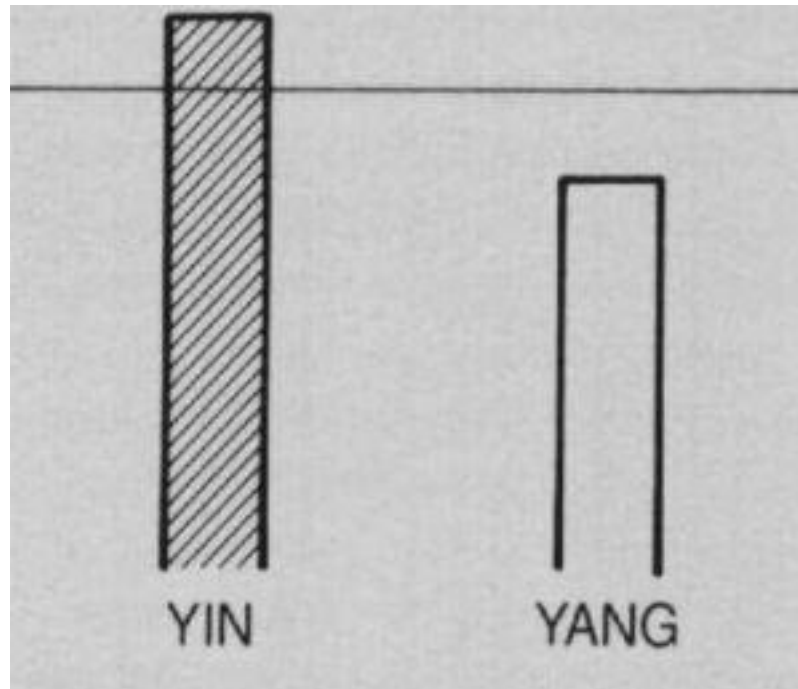
- This is an example of Empty-Heat (dry mouth, feeling of heat, flushed cheek-bones, night sweating, Rapid pulse and Red-Peeled tongue) arising from Kidney-Yin deficiency (soreness of the back, dizziness and tinnitus).
- The Empty-Heat was affecting the Heart as indicated by the anxiety and insomnia.

COLD

- Full-Cold
- The main manifestations are chilliness, cold limbs, no thirst, pale face, abdominal pain aggravated on pressure, desire to drink warm liquids, loose stools, clear-abundant urination, Deep-Full-Tight pulse and a Pale tongue with thick white coating.
- These are manifestations of Interior Full-Cold.

- Cold contracts and obstructs and this often causes pain. Hence pain, especially abdominal pain, is a frequent manifestation of Full-Cold.
- Also, anything that is white, concave (as opposed to raised), bluish-purple may indicate Cold.
- For example, a pale face or pale tongue, a white tongue coating, concave very pale spots on the tongue, a bluish-purple tongue and bluish lips or fingers and toes.

- From the Yin-Yang point of view, Full-Cold arises from Excess of Yin.



- Interior Full-Cold can arise from invasion of exterior Cold into the Interior, or eating too much cold foods (salad, fruit, iced drinks).

- In particular, exterior Cold can invade the Stomach causing vomiting and epigastric pain, the Intestines causing diarrhoea and abdominal pain and the Uterus causing dysmenorrhoea. All these conditions would have an acute onset.
- One of the main manifestations of interior Full-Cold is abdominal pain as Cold contracts and obstructs the circulation of Yang Qi, giving rise to pain.

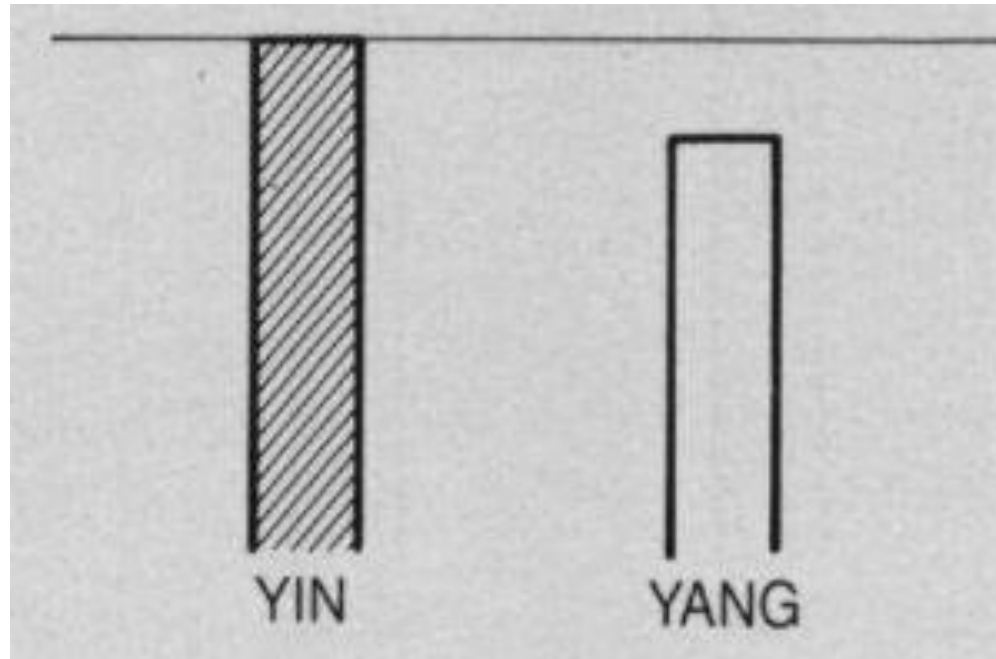
- Case history
- A woman of 24 had had a sudden attack of severe, spastic abdominal pain. Her stools became loose, her tongue had a thick-white-sticky coating, and her pulse was Deep and Tight.
- These manifestations clearly indicated an attack of exterior Cold and Damp. They are a case of Full-Cold.

- The severity and sudden onset of the pains indicates a Full condition, as does the thick tongue coating (in case of Empty-Cold it would have been thin).
- The Cold and Damp come from the exterior but have attacked the Interior directly, in this case the Intestines.

- The Cold character of the pattern is apparent from the white coating and the Tight pulse.
- The presence of Dampness with the Cold is indicated by the stickiness of the tongue coating and the loose stools (due to Dampness obstructing the Spleen function of transformation).

- Empty-Cold
- The main manifestations are chilliness, cold limbs, a dull-pale face, no thirst, listlessness, sweating, loose stools, clear-abundant urination, a Deep- Slow or Weak pulse and a Pale tongue with thin white coating.

- From the Yin-Yang point of view, Empty-Cold arises from deficiency of Yang.



- Empty-Cold develops when Yang-Qi is weak and fails to warm the body.

- Etiology includes:
- overwork (physical work)
- too much cold food over a long period
- too much sex
- invasion of external cold lodging in the interior and consuming Yang

- Case history
- A woman of 31 suffered from tiredness, weight-gain, constipation and chilliness. In the past, she had also developed a swelling of the thyroid gland. Her tongue was very Pale and Swollen, and the pulse was very Fine, Deep and Slow.
- This is a clear case of Yang deficiency with internal Empty-Cold. The tiredness, chilliness, Pale and Swollen tongue and Deep-Slow pulse, all indicate deficiency of Spleen-Yang.

- The deficiency of Spleen-Yang has given rise to internal Dampness, manifested by weight-gain, the Swollen tongue and the swelling of the thyroid gland.
- The constipation is, in this case, due to deficiency of Yang, since deficient Yang Qi is unable to promote the descending function of the Intestines.
- This is a less common type of constipation, as normally deficiency of Yang will cause loose stools.

- Comparison between Full-Cold and Empty-Cold
- Face
- Full-Cold: Bright-white
- Empty-Cold: Sallow-white

- Pain
- Full-Cold: Sharp, worse on pressure
- Empty-Cold: Dull, better on pressure
- Bowels
- Full-Cold: Better after bowel movement
- Empty-Cold: Worse after bowel movement

- Pulse
- Full-Cold: Full-Tight-Deep
- Empty-Cold: Weak-Slow-Deep
- Tongue
- Full-Cold: Thick-white coating
- Empty-Cold: Thin-white coating

COMBINED HOT AND COLD

- A condition can often be characterized by the presence of both Heat and Cold.
- These can be Cold on the Exterior and Heat in the Interior, Heat on the Exterior and Cold in the Interior and Heat above and Cold below.
- Furthermore, in some cases, some of the symptoms and signs may point to a false appearance of Heat while the true condition is Cold or vice versa.

- Cold on the exterior—heat in the interior
- This occurs when a person has a pre-existing condition of interior Heat and is then invaded by exterior Wind-Cold.
- The symptoms and signs would include a fever with aversion to cold, no sweating, a headache and stiff neck, aches throughout the body (manifestations of exterior Cold), irritability and thirst (manifestations of interior Heat).

- Heat on the exterior—cold in the interior
- This situation simply occurs when a person with a Cold condition is attacked by exterior Wind-Heat.
- There will therefore be some symptoms of exterior invasion of Wind-Heat (such as a fever with aversion to cold, a sore throat, thirst, a headache and a Floating-Rapid pulse) and some symptoms of interior Cold (such as loose stools, chilliness and profuse-pale urine).

- Heat above—cold below
- In some cases there is Heat above (as Heat tends to rise) and Cold below. The manifestations of this situation might be thirst, irritability, sour regurgitation, bitter taste, mouth ulcers (manifestations of Heat above), loose stools, borborygmi and profuse-pale urine (manifestations of Cold below).

- True cold-false heat and true heat-false cold
- In some cases there may be contradictory signs and symptoms, some pointing to Heat and some to Cold.
- This usually only happens in extreme conditions and is quite rare.

- It is important not to confuse this phenomenon with common situations when Heat and Cold are simply combined.
- For example, it is perfectly possible for someone to have a condition of Damp-Heat in the Bladder and Cold in the Spleen.
- This is simply a combination of Hot and Cold signs in two different organs, and does not fall under the category of False Heat and True Cold or vice versa.

- In cases of False Heat and False Cold, tongue diagnosis shows its most useful aspect as the tongue-body colour nearly always reflects the true condition.
- If the tongue-body colour is Red it indicates Heat, if it is Pale it indicates Cold.

- It is worth mentioning here that False Heat and False Cold are not the same as Empty-Heat and Empty-Cold.
- Empty-Heat and Empty-Cold arise from deficiency of Yin or Yang respectively, but there is nevertheless Heat or Cold.
- In False Heat and False Cold, the appearance is false, i.e. there is no Heat or Cold respectively.

- By looking
- True Cold-False Heat: Red cheeks, but red colour is like powder, rest of face white; irritability but also listlessness, desire to lie with body curled-up; Pale and wet tongue
- True Heat-False Cold: Dark face, bright eyes with "spirit", red-dry lips, irritability, strong body tongue-body colour Red-dry

- By hearing
- True Cold-False Heat: Breathing quiet; low voice.
- True Heat-False Cold: Breathing noisy, loud voice

- By asking
- True Cold-False Heat: Thirst but no desire to drink, or desire to drink warm fluids, body feels hot but he or she likes to be covered: sore throat but without redness or swelling; pale urine
- True Heat-False Cold: Thirst with desire to drink cold fluids: scanty-dark urine, constipation, burning sensation in anus

- By feeling
- True Cold-False Heat: Pulse Rapid, Floating and Big but Empty
- True Heat-False Cold: Pulse Deep, Full. Cold limbs but chest is hot

FULL-EMPTY

- The differentiation between Fullness and Emptiness is an extremely important one.
- The distinction is made according to the presence or absence of a pathogenic factor and to the strength of the body's energies.

- A Full condition is characterized by the presence of a pathogenic factor (which may be interior or exterior) of any kind and by the fact that the body's Qi is relatively intact.
- It therefore battles against the pathogenic factor and this results in the rather plethoric character of the symptoms and signs.

- An Empty condition is characterized by weakness of the body's Qi and the absence of a pathogenic factor.
- If the body's Qi is weak but a pathogenic factor lingers on, the condition is of Empty character complicated with Fullness.
- The distinction between Full and Empty is one which is more than any other made on the basis of observation.

- A strong, loud voice, an excruciating pain, a very red face, profuse sweating, restlessness, throwing off the bedclothes, outbursts of temper, are all signs of a Full condition.
- A weak voice, a dull-lingering pain, a very pale face, slight sweating, listlessness, curling up in bed, quiet disposition, are all signs of an Empty condition.

- The main clinical manifestations of an Empty condition are chronic disease, listlessness, apathy, lying curled up, a weak voice, weak breathing, low-pitch tinnitus, pain alleviated by pressure poor memory, slight sweating, frequent urination, loose stools and a pulse of the Empty type.

- The main clinical manifestations of a Full condition are acute disease, restlessness, irritability, a red face, a strong voice, coarse breathing, pain aggravated by pressure, high-pitch tinnitus, profuse sweating, scanty urination, constipation and a pulse of the Excess type.

- As usual, it is difficult to generalize and some of the above symptoms cannot, strictly speaking, be categorized as Full symptoms.
- Just to give one example, constipation is included among the Full symptoms because it is often caused by stagnation or by Heat, but there are also Deficient causes of constipation, such as Blood or Yin deficiency.

- We can distinguish four types of Emptiness:
- Empty Qi
- Empty Yang
- Empty Blood
- Empty Yin.

- EMPTY QI
- The clinical manifestations are a pale face, a weak voice, slight sweating (in daytime), slight breathlessness, tiredness, lack of appetite and an Empty pulse.
- These are only the symptoms of Lung and Spleen Qi Emptiness, which are those customarily given in Chinese books, as it is the Spleen that produces Qi and the Lungs that govern Qi.

- However, there can be many other symptoms of Emptiness of Qi, according to which organ is involved, in particular Heart or Kidneys.
- Emptiness of Qi is the first and least severe deficiency from which one can suffer.
- Most of the above symptoms arise from weakness of Lung-Qi failing to control breathing, and weakness of Spleen-Qi failing to transform and transport.

- Case history
- A man of 30 suffered from tiredness, lack of appetite and persistent catarrh in the nose and throat. His pulse was Empty and the tongue was slightly Pale and slightly Swollen.
- These manifestations indicate Spleen-Qi deficiency, complicated by the presence of Dampness (causing the mucus).

- EMPTY YANG
- The main clinical manifestations are, in addition to those of Emptiness of Qi: chilliness, a bright- pale face, cold limbs, no thirst, a desire for hot drinks, loose stools, frequent-pale urination, a Weak pulse and a Pale-Wet tongue.

- Qi is part of Yang, and Emptiness of Qi is similar in nature to Emptiness of Yang. In fact, the two are practically the same, just emphasizing different aspects of the functions of Qi.
- In Emptiness of Qi, it is the Qi function of transformation that is mostly at fault, while in Emptiness of Yang, it is the Qi function of warming and protecting that is impaired.

- Case history
- A woman of 30 suffered from tiredness, chilliness, chronic soreness of the lower back, frequent and pale urination and loose stools. Her pulse was Weak, especially on the right side, and her tongue was Pale and wet.
- These manifestations clearly indicate Deficiency of Spleen and Kidney-Yang.

- EMPTY BLOOD
- The main manifestations of Emptiness of Blood are a dull-pale face, pale lips, blurred vision, dry hair, depression, tiredness, poor memory, numbness, insomnia, scanty periods or amenorrhoea, a Fine or Choppy Pulse and a Pale-Thin tongue.

- The above symptoms are due to dysfunction of various organs.
- Emptiness of Liver-Blood causes blurred vision, depression, tiredness, numbness, scanty periods.
- Emptiness of Heart-Blood causes pale face, pale lips, Pale tongue, insomnia.
- Blood is part of Yin and a long-standing Emptiness of Blood gives rise to dryness, causing dry hair.

- Case history
- A woman of 27 suffered from tiredness, poor memory, scanty menstruation, constipation and insomnia. Her pulse was Choppy and her tongue was Pale and Thin.
- These manifestations indicate deficiency of Blood of the Liver (scanty menstruation, tiredness, constipation) and the Heart (poor memory, insomnia).

- EMPTY YIN
- The main manifestations of Emptiness of Yin are low-grade fever or a feeling of heat in the afternoon, 5-palm heat, a dry throat at night, night sweating, emaciation, a Floating-Empty pulse and a Red-Peeled and dry tongue.

- Yin Qi has the function of cooling, hence the heat symptoms (Empty-Heat) such as a low-grade fever, a feeling of heat, night sweating, 5- palm heat and a Red tongue.
- Yin also moistens, hence the symptoms of dryness such as dry throat and tongue.

- Case history
- A woman of 45 suffered from dizziness, night sweating, soreness of the lower back and a slight tinnitus.
- Her pulse was Fine and her tongue was of a normal colour with a rootless coating.
- These manifestations point to deficiency of Kidney-Yin and Stomach-Yin (the "rootless" coating indicates deficiency of Stomach-Yin).

YIN-YANG

- The categories of Yin and Yang within the 8 Principles have two meanings: in a general sense, they are a summarization of the other six, whilst in a specific sense they are used mostly in Emptiness of Yin and Yang and Collapse of Yin and Yang.

- Yin and Yang are a generalization of the other six Principles since Interior, Emptiness and Cold are Yin and Exterior, Fullness and Heat are Yang in nature.
- In a specific sense, the categories of Yin and Yang can define two kinds of Emptiness and also two kinds of Collapse.
- Emptiness of Yin and Yang have already been described above.

- Collapse of Yin or Yang simply indicates an extremely severe state of Emptiness.
- It also implies a complete separation of Yin and Yang from each other.
- Collapse of Yin or Yang is often, but not necessarily, followed by death.

- COLLAPSE OF YIN
- The main manifestations are abundant perspiration, skin hot to the touch, hot limbs, a dry mouth with desire to drink cold liquids in small sips, retention of urine, constipation, a Floating-Empty and Rapid pulse and a Red-Peeled, Short and Dry tongue.

- COLLAPSE OF YANG
- The main manifestations are chilliness, cold limbs, weak breathing, profuse sweating with an oily sweat, no thirst, frequent-profuse urination or incontinence, loose stools or incontinence, a Minute-Deep pulse and a Pale-Wet-Swollen-Short tongue.