

Identification of Patterns According to Qi-Blood-Body Fluids

DME class 12

- The Pattern Identification according to Qi, Blood and Body Fluids is based on the possible pathological changes of these vital substances.
- These patterns describe the clinical manifestations arising when Qi, Blood or Body Fluids are either deficient or stagnant.
- There is some overlap between these patterns and those according to the 8 Principles and Internal Organs.

- For example, the pattern of Qi Deficiency is essentially the same as Qi Deficiency according to the 8 Principles.
- The patterns according to Qi, Blood and Body Fluids are important as they complete the clinical picture emerging from the 8-Principle and Internal Organ patterns.

QI PATTERN IDENTIFICATION

- These can be:
- Deficiency of Qi
- Sinking of Qi
- Stagnation of Qi
- Rebellious Qi.

QI DEFICIENCY

- Clinical manifestations
- Slight shortness of breath, weak voice, spontaneous sweating, poor appetite, loose stools, tiredness, Empty pulse.
- These are the symptoms and signs of Lung and Spleen Qi deficiency.

- Obviously, there can be Qi deficiency of other organs too.
- Heart-Qi deficiency is marked by palpitations; Kidney-Qi deficiency leads to frequent urination.
- It is customary to list only the symptoms of Lung and Spleen Qi deficiency, firstly because they are more common, and secondly because the Lungs govern Qi and the Spleen is the source of Qi through its activity of transformation and transportation.

QI SINKING

- Clinical manifestations
- Feeling of bearing down, tiredness, listlessness, mental depression, prolapse of organs (stomach, uterus, intestines, anus, vagina or bladder), Empty pulse.
- In addition to the above symptoms, there can be any of the other symptoms of Qi deficiency.

- "Qi sinking" is, in fact, only a particular aspect of Qi deficiency and not essentially separate from it.
- This distinction needs to be made, however, as when it comes to treatment, it is necessary not only to tonify but also to raise Qi.
- There are particular herbs and acupuncture points (such as Du-20 with moxa) that have this effect.

QI STAGNATION

- Clinical manifestations
- Feeling of distension, distending pain that moves from place to place, abdominal masses that appear and disappear, mental depression, irritability, gloomy feeling, frequent mood swings, frequent sighing, Wiry or Tight pulse, tongue normal or slightly red or purple sides.

- These are only the general but essential and distinctive symptoms of Qi stagnation.
- The feeling of distension, which can affect the hypochondrium, epigastrium, throat, and abdomen, is the most characteristic and important of the symptoms of Qi stagnation.
- Emotional symptoms are also very characteristic in stagnation of Qi, particularly of Liver-Qi.
- Other symptoms and which part of the body is mostly affected depend on which organ is involved. The Liver is the organ that is most affected by stagnation of Qi.

REBELLIOUS Qi

- The symptoms of Rebellious Qi have to be distinguished according to the organ involved.
- "Rebellious Qi" occurs when Qi flows in the wrong direction, i.e. a direction different than its normal physiological one. This varies from organ to organ, as each has its own normal direction of flow of Qi.

- There are two types of rebellious Qi, a Deficient and Excess type.
- Generally speaking, rebellious Qi is of the Excess type by definition, but there is one example of a Deficiency type of rebellious Qi, and that is Spleen-Qi sinking.
- The identification of Rebellious Qi is important from the point of view of treatment as there are herbs and specific acupuncture points to subdue rebellious Qi.

- Rebellious Qi types
- Organ: Stomach
- Normal Qi direction: Downwards
- Pathological Qi direction: Upwards
- Symptoms and signs: Belching, hiccup, nausea, vomiting

- Organ: Spleen
- Normal Qi direction: Upwards
- Pathological Qi direction: Downwards
- Symptoms and signs: Diarrhoea, prolapse

- Organ: Liver
- Normal Qi direction: Upwards
- Pathological Qi direction:
 - i) Excessive upwards
- Headache, dizziness, irritability

- ii) Horizontally:
 - to Stomach: Nausea, belching, vomiting
 - to Spleen: Diarrhoea
 - to Intestines: Dry stools
- iii) Downwards
 - Symptoms and signs: Burning urination

- Organ: Lungs
- Normal Qi direction: Downwards
- Pathological Qi direction: Upwards
- Symptoms and signs: Cough, asthma

- Organ: Kidneys
- Normal Qi direction: Downwards
- Pathological Qi direction: Upwards
- Symptoms and signs: Asthma

- Organ: Heart
- Normal Qi direction: Downwards
- Pathological Qi direction: Upwards
- Symptoms and signs: Mental restlessness, insomnia

BLOOD PATTERN IDENTIFICATION

- These can be:
- Deficiency of Blood
- Stasis of Blood
- Heat in the Blood
- Loss of Blood.

DEFICIENCY OF BLOOD

- Clinical manifestations
- Dull pale sallow complexion, pale lips, dizziness, poor memory, numbness, blurred vision, insomnia, Pale slightly dry tongue, Choppy or Fine pulse.
- Deficiency of Blood can arise from Spleen, Liver or Kidney deficiency.

- Once Blood becomes deficient, it affects particularly the Liver and Heart.
- The above symptoms are symptoms of Liver (numbness, blurred vision, dizziness) and Heart Blood deficiency (sallow complexion, poor memory, insomnia, Pale tongue).
- In addition to the above symptoms, others are possible mostly in the gynaecological and mental-emotional sphere; for instance, amenorrhea and depression or anxiety.

- In severe and long-standing cases, deficiency of Blood can further lead to pronounced dryness as Blood is part of Yin.
- This manifests with a particularly dry tongue, dry skin, dry hair and withered nails. In even more severe cases, the long-standing dryness of the Blood can give rise to interior Liver-Wind which, combined with dryness, can cause some skin diseases characterized by dry and itchy skin.

STASIS OF BLOOD

- Clinical manifestations
- Dark complexion, purple lips, pain which is boring, fixed and stabbing in character, abdominal masses that do not move, purple nails, bleeding with dark blood and dark clots, Purple tongue, Wiry, Firm or Choppy pulse.
- These are general symptoms of stasis of Blood, without specific reference to particular organs.

- One of the main distinguishing symptoms of stasis of Blood is pain that is fixed in one place, and is of a boring or stabbing character.
- It is useful here to compare and contrast stagnation of Qi with stasis of Blood:

- Pain/distension
- Stagnation of Qi: More distension than pain
- Stasis of blood: More pain than distension
- Location
- Stagnation of Qi: Moving pain
- Stasis of blood: Fixed pain

- Character
- Stagnation of Qi: Distending pain, feeling of fullness
- Stasis of blood: Boring or stabbing pain
- Abdominal masses
- Stagnation of Qi: Appearing and disappearing
- Stasis of blood: Fixed

- Skin

- Stagnation of Qi: Not appearing on skin

- Stasis of blood: May manifest with purple blotches or bruises

- Face

- Stagnation of Qi: May be unchanged

- Stasis of blood: Dark colour or bluish-green

- Tongue
- Stagnation of Qi: Normal or slightly purple
- Stasis of blood: Definitely purple and possibly with purple spots
- Pulse
- Stagnation of Qi: Only slightly Wiry
- Stasis of blood: Wiry, Firm or Choppy

- The organ that is most frequently affected by stasis of Blood is the Liver. Other affected organs are the Heart, Lungs, Stomach, Intestines and Uterus.
- The symptoms and signs for each of these organs are as follows:

- Liver

- Purple nails, dark face, painful periods with dark menstrual blood and clots, abdominal pain, premenstrual pain, Purple tongue especially on the sides, Wiry or Firm pulse.

- Heart

- Purple lips, stabbing or pricking pain in the chest, mental restlessness, Purple tongue on the sides towards the front, purple and distended veins under the tongue, Choppy or Knotted pulse.

- Lungs
- Feeling of oppression of the chest, coughing of dark blood, tongue purple in the front or the sides in the centre section, purple and distended veins under the tongue.
- Stomach
- Epigastric pain, vomiting of dark blood, dark blood in stools, tongue Purple in the centre.

- Intestines
- Severe abdominal pain, dark blood in stools.
- Uterus
- Dysmenorrhea, pre-menstrual pain, menstrual blood dark with clots, amenorrhea, abdominal masses, Purple tongue.

- Stasis of Blood can derive from:
- 1. Stagnation of Qi: this is the most common cause of stasis of Blood. Qi moves Blood, if Qi stagnates Blood congeals.
- 2. Deficiency of Qi: deficiency of Qi over a long period of time may cause stasis of Blood as Qi becomes too weak to move Blood.

- 3. Heat in the Blood: Heat in the Blood may cause the Blood to coagulate and stagnate.
- 4. Blood deficiency: if Blood is deficient over a long period of time, it will induce Qi deficiency and subsequently stasis of Blood, from impairment of the Qi moving function.
- 5. Interior Cold: this slows down the circulation of Blood.
- 6. Phlegm may aggravate Blood stasis.

HEAT IN THE BLOOD

- Clinical manifestations
- Feeling of heat, skin diseases with red eruptions, dry mouth, bleeding, Red tongue, Rapid pulse.
- These are only the general symptoms of Blood Heat. Others may be present according to the organ involved.

- If Heart-Blood has Heat, there will be anxiety, mental illness (such as manic-depression) and mouth ulcers.
- If Liver-Blood has Heat, there will be skin diseases characterized by itching, heat and redness. This is one of the most common types of skin diseases.
- If the Blood-Heat affects the Uterus and the Penetrating Vessel, there will be excessive blood loss during the periods.

LOSS OF BLOOD

- Clinical manifestations
- Epistaxis, hematemesis, hemoptysis, melaena, menorrhagia, metrorrhagia, hematuria.
- Loss of Blood can occur from two main causes: either because deficient Qi is unable to hold Blood, or because Blood-Heat pushes blood out of the vessels.

- The former is a Deficiency type, the latter an Excess type of loss of Blood.
- Two other causes for loss of Blood are stasis of Blood and Yin deficiency.
- These can be differentiated:

- Cause: Heat in blood
- Heavy loss of fresh red or dark blood
- Cause: Stasis of blood
- Scanty loss of very dark blood with clots

- Cause: Qi deficiency
- Heavy or prolonged loss of pale blood
- Cause: Yin deficiency
- Scanty loss of Bright-red blood

BODY-FLUID PATTERN IDENTIFICATION

- These are:
- Deficiency of Body Fluids
- Edema
- Phlegm.

DEFICIENCY OF BODY FLUIDS

- Clinical manifestations
- Dry skin, mouth, nose, cough, lips, dry Tongue.
- Body Fluids are part of Yin and their deficiency always causes a condition of dryness.
- This is not quite the same as Yin deficiency as it can precede it.

- It may, however, be considered as a mild form of Yin deficiency.
- Deficiency of Body Fluids can also, on the other hand, derive from Yin deficiency: if Yin is deficient over a long period of time, Body Fluids will become deficient too.
- Deficiency of Body Fluids can also be caused by a heavy and prolonged loss of fluids such as in sweating (as during a febrile disease), vomiting and diarrhoea.

- As there is a constant interchange between fluids and Blood, deficiency of fluids can also derive from a heavy loss of Blood, such as during childbirth.
- Severe and chronic deficiency of Blood can cause dryness and deficiency of fluids.
- Diet can cause deficiency of fluids.
- Deficiency of fluids affects mostly the Lungs, Stomach, Kidneys and Large Intestine.

- Lungs
- The main symptoms are dry skin and dry cough.
- Stomach
- The main symptoms are a dry tongue with horizontal cracks and a dry mouth but without desire to drink, or with a desire to drink in small sips.

- Kidneys
- The main symptoms are scanty urination, a dry mouth at night and a dry throat.
- Large Intestine
- The main symptoms are dry stools.

EDEMA

- Edema arises from deficiency of either Spleen, Lungs or Kidneys or all three of them.
- Lungs, Spleen and Kidneys are the three organs that are mostly involved in the transformation and transportation of fluids.

- If one or two or three of these organs is deficient, the Body Fluids are not transformed properly, they overflow out of the channels and settle in the space under the skin.
- This is the origin of Edema.

- If Edema is caused by Lung-Qi deficiency it will affect the top part of the body, such as the face and hands.
- This type of Edema can also be caused by invasion of exterior Wind-Cold interfering with the Lung function of dispersing and descending Body Fluids.

- Edema from Spleen-Qi deficiency tends to affect the middle part of the body, such as the abdomen (ascites) and limbs.
- If Edema is caused by Kidney-Yang deficiency, it will affect the lower part of the body, such as the legs and ankles.

PHLEGM

- The concept of Phlegm is very wide-ranging and important in Chinese Medicine.
- It is extremely frequent in clinical practice.
- Phlegm is at the same time a pathological condition and an aetiological factor.
- Phlegm which is retained over a long period of time becomes itself a cause of disease.

- The main cause for the formation of Phlegm is Spleen deficiency.
- If the Spleen fails to transform and transport Body Fluids, these will accumulate and change into Phlegm.
- The Lungs and Kidneys are also involved in the formation of Phlegm.

- If the Lungs fail to disperse and lower fluids and if the Kidneys fail to transform and excrete fluids, these may accumulate into Phlegm.
- However, the Spleen is always the primary factor in the formation of Phlegm.

- The essential signs of Phlegm are a slippery or sticky tongue coating and a Slippery or Wiry pulse.
- There are two types of Phlegm, one "substantial", one "non-substantial".
- In the old classics, these were described as Phlegm "having a form" and Phlegm "without a form".

- Substantial Phlegm can be seen, such as the sputum that collects in the Lungs and is spat during bronchitis or other Lung diseases.
- Non-substantial Phlegm can be retained subcutaneously or in the channels. It can obstruct the Heart-orifices or the Gall-Bladder or Kidneys in the form of stones.
- It can settle in the joints in the form of arthritic bone deformities.

- The two types of Phlegm can be summarized as follows.
- Substantial Phlegm
- Phlegm in the Lungs.

- Non-substantial Phlegm:
- Under the skin
- This takes the form of lumps under the skin (although not all lumps are due to Phlegm), nerve-ganglia swellings, swelling of lymph nodes, swelling of the thyroid, some fibroids and lipomas.

- In the channels
- Phlegm in the channels is not visible as a swelling, but it causes numbness. This is more common in old people and is frequently seen in Wind-stroke.
- Misting the Heart
- Non-substantial Phlegm can obstruct the Heart-orifices and mist the Mind. This gives rise to some types of mental illness such as schizophrenia and manic-depression and also to epilepsy.

- In Gall-Bladder or Kidneys
- Gall-Bladder or Kidney stones are considered as a form of Phlegm, arising from the "steaming and brewing" of Phlegm by Heat over a long period of time.
- In the joints
- The bone deformities that occur in chronic rheumatoid arthritis are seen as a form of Phlegm.

- When the fluids are not transformed and accumulate in the joints over a long period of time, they can give rise to Phlegm and this can further condense to form bone growths.
- To summarize, Phlegm can affect the internal organs or the channels and skin.
- Phlegm (substantial or non-substantial) can assume different forms, according to its associations with other pathogenic factors.

- Wind-Phlegm
- This causes dizziness, nausea, vomiting, numbness of the limbs, coughing of phlegm, a rattling sound in the throat and aphasia.
- This form of Phlegm is seen in Wind-stroke.

- Phlegm-Heat
- This is manifested with expectoration of yellow- sticky phlegm, a red face, dry mouth and lips, restlessness, a Red tongue with sticky-yellow coating and a Rapid-Slippery pulse.
- This form of Phlegm affects the Lungs, the Stomach or the Heart.

- Cold-Phlegm
- This is manifested with expectoration of white-watery phlegm, a cold feeling in limbs and back, nausea, a Pale tongue with white-wet coating and a Deep-Slippery-Slow pulse.
- This form of Phlegm is often seen in Stomach or Lung patterns.

- Damp-Phlegm
- This is manifested with expectoration of very profuse phlegm which is white and sticky, no appetite, no thirst, a feeling of oppression of chest and epigastrium, a sticky tongue coating and a Slippery pulse.
- This form of Phlegm is seen in Lung patterns.

- Qi-Phlegm
- This type of Phlegm is non-substantial and is manifested with a feeling of swelling in the throat (but no actual swelling), a difficulty in swallowing and a feeling of oppression of chest and diaphragm.
- This form of Phlegm is usually associated with stagnation of Qi in the throat.

- It is caused by emotional problems giving rise to (or deriving from) stagnation of Liver-Qi.
- The typical feeling of constriction of the throat is called "plum-stone (or plum-pit) syndrome" in Chinese Medicine and this feeling appears and disappears according to mood swings.

- Phlegm-Fluids
- Finally, another form of Phlegm is called "Yin" in Chinese Medicine which simply means "fluids" or "watery".
- This is a type of substantial Phlegm characterized by very watery and thin fluids.
- It can actually be heard splashing in the body.
- There are four kinds of Phlegm-Fluids:

- 1 Phlegm-Fluids in Stomach and Intestines
- Chinese: Tan Yin (Phlegm Fluids)
- This is manifested with abdominal fullness and distention, vomiting of watery fluids, a dry tongue and mouth without desire to drink, a splashing sound in the stomach, a feeling of fullness of the chest, loose stools, loss of weight, a Deep-Slippery pulse and a Swollen tongue with sticky coating.

- 2 Phlegm-Fluids in the hypochondrium
- Chinese: Xuan Yin (Suspended Fluids)
- This is manifested with hypochondriac pain which is worse on coughing and breathing, a feeling of distension of the hypochondrium, shortness of breath, a sticky tongue coating and a Deep-Wiry pulse.

- 3 Phlegm-Fluids in the limbs
- Chinese: Yi Yin (Flooding Fluids)
- This is manifested with a feeling of heaviness of the body, a pain in the muscles, no sweating, no desire to drink, a cough with abundant-white sputum, a sticky-white coating and a Wiry or Tight pulse.

- 4 Phlegm-Fluids above the diaphragm
- Chinese: Zhi Yin (Prodding Fluids)
- This is manifested with a cough, asthma, Edema, dizziness, abundant-white sputum, a sticky-thick-white tongue coating and a Wiry pulse. All the symptoms are aggravated by exposure to cold.

- Case history
- A man of 32 suffered from tiredness, poor appetite, a feeling of muzziness and heaviness of the head. He also experienced a feeling of oppression of the chest, lack of concentration and dizziness. His pulse was Empty but also slightly Slippery and his tongue was Pale with a sticky coating.

- These manifestations are due to deficiency of Spleen-Qi leading to the formation of Phlegm (the non-substantial kind).
- The Phlegm causes the muzziness, heaviness, dizziness and inability to think clearly, as it obstructs the rising of clear Yang Qi to the head.