

Final Review pt 1

DME class 13

Introduction to TCM

Diagnosis

- Chinese diagnosis includes four methods traditionally described with four words:
- Looking
- Hearing (and smelling)
- Asking
- Feeling

DIAGNOSIS BY LOOKING

- SPIRIT
- "Spirit" indicates the spirit of a person, his or her vitality and the state of his or her mental, emotional and spiritual being.
- It also indicates a general state of vitality.
- The opposite, "not having spirit" indicates a state of lack of vitality.

- If the person has spirit, the complexion is healthy, the muscles are firm, the face color is clear, the eyes have glitter and reveal inner vitality, the mind is clear, the breathing even.
- If the person has no spirit, the complexion is unhealthy, the muscles are withered, the face color is dark, the eyes move uncontrollably, show no inner vitality and are not clear, the mind is unclear and the breathing is stertorous (heavy snoring or gasping sound).

BODY

- Very large, barrel-like chest & epigastrium indicate Stomach Excess.
- Very large upper thighs, out of proportion with the rest of the body, indicate Spleen deficiency.
- A thin and emaciated body usually indicates a long-standing deficiency of Blood or Yin.
- A fat body usually indicates deficiency of Spleen-Yang with tendency to retention of Dampness or Phlegm.

- Hair
- The state of the hair is related to the condition of Blood or Kidney-Essence.
- Falling hair may indicate a condition of Blood Deficiency, while prematurely greying hair indicates a decline of Kidney-Essence.

HEAD AND FACE

- Face color
- If the color is clear and has a rather moist appearance it indicates that Stomach-Qi is still intact: this is a positive indication.
- If the color has a rather dry and lifeless look, it indicates that Stomach-Qi is exhausted: this is always a negative indication and points to poor prognosis.

- White
- White indicates Deficiency, Cold, Blood Deficiency or Yang Deficiency.
- A dull-pale-white complexion indicates Blood deficiency, while bright-white complexion indicates Yang deficiency.

- Yellow
- Yellow indicates Spleen deficiency or Dampness, or both.
- A bright orange-yellow color indicates Damp-Heat, with the prevalence of Heat rather than Dampness.
- A hazy, smoky yellow indicates Damp-Heat, with the prevalence of Dampness.

- A withered, dried-up yellow indicates Heat in Stomach and Spleen.
- A sallow yellow color indicates Stomach and Spleen deficiency.
- A dull-pale yellow color indicates Cold-Damp in Stomach and Spleen.

- A pale yellow color surrounded by red spots indicates Spleen deficiency and stasis of Liver-Blood.
- A clear and moist yellow color in between the eyebrows indicates that Stomach-Qi is recovering after an illness affecting Stomach and Spleen.
- A dried-up and withered-looking yellow color in the same area is a poor prognostic sign.

- Red
- Red indicates Heat, either Full or Empty Heat. In Full-Heat, the whole face is red, in Empty-Heat only the cheekbones are red.
- Green
- A green color of the face indicates any of the following conditions: a Liver pattern, interior Cold, pain or interior Wind.

- Blue
- Dark-bluish under eyes: Cold in Liver channel
- White-bluish: Cold, chronic pain
- Dull-bluish: Heart-Yang deficiency w/Blood stasis or chronic pain
- In children: Liver Wind

- Black
- Black complexion indicates Cold, pain, or Kidney disease, usually from Kidney-Yin deficiency.
- Black moist-looking color indicates Cold
- Dried-up and burned-looking color indicates Heat, usually Empty-Heat from Kidney-Yin deficiency.

- Face areas
- A bluish color in the centre of the forehead:
Heart has suffered from a shock.
- Greenish nose: Liver Qi or Blood stasis
- Red tip of the nose: Spleen deficiency.
- A very short chin: possibility of Kidney deficiency.

EYES

- The eyes reflect the state of the Mind and the Essence.
- Different parts of the eye are related to different organs.
- The corners of the eye are related to the Heart, the upper eyelid to the Spleen, the lower eyelid to the Stomach, the sclera to the Lungs, the iris to the Liver and the pupil to the Kidney.

- Red in the corners of the eye: Heart-Fire
- Red in the sclera: Lung-Heat.
- Yellow sclera: Damp-Heat.
- Whole eye red, painful and swollen: Wind-Heat or rising of Liver-Fire.
- Dull white corners = Heat; pale-white = Blood deficiency.
- Swelling under the eyes: Kidney deficiency.

NOSE

- Tip of nose green or blue: abdominal pain.
- If it is yellow: Damp-Heat.
- White color: Blood deficiency.
- Red: Heat in Lung and Spleen.
- Grey: impairment of Water movement.

- Greenish bridge of nose: Liver Qi stagnation
- Greyish or dark bridge: Liver Blood stasis
- Red bridge: Liver Fire
- Nose moist & shiny: disease not serious.
- If dry: Heat in Stomach or Large Intestine.
- If dry and black: Fire-Poison.

EARS

- Ear lobes: if they are shiny and slightly moist, the prognosis is good; if they are dry and withered, the prognosis is bad.
- Swelling and pain in the ear (or middle ear):
Fire in the Lesser Yang channels.

- Swollen ear: pathogenic factor, Full pattern.
- Thin ear: deficiency of Qi or Blood.
- Ear lobe is related to constitution and Kidney energy.
- Long and full lobe: strong Kidneys and good constitution
- Thin and small lobe: poor constitution.

MOUTH AND LIPS

- Lips normal color: pale-red, moist and shiny.
- Very pale: Emptiness of Blood or Yang.
- Too red and dry: Heat in Spleen / Stomach.
- Purple or bluish: stasis of Blood.

- Mouth always slightly open: Empty pattern.
- Breathing only through the mouth:
deficiency of Lung-Qi
- Greenish around the mouth: stasis of Liver-Blood and invasion of the Spleen by Liver-Qi.

TEETH AND GUMS

- Teeth under the influence of the Kidneys.
- Gums under the influence of the Stomach.
- Moist teeth: good state of body fluids and Kidneys
- Dry teeth: exhaustion of fluids and deficiency of Kidney-Yin.
- Gums swollen, painful and bleeding: Heat in the Stomach. If no pain: Empty-Heat.
- Gums very pale: deficiency of Blood.

THROAT

- Throat pain, redness, swelling: if acute, Wind-Heat; if chronic, Stomach Heat
- Throat only sore & dry but not swollen and red: Lung & Kidney-Yin with Empty-Heat.
- Erosion, redness and swelling: Toxic Heat

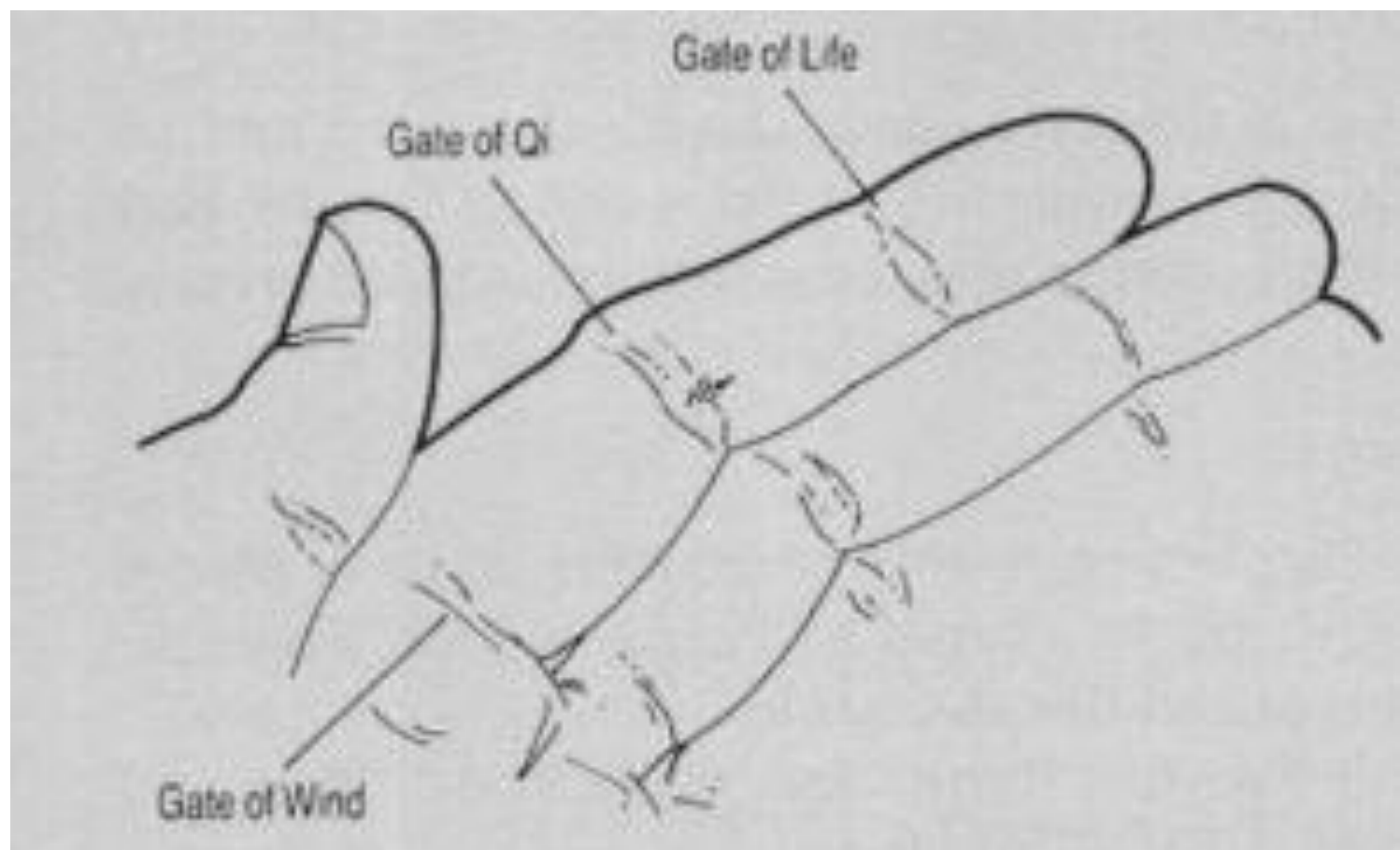
- Tonsils
- Swollen, normal color: Phlegm or Damp + Qi Deficiency
- Chronic red swollen: Heat in ST/LI or Empty Heat in Lung channel
- Acute red swollen: Wind Heat + Toxic Heat

LIMBS

- Swollen joints of four limbs: Wind-Damp Obstruction (Bi syndrome)
- If joints red and hot: Damp Heat
- If joint pain & swelling: Dampness or Phlegm
- If pain worse at night: Blood stasis
- Tremors/Spasms: Liver Wind
- Fine tremors: Liver Blood Deficiency or Liver-Kidney Yin Deficiency

- Pale nails: deficiency of Blood;
- Bluish nails: stasis of Liver Blood
- Thenar eminence: state of the Stomach.
- Bluish venules on thenar: Cold in Stomach.
- Bluish short venules: Empty pattern.
- Red venules: Heat in the Stomach.

- Venules on index fingers of infants-2 yr old.
- Boys: left index finger; girls: right index.
- Creases at the finger joints called "gates"; proximal ="Gate of Wind", middle="Gate of Qi", distal="Gate of Life"



- If venules appear at "Gate of Wind": invasion by exterior pathogenic factor and a mild disease.
- If venules extend past "Gate of Qi": interior and more severe disease.
- If they extend beyond the "Gate of Life": serious and life-threatening disease.
- Bluish venules: Cold pattern; red venules: Heat pattern.

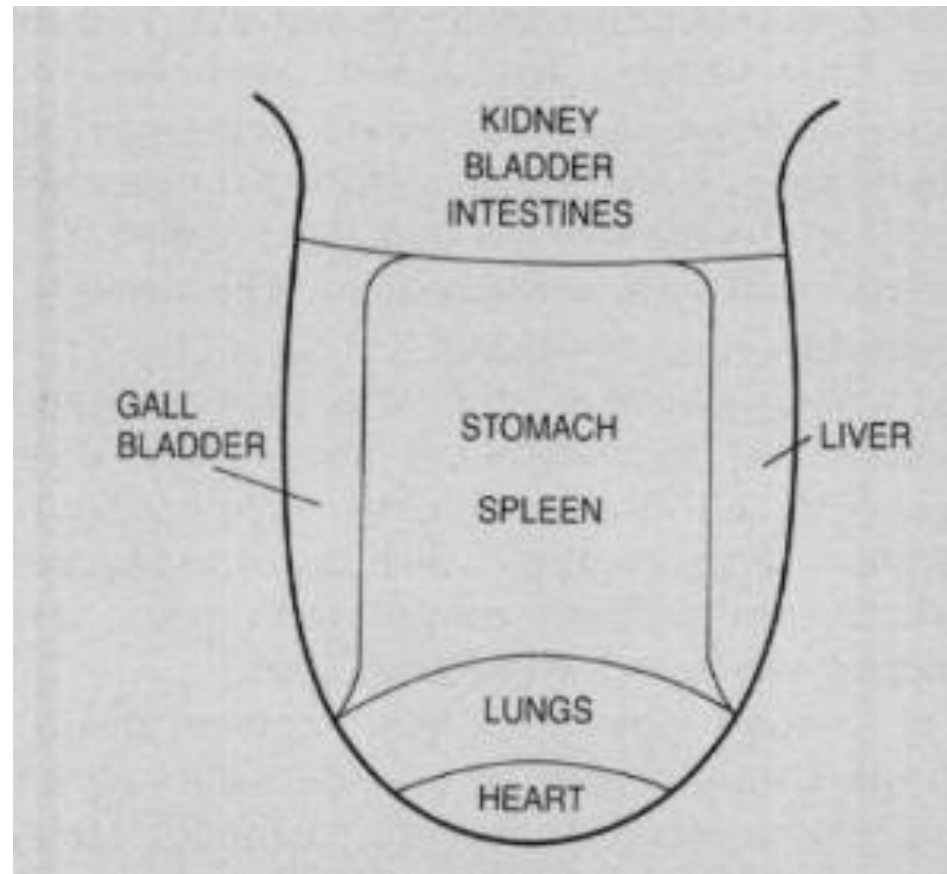
SKIN

- Dry skin: deficiency of Liver-Blood
- Itchy skin: Wind.
- Pitting edema = true edema or "Water edema": deficiency of Kidney-Yang.
- Non-pitting edema= "Qi edema": stagnation of Qi.

- Bright clear yellow skin = "Yang jaundice": Damp-Heat.
- Dull-yellow = "Yin jaundice": Damp-Cold.
- Venules appearing on the skin = Fullness in Blood-Connecting channels.
- Red venules=Heat; bluish=cold; greenish=pain; purple=stasis of Blood.

TONGUE

- Body color: condition of Blood, Nutritive Qi and Yin organs
- Body shape: state of Blood and Nutritive Qi
- Coating: state of Yang organs
- Moisture: state of the Body Fluids.
- Tongue areas:



- Various areas of the tongue reflect the state of the internal organs.

- Tongue-body color
- Normal: pale-red.
- Pale color: deficiency of Yang (if wet and swollen) or Blood (if dry).
- Pale or orangey sides: Deficiency of Liver-Blood.

- Red tongue body always indicates Heat.
- If coating = Full-Heat; if no coating = Empty-Heat.
- Red tip: Heart-Fire or Heart Empty-Heat
- Red sides: Liver-Fire or Gall-Bladder Heat; Liver Yin Deficiency
- Red centre: Stomach-Heat
- Deep-red: same indications as Red but condition more severe.

- Purple: stasis of Blood.
- Reddish-Purple: Heat and stasis of Blood
- Bluish-Purple: Cold and stasis of Blood
- Purple sides: Liver-Blood stasis
- Purple center: Blood stasis in Stomach.
- Bluish purple sides in women: Blood stasis in uterus

- Tongue-body shape
- Thin: Blood deficiency (Pale), or Yin deficiency (Red and Peeled).
- Swollen: Dampness + Yang deficiency (Pale) or Damp-Heat (Red or normal)
- Stiff: Interior Wind.
- Flaccid: deficiency of Body Fluids.

- Long: Heat, especially Heart-Heat.
- Short tongue: interior Cold (Pale & wet) or extreme deficiency of Yin (Red & Peeled)
- Cracks: either Full-Heat or deficiency of Yin.
- Short horizontal: Stomach-Yin deficiency.
- Long-deep midline crack reaching tip: Heart pattern.

- Shallow-wide midline crack not reaching the tip: Stomach-Yin deficiency.
- Short transverse cracks on sides, in middle section: chronic Spleen-Qi deficiency.
- Quivering: Spleen-Qi deficiency or Wind.
- Deviated: interior Wind.
- Teethmarks (scallops): Spleen-Qi deficiency.

- Tongue coating
- Normal tongue: thin-white coating.
- Thick coating: presence of a pathogenic factor; thicker coating = stronger pathogenic factor.
- Absence of coating: deficiency of Stomach-Yin and / or Kidney- Yin (if red all over).

- White coating: Cold pattern (normal if thin)
- Yellow: Full-Heat pattern
- Grey / black: either extreme Cold (wet) or extreme Heat (dry).
- Dry: Heat injuring the Body Fluids
- Too wet: Yang-Qi Deficiency + Dampness
- Sticky or slippery: Dampness or Phlegm

Questioning

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- Aversion to cold predominant, mild fever: invasion of Wind-Cold
- Fever, slight aversion to cold: invasion of Wind-Heat.
- Fever, no aversion to cold: interior Heat
- Chilly, no fever: Interior Yang deficiency Cold
- Chilliness from Yang deficiency is alleviated by covering up, exterior Wind-Cold is not.

- Low-grade fever in afternoon: Yin deficiency.
- Constant low-grade temp: Damp-Heat
- Fever at night: Yin deficiency (adult) or retention of food (child).

- Sweating
- in Exterior conditions: deficient condition.
- if no sweating in Exterior conditions: Excess
- Only on head: Stomach Heat or Damp-Heat
- Oily sweat on forehead: collapse of Yang
- Only on arms and legs: ST-SP deficiency

- Only on hands: Lung-Qi deficiency or nerves
- Whole body: Lung-Qi deficiency
- On palms, soles and chest: Yin deficiency
- In day-time: Yang deficiency
- At night-time: Yin deficiency (in some cases it can also be from Damp-Heat).

- Profuse cold sweat during a severe illness: collapse of Yang
- Oily: severe Yang deficiency
- Yellow: Damp-Heat.

- Head
- Headache
- Recent onset, short duration: headache from exterior attack of Wind-Cold
- Gradual onset, in attacks: interior type.
- Day-time: Qi or Yang deficiency
- Evening: Blood or Yin deficiency

- Nape of neck: Greater Yang channels (usually Exterior Wind)
- Forehead: Bright Yang channels (usually Stomach Heat)
- Temples / sides: Lesser Yang channels (exterior Wind or Liver-Gall Bladder Fire)
- Vertex: Terminal Yin channels (Liver-Blood)
- Whole head: Wind-Cold

- Heavy feeling: Dampness or Phlegm
- Pain "inside" the head, "hurting the brain":
Kidney deficiency
- Distending, throbbing: rising of Liver-Yang
- Boring, like a nail: stasis of Blood.

- With aversion to wind or cold: exterior invasion
- Aggravated by cold: Cold pattern
- Aggravated by heat: Heat pattern
- Aggravated by fatigue, improved by rest: Qi deficiency.

- Dizziness
- Severe giddiness, loss of balance: internal Wind.
- Slight, with heavy head: Phlegm
- Slight, aggravated when tired: Qi deficiency.
- Sudden onset of dizziness: Full pattern.
- Gradual onset: Empty pattern.

- Pain in the whole body
- Sudden onset, chills and fever: exterior Wind-Cold
- Pain all over, tiredness: Qi-Blood deficiency
- Women after childbirth: Blood deficiency (dull pain) or Blood stasis (severe)

- Pain in arms & shoulders experienced only when walking: Liver-Qi stagnation
- Pain in all muscles, with hot sensation of the flesh: Stomach-Heat
- Pain with feeling of heaviness: Dampness obstructing muscles.

- Pain in joints
- Wandering from joint to joint: from Wind
- Fixed and very painful: from Cold
- Fixed, with swelling and numbness: from Dampness.

- Backache
- Continuous, dull: Kidney deficiency
- Recent onset, severe, stiffness: sprain of back causing stasis of Blood
- Severe, aggravated by cold and damp, alleviated by heat: exterior Cold and Damp
- Boring pain, inability to turn: stasis of Blood
- Pain in the back extending up to the shoulders: exterior attack.

- Numbness
- Numbness of arms and legs or only hands and feet on both sides: Blood deficiency
- Numbness of fingers, elbow and arm on one side only (especially of the first three fingers): internal Wind and Phlegm (this may indicate the possibility of impending Wind-stroke).

- Pain in the chest: often stasis of Blood in the Heart, usually from deficiency of Yang.
- Chest pain + cough with profuse yellow sputum: Lung-Heat.
- Distension and stuffiness of the hypochondrium = stagnation of Liver-Qi.
- If pain is severe = stasis of Liver-Blood.

- Epigastric pain: retention of food in the Stomach or to Stomach-Heat.
- If dull and not very severe: Deficient-Cold in the Stomach.
- If alleviated by eating: Empty type; if aggravated by eating: Full type.
- Fullness in the epigastrium: Spleen deficiency or Dampness.

- Abdominal pain relieved by bowel movements: Full; aggravated by bowel movements: Empty.
- Hypogastric pain: Damp-Heat in the Bladder

- Food
- Condition relieved by eating: Empty; aggravated by eating: Full.
- Lack of appetite: Spleen-Qi deficiency.
- Being always hungry = Heat in the Stomach.
- Fullness /distension after eating: retention of food.
- Preference for hot food (in terms of temperature): Cold pattern; for cold food: Heat pattern.

- Taste
- Bitter taste: Full-Heat (Liver or Heart)
- If Liver-Fire: bitter taste constant.
- Heart-Fire: with insomnia, only present in the morning after a sleepless night.

- Sweet taste: Spleen deficiency or Damp-Heat.
- Sour taste: retention of food or disharmony of Liver and Stomach.
- Salty taste: Kidney-Yin deficiency.
- Lack of taste: Spleen deficiency.
- Pungent taste: Lung-Heat.

- VOMIT
- Sour vomiting: invasion of Stomach by Liver
- Bitter vomiting: Liver and Gall-Bladder Heat
- Clear-watery vomiting: Cold in the Stomach with retention of fluids
- Vomiting soon after eating: Heat pattern.
- Sudden vomiting with loud noise = Full pattern. Vomiting which is slow in coming with weak noise = Empty pattern.

- Stools
- Aggravation after bowel movement: Empty pattern; better after bowel movement: Full
- Acute constipation, thirst, dry yellow coating: Heat in the Stomach and Intestines.
- Constipation in old people or women after childbirth: deficiency of Blood.
- Small, bitty stools: stagnation of Liver-Qi and Heat in the Intestines.

- Constipation with abdominal pain: internal Cold and deficiency of Yang.
- Dry stools, no thirst: Yin deficiency of Kidneys and/or Stomach.
- Alternating constipation / diarrhea: stagnant Liver-Qi invading the Spleen.

- Diarrhea
- Pain accompanying diarrhea: Liver or Heat.
- Foul smell = Heat, no smell = Cold.
- Chronic diarrhea: Spleen-Yang, or Kidney-Yang deficiency or both.
- Chronic diarrhea occurring every day in the very early morning: Kidney-Yang deficiency
- With abdominal pain: interior Cold in Intestines.

- Diarrhea with mucus in the stools:
Dampness in the Intestines. If with blood:
Damp-Heat in the Intestines.
- Loose stools with undigested food indicate
Spleen-Qi deficiency.
- A burning sensation in the anus while
passing stools indicates Heat.

- Black or very dark stools: stasis of Blood.
- Bright-red splashing blood coming first:
Damp- Heat in the Intestines.
- With turbid blood coming first, heavy
painful anus: Heat in the Blood.

- Stools come first, then watery blood: Spleen-Qi unable to control Blood.
- Borborygmi + loose stools: Spleen deficiency.
- Borborygmi, abdominal distension, no loose stools: stagnation of Liver-Qi.

- Flatulence: usually stagnation of Liver-Qi.
- If foul smell: Damp-Heat in the Spleen or Stomach-Heat.
- If no smell: interior Cold from Spleen-Yang deficiency.

- Urine
- Enuresis or incontinence: Kidney deficiency.
Retention of urine: Damp-Heat in the Bladder.
- Difficult urination: Damp-Heat in the Bladder or deficiency of Kidney.
- Very frequent copious urination: Kidney deficiency; frequent scanty urination: Qi deficiency.

- Pain before urination: stagnation of Qi in the Lower Burner; during urination: Heat in the Bladder; after urination: deficiency of Qi.
- Pale urine: Cold pattern
- Dark urine: Heat pattern.
- Turbid /cloudy urine: Dampness in Bladder.

- Insomnia
- Unable to fall asleep, but sleeping well after falling asleep: deficiency of Heart-Blood.
- Waking up many times during the night: deficiency of Kidney-Yin.
- Dream-disturbed sleep: Liver-Fire or Heart-Fire.

- Restless sleep with dreams indicates retention of food.
- Waking up early in the morning and failing to fall asleep again indicates deficiency of Gall-Bladder.
- As people grow older, it is to some extent normal to wake early, due to the physiological decline of Qi and Blood.

- Lethargy
- Sleepy after eating: Spleen-Qi deficiency.
- A general feeling of lethargy and heaviness of the body: retention of Dampness.
- If there is also dizziness, it indicates Phlegm.

- Extreme lethargy and lassitude with a feeling of cold, indicates deficiency of Kidney-Yang.
- Lethargic stupor with exterior Heat symptoms indicates invasion of Pericardium by Heat.
- Lethargic stupor with rattling in the throat, a Slippery pulse and a sticky tongue coating, indicates blurring of the mind by Phlegm.

- Tinnitus
- Sudden onset: Full condition (usually Liver-Fire or Liver-Wind).
- Gradual onset: Empty condition (usually deficiency of the Kidneys)
- A loud, high-pitch noise like a whistle indicates Liver-Yang, Liver-Fire or Liver-Wind rising.
- A low-pitch noise like rushing water indicates Kidney deficiency.

- Eyes
- Pain, swelling and redness of the eye: exterior Wind-Heat, or interior Liver-Fire.
- Blurred vision, "floaters": Liver-Blood deficiency.
- Photophobia: Liver-Blood deficiency.
- Pressure in the eyes: Kidney-Yin deficiency.
- Dryness: Liver and/or Kidney Yin deficiency.

- Thirst with desire to drink large amounts of cold water: Full-Heat pattern
- Absence of thirst: Cold pattern, usually of the Stomach or Spleen.
- Thirst, no desire to drink: Damp-Heat
- With desire to sip liquids slowly, or to sip warm liquids: Yin deficiency
- Desire to drink cold liquids: Heat pattern; desire to drink warm liquids: Cold pattern.

- Pain
- Stagnation of Qi causes distention more than pain, or a distending pain, having no fixed location.
- Stasis of Blood causes a severe, boring pain, with a fixed location in a small area.

- **Characters of pain**
- Pressure
- Empty: alleviated
- Full: aggravated
- Cold: —
- Heat: —

- Food
- Empty: alleviated
- Full: aggravated
- Cold: —
- Heat: —

- Type
- Empty: dull-lingering
- Full: sharp
- Cold: cramping
- Heat: burning

- Temperature
- Empty: —
- Full: —
- Cold: better with heat
- Heat: better with cold

- Bowel movement
- Empty: aggravated
- Full: alleviated
- Cold: aggravated
- Heat: alleviated

- Posture
- Empty: better lying down
- Full: better sitting
- Cold: —
- Heat: —

- Onset
- Empty: slow, gradual
- Full: sudden
- Cold: —
- Heat: —

- Vomiting
- Empty: aggravated
- Full: alleviated
- Cold: aggravated
- Heat: alleviated

- Rest/movement
- Empty: better with rest
- Full: better with movement
- Cold: better with movement
- Heat: worse with movement

- Menstrual Cycle
- If the periods always come early it indicates either Heat in the Blood or Qi deficiency.
- If the periods always come late, it indicates either Blood deficiency or stagnation of Blood or Cold.
- If the periods are irregular, coming sometimes early and sometimes late, it indicates stagnation of Liver-Qi or Liver-Blood, or Spleen deficiency.

- Amount
- A heavy loss of blood indicates either Heat in the Blood or Qi deficiency (see under color of blood below).
- Scanty periods indicate either Blood deficiency or stagnation of Blood or Cold.

- Color
- A dark-red or bright-red color indicates Heat in the Blood. Pale blood indicates Blood deficiency.
- Purple or blackish blood indicates stasis of Blood or Cold.
- Fresh-red blood indicates Empty-Heat from Yin deficiency

- Quality
- Congealed blood with clots indicates stasis of Blood or Cold.
- Watery blood indicates Blood or Yin deficiency.
- Turbid blood indicates Blood-Heat or stagnation of Cold

- Pain
- Pain before the periods indicates stagnation of Qi or Blood.
- Pain during the periods indicates Blood-Heat or stagnation of Cold. Pain after the periods indicates Blood deficiency.
- These questions and their answers have limited value with regard to women who take contraceptives or in multiparous women.

- Leucorrhoea
- This must be distinguished according to color, consistency and smell.
- Color
- A white discharge indicates a Cold pattern. This could be from Spleen or Kidney-Yang deficiency, or exterior Cold-Damp, or sometimes from stagnation of Liver-Qi.

- A yellow discharge indicates a Heat pattern, usually Damp-Heat in the Lower Burner.
- A greenish discharge indicates Damp-Heat in the Liver channel.
- A red and white discharge also indicates Damp-Heat.
- A yellow discharge with pus and blood in a woman after menopause indicates toxic Damp-Heat in the uterus.

- Consistency
- A watery consistency suggests a Cold-Damp pattern, whilst a thick consistency suggests a Damp- Heat pattern.
- Smell
- A fishy smell indicates Damp-Cold; a leathery smell indicates Damp-Heat.

- Pregnancy
- Infertility can be due to Empty conditions such as Blood or Kidney-Essence deficiency, or to Full conditions such as Damp-Heat in the Lower Burner or stasis of Blood in the uterus.
- Vomiting during pregnancy indicates Stomach and Penetrating Vessel deficiency.

- Miscarriage before three months indicates Blood or Essence deficiency and is associated with a Kidney deficiency; after three months it indicates Liver-Blood stasis or sinking of Spleen- Qi.

- Childbirth
- Nausea and heavy bleeding after delivery indicates exhaustion of the Penetrating Vessel.
- Sweating and fever after delivery indicate exhaustion of Qi and Blood.
- Post-natal depression is usually due to Blood deficiency leading to Heart-Blood deficiency.