

Diagnostic Systems

Identification of Patterns According to the Internal Organs

DSY Class 1

- The Identification of Patterns according to the Internal Organs is based on the symptoms and signs arising when the Qi and Blood of the internal organs is out of balance.
- This method is used mostly for interior and chronic conditions, but it also includes a few exterior and acute patterns.

- The internal organs patterns are an application of the 8-Principle method of pattern identification to the particular disharmony of a specific internal organ.
- For example, manifestations of Qi deficiency are shortness of breath, a weak voice, a pale face, lassitude and lack of appetite.
- This is useful but is not detailed enough and does not identify which organ is involved.

- The identification of patterns according to the internal organs is the most important one in clinical practice, particularly for interior chronic diseases.
- Let us now look at some of the characteristics of this method of identification of patterns.

- It is therefore too general to give an indication of the treatment needed.
- The above symptoms can be further classified as Lung-Qi deficiency (shortness of breath and weak voice) and Spleen-Qi deficiency (lassitude and lack of appetite).
- This is more useful in clinical practice because it gives concrete indications as to which organ needs to be treated.

- 1. It is important to realize that, in practice, not all the symptoms and signs described need necessarily appear simultaneously.
- What these patterns describe are actually advanced cases of a particular organ disharmony.
- In some cases, even only two symptoms will be sufficient to identify a specific internal organ pattern.

- 2. It is essential to have an understanding of the etiology and pathology of a given disharmony.
- The aim of this method is not to "classify" symptoms and signs according to organ patterns, but to understand how the symptoms and signs arise and how they interact with each other, in order to identify the prevailing organ disharmony.

- 3. The organ patterns are not diseases in a Western medical sense.
- Patterns are not just a collection of symptoms and signs, but an expression of the disharmony prevailing in a person.
- Symptoms and signs are used to identify the character and nature of the disharmony which, in itself, gives an indication as to the strategy and method of treatment needed.

- 4. Organ patterns appear in different degrees of severity, and the symptoms and signs listed under each pattern usually describe the advanced cases of an organ disharmony.
- If a pattern is only just developing, its symptoms and signs will be few and mild.
- Identifying an organ pattern as it is arising with only a few symptoms and signs releases the full potential of Chinese Medicine in the prevention of disease.

- 5. In practice several patterns may occur simultaneously. The combinations can be:
- a. Two or more patterns from the same Yin organ (e.g. Liver-Qi stagnant and Liver-Fire);
- b. Two or more patterns from different Yin organs (e.g. Liver-Fire and Heart-Fire);

- c. One or more patterns of a Yin organ with one or more patterns of a Yang organ (e.g. Spleen-Qi deficiency and Bladder Damp-Heat);
- d. An interior and an exterior pattern (e.g. retention of Damp-Phlegm in the Lungs and exterior attack of Wind-Cold in the Lungs);
- e. An interior organ pattern and a Channel pattern (e.g. Lung-Qi deficiency and Bi Syndrome of the Large Intestine channel).

- 6. There is no correspondence between the organ patterns of Chinese Medicine and organ diseases of Western Medicine.
- For example, a patient can suffer from Kidney-Yin deficiency without any recognizable kidney disease from the Western medical point of view.
- Vice versa, a patient may suffer from a kidney inflammation from a Western point of view not corresponding to a Kidney pattern from the Chinese medical point of view.

Heart Patterns

Differentiation and Treatment

- Exterior pathogenic factors do not affect the Heart directly, but attack the Pericardium instead.
- Thus, any Pathogenic Factors affecting the Heart itself will be internal.

- The most important Heart functions are those of governing Blood and housing the Mind. Most of the pathological changes of the Heart reflect this and involve the Blood and the Mind.
- Blood and Yin are the "residence" for the Mind: if Blood and Yin are flourishing, the Mind will be in a good state. If Blood and Yin are deficient, the Mind will suffer, the person will feel unhappy.
- If the Mind is disturbed from emotions, this can induce a weakness of Heart-Blood or -Yin.

- Excess joy—excessive excitement—can injure the Heart and makes Heart Qi slow down and become deficient, and it dilates the Heart. However, this is not an important or common cause of Heart disharmony.
- Sadness is a very common cause of Heart-Qi deficiency and when it affects both Lungs and Heart, it can often be manifested on the pulse with a very weak pulse on Heart and Lung positions.

- Anger includes feelings of frustration, resentment and depression.
- Anger affects the Liver directly, though it may also affect the Heart.
- Anger causes the rising of Liver-Yang or Liver-Fire, and this can easily be transmitted to the Heart causing Heart-Fire. This is manifested on the tongue with a Red body color on the sides and tip and possibly with red points on the tip.

Deficiency patterns

HEART-QI DEFICIENCY

- Clinical manifestations: Palpitations, shortness of breath on exertion, sweating, pallor, tiredness, listlessness.
- Tongue: Pale or normal color. Severe cases: midline crack reaching the tip with swelling on either side.
- Pulse: Empty. Severe cases: Overflowing and Empty (very superficial and somewhat pounding with light pressure but empty with heavier pressure).
- Key symptoms: palpitations, tiredness, Empty pulse.

- Pathology
- This pattern includes general signs of Qi deficiency (such as shortness of breath, sweating, pallor, tiredness and Empty pulse) and palpitations, which is the cardinal sign of Heart-Qi deficiency.
- In this case the palpitations will be only light and occasional.

- Etiology
- 1 Blood loss: Any severe or prolonged blood loss will cause a deficiency of Heart-Blood which, in turn, will lead to deficiency of Heart-Qi.
- 2 Emotional problems can lead to deficiency of Heart-Qi.

Treatment

- Principle of treatment: tonify Heart-Qi.
- Formula: Sheng Mai San (Generate the Pulse Powder)
- Points: HE-5, P-6, BL-15, Ren-17, Ren-6.
- Method: all with reinforcing method.
- Explanation:
- HE-5, P-6, BL-15 tonify Heart-Qi.
- Ren-17: Gathering point for Qi, tonifies the Qi of the Upper Burner and therefore Heart-Qi.
- Ren-6: tonifies the whole body's Qi and will therefore strengthen Heart-Qi.

HEART-YANG DEFICIENCY

- Clinical manifestations: Palpitations, shortness of breath on exertion, tiredness, listlessness, sweating, feeling of stuffiness or discomfort in the heart region, feeling of cold, bright-pale face, cold limbs (especially hands).
- Tongue: Pale, wet, Swollen.
- Pulse: Deep-Weak or Knotted.
- Key symptoms: palpitations, feeling of cold, cold limbs, Deep pulse.

- Pathology
- Some of the symptoms are the same as for Heart-Qi deficiency; it is not possible to have a deficiency of Yang without a deficiency of Qi.
- The feeling of cold and cold hands are due to Heart-Yang not transporting Defensive Qi to the extremities to warm them.
- Stiffness in the chest region is due to Heart-Yang not moving Qi in the chest.

- Bright-pale face: Yang deficiency (in Blood deficiency the face would be dull-pale).
- Pale, wet and swollen tongue: Heart-Yang cannot transport enough Blood to the tongue (pale), and cannot transform the fluids which therefore accumulate on the tongue (wet).
- Deep and Weak pulse: deficiency of Yang. A Knotted pulse might be found in severe cases.

- Etiology
- This is basically the same as for Heart-Qi deficiency.
- In addition, Heart-Yang deficiency may also derive indirectly from a chronic deficiency of Kidney-Yang as Kidney-Yang is the source of all Yang energies of the body.

Treatment

- Principle: tonify and warm Heart- Yang.
- Formula: Zhi Gan Cao Tang (Honey-Fried Licorice Decoction) plus You Gui Wan (Restore the Right (Kidney) Pill)
- Points: HE-5, P-6, BL-15, Ren-17, Ren-6, Du-14.
- Method: all with reinforcing, moxa is applicable.
- Explanation:
- HE-5, P-6 tonify Heart-Qi.
- BL-15, Ren-17, Du-14 (w/ moxa) tonify Heart-Yang.
- Ren-6 with moxa tonifies Yang of the body; is useful if there is also Kidney-Yang deficiency.

HEART-YANG COLLAPSE

- Clinical manifestations: Palpitations, shortness of breath, weak and shallow breathing, profuse sweating, cold limbs, cyanosis of lips, severe cases coma.
- Tongue: Very Pale or Bluish-Purple, Short.
- Pulse: Hidden-Minute-Knotted.
- Key symptoms: cyanosis of lips, Hidden- Minute pulse, cold limbs.

- Pathology
- This pattern is an extreme case of Heart-Yang deficiency; the clinical manifestations are the same as for Heart-Yang deficiency, only more severe.
- Cyanosis of lips: Yang Qi not moving the Blood, resulting in severe stasis of Blood.
- Coma: Mind has no "residence".

- Short Tongue: deficiency of Yang is so severe that Yang Qi cannot move the tongue muscle at all; internal Cold contracts the muscles, hence the tongue cannot be stuck out.
- Hidden pulse: severe deficiency of Yang.
- Knotted pulse: severe deficiency of Yang not giving the Heart enough energy to beat regularly.

- Etiology
- Heart-Yang Collapse always derives from a chronic and severe deficiency of Kidney-Yang.
- Total collapse of Qi (whether it is Yin or Yang Qi) always derives from the collapse of Kidney energy, which is the foundation of all energies of the body.

Treatment

- Principle: rescue Yang, restore consciousness, stop sweating.
- Formula: Si Ni Tang (Frigid Extremities Decoction)
- Points: Ren-6, Ren-4, Ren-8, Du-4, ST-36, P-6, BL-23, Du-20, Du-14, BL-15.
- Method: all with reinforcing, no retention of needle, moxa is applicable.
- Explanation
- Ren-4, Ren-6, Ren-8 rescue Yang Qi and stop sweating if indirect moxibustion on ginger or aconite is applied.
- Du-4 with moxa tonifies Kidney-Yang.

- ST-36, P-6 strengthen Heart-Yang.
- BL-23 with moxa strengthens Kidney-Yang.
- Du-20 rescues Yang (direct moxa)
- Du-14, BL-15 tonify Heart-Yang (direct moxa)
- It is important to stop sweating because profuse sweating will further weaken the Heart, both by loss of Defensive Qi, and loss of fluids and Blood.

HEART-BLOOD DEFICIENCY

- Clinical manifestations: Palpitations, dizziness, insomnia, dream-disturbed sleep, poor memory, anxiety, propensity to be startled, dull-pale complexion, pale lips.
- Tongue: Pale, Thin, slightly dry.
- Pulse: Choppy or Fine.
- Key symptoms: palpitations, insomnia, poor memory, Pale tongue.

- Pathology
- The Heart governs Blood, if Blood is deficient the Heart suffers and the Mind is deprived of its "residence", hence the insomnia, dream-disturbed sleep, anxiety and propensity to be startled.
- The Heart also controls the mental faculties and if Heart-Blood is deficient thinking will be dull and the memory poor.

- If Heart-Blood is deficient, Heart-Qi also becomes deficient causing palpitations. There is a difference between the palpitations from Heart-Qi or from Heart-Blood deficiency.
- In the case of Heart-Qi deficiency, the palpitations will occur more in the daytime and maybe on exertion without any other particular feeling. In the case of Heart-Blood deficiency, the palpitations will occur more in the evening, even at rest and with a slight feeling of uneasiness in the chest or anxiety.

- Dizziness: Blood deficiency.
- Dull-pale complexion: deficiency of Blood (in deficiency of Yang, it is bright-pale).
- Pale dry tongue: not enough Blood reaches the tongue (pale); dryness distinguishes this tongue from that of Heart-Yang deficiency which is wet.
- When not enough Blood reaches the tongue over a long period of time, this becomes also Thin.

- Etiology
- 1. Diet lacking in Blood-producing foods
- 2. Anxiety and worry over a long period of time.
- 3. A severe hemorrhage (such as during childbirth).

Treatment

- Principle: tonify Blood, tonify Heart, pacify Mind.
- Formula: Si Wu Tang (Four-Substance Decoction)
- Points: HE-7, P-6, Ren-14, Ren-15, Ren-4, BL-17, BL-20.
- Method: all with reinforcing. Moxa can be used.
- Explanation
- P-6, HE-7 tonify Heart-Qi & -Blood, pacify Mind.
- Ren-14, Ren-15 tonify Heart-Blood, pacify the Mind.
- Ren-4, BL-17, BL-20 tonify Blood.

HEART-YIN DEFICIENCY

- Clinical manifestations: Palpitations, insomnia, dream-disturbed sleep, propensity to be startled, poor memory, anxiety, mental restlessness, "uneasiness", "fidgetiness", malar flush, feeling of heat especially in the evening, night sweating, dry mouth and throat, 5-palm heat.
- Tongue: Red, no coating, tip redder and swollen with red points, deep midline crack reaching the tip.
- Pulse: Floating-Empty-Rapid or Fine-Rapid. May be Overflowing in Front and Weak in Rear positions.
- Key symptoms: palpitations, mental restlessness, feeling of heat, malar flush, Red-Peeled tongue, deep midline crack.

- Pathology
- Heart-Yin deficiency includes Heart-Blood deficiency; it is not possible to have Heart- Yin deficiency without Heart-Blood deficiency because Yin embodies Blood. There are some differences in the symptoms, though.
- In Heart-Blood deficiency the patient will find it difficult to fall asleep, but once asleep, will sleep well. In Heart-Yin deficiency the patient will find it difficult to fall asleep and will wake up many times during the night.

- Mental restlessness, malar flush, 5-palm heat, feeling of heat, dry mouth and throat and night-sweating are all due to Empty-Heat deriving from Yin deficiency.
- Heart-Yin deficiency is often accompanied or caused by Kidney-Yin deficiency.
- This pattern is more common in middle-aged or old people; Heart-Blood deficiency is more common in young people, especially young women.

- Red Peeled tongue: Peeled from deficiency of Yin and Red from the flaring up of Empty-Heat. The red and swollen tip with red points reflects the flaring of Empty-Heat within the Heart.
- Midline crack can appear in any Heart pattern.
- Shallow midline crack, no change in tongue color: slight constitutional weakness of the Heart, no pathology.
- Deep midline crack, red tip: Heart constitutionally weak with pathological change.

- Etiology
- Long-standing anxiety, worry and an excessively busy life can damage Yin Qi. If this situation which leads to Yin deficiency is accompanied by deep emotional problems and anxiety, the Mind becomes disturbed and Heart-Yin deficiency develops. This is a very common situation in the type of patients we see in the West.
- Heart-Yin deficiency can also arise after an attack of exterior Heat consuming the Body Fluids and exhausting the Yin of the Heart.

Treatment

- Principle: tonify & nourish Heart-Yin (& Kidney-Yin), pacify Mind.
- Formula: Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
- Points: HE-7, P-6, Ren-14, Ren-15, Ren-4, HE-6, SP-6, KI-7, KI-6.
- Method: all with reinforcing, no moxa.
- Explanation
- HE-7 tonifies Heart-Blood and-Yin, pacifies the Mind.
- P-6, Ren-14, Ren-15 pacify the Mind.
- Ren-4, SP-6 tonify Yin.
- HE-6 tonifies Heart-Yin; stops night sweating with KI-7.
- KI-6 tonifies Kidney-Yin and promotes sleep.

Excess patterns

HEART-FIRE BLAZING

- Clinical manifestations: Palpitations, thirst, mouth and tongue ulcers, mental restlessness, feeling agitated, "impulsiveness", feeling of heat, insomnia, red face, dark urine or blood in urine and bitter taste.
- Tongue: Red, tip redder and swollen with red points, yellow coating; may be midline crack reaching to the tip.
- Pulse: Full-Rapid-Overflowing especially on the left Front position. It could also be Hasty.
- Key symptoms: tongue ulcers, thirst, palpitations, Red tongue.

- Pathology
- Full-Heat in the Heart is an Excess pattern.
- Heat symptoms include thirst, red face, feeling of heat, Red tongue and Rapid-Overflowing or Hasty Pulse. The tongue is the offshoot of the Heart and excess Heat may flare upward to the tongue causing ulcers. These ulcers will have a red and raised rim around them and will be very painful (ulcers with a white rim around them can be due to Empty-Heat from Yin deficiency).

- The mental restlessness is very pronounced and is due to the excess Heat in the Heart disturbing the Mind. It is from that of Heart-Yin deficiency in that it is more severe and the patient appears more restless, more agitated, hotter.
- The insomnia is due to Heat in the Heart disturbing the Mind at night. The patient will wake up frequently and have disturbing dreams, typically of fires and flying.
- The red face is of the Full type, i.e., the whole face is red.

- Bitter taste: in Heart-Fire appears only in the morning and is related to the quality of sleep: if the patient has a sleepless night there will be bitter taste in the morning.
- Dark urine or blood in the urine: due to the transmission of Heart-Fire to the Small Intestine, and from this to the Bladder.
- Red tongue with a coating: Full-Heat. Red swollen tip shows the localization of Heat in the Heart.
- Rapid pulse: Heat, and Overflowing quality in the Front position shows the presence of Heart-Fire.

- Etiology
- Emotional problems: chronic anxiety, constant worrying and depression can lead to stagnation of Qi, and give rise to Fire.
- Many patients suffering from chronic mental depression will display the symptoms and signs of this pattern. Their look may point to a Deficiency pattern, while all the other symptoms and signs point to the Excess pattern of Heart-Fire blazing.
- Heart-Fire is often transmitted from Liver-Fire.

Treatment

- Principle: clear the Heart, pacify the Mind.
- Dao Chi San (Guide Out the Red Powder)
- Points: HE-9, HE-8, HE-7, Ren-15, SP-6, KI-6.
- Method: Reducing; SP-6, KI-6 reinforced. No moxa.
- Explanation
- HE-9 and HE-8 clear Heart-Fire.
- HE-7 pacifies the Mind.
- Ren-15 pacifies the Mind and clears Heat.
- SP-6 and KI-6 promote Yin and cool Fire.

PHLEGM-FIRE HARASSING THE HEART

- Clinical manifestations: Mental restlessness, palpitations, bitter taste, insomnia, dream disturbed sleep, easily startled, incoherent speech, mental confusion, rash behavior, tendency to hit or scold people, uncontrolled laughter or crying, agitation, shouting, muttering to oneself, mental depression and dullness; in severe cases aphasia and coma.
- Tongue: Red, yellow-sticky coating, midline crack with yellow prickles in it. Tip may be redder and swollen with red points.
- Pulse: Full-Rapid-Slippery or Rapid-Overflowing-Slippery or Rapid-Full-Wiry.
- Key symptoms: all the various mental symptoms and the Red tongue with sticky-yellow coating.

- Pathology
- This is an Excess pattern characterized by the presence of Fire and Phlegm obstructing the Heart.
- The mental symptoms are due to Phlegm obstructing the Heart orifices and disturbing the Mind.
- This pattern is also characterized by deficient Spleen-Qi being unable to transform and transport fluids which accumulate into Phlegm. The interior Heat facilitates this by condensing the fluids into Phlegm.

- There are actually two separate aspects to this pattern which may appear separately or alternately (as in manic-depression):
- 1. Mental depression and dullness, muttering to oneself: this is called DIAN in Chinese, meaning "insanity". (Wiseman: "withdrawal")
- 2. Uncontrolled laughter or cry, shouting, violent behavior, hitting or scolding people, incoherent speech: this is called KUANG in Chinese, meaning "violent behavior". (Wiseman: "mania")

- Both these patterns are of the Excess type and are caused by Phlegm and Fire obstructing the Heart and Mind.
- It is important not to be misled by the Yin nature of the symptoms in the DIAN type and think that it is a Deficiency pattern requiring tonification.

- The obstruction of the Heart orifices can, in extreme cases, blur the Mind entirely and lead to aphasia and coma. In Chinese medical terminology this is described as "Phlegm obstructing the Heart orifices".
- The yellow-sticky coating on the tongue reflects the presence of Phlegm and the Red body color reflects the presence of Heat. The yellow prickles inside the midline crack also indicate the presence of Phlegm in the Heart.
- The Slippery quality of the Pulse indicates Phlegm.

- Etiology
- 1. Severe emotional problems and depression leading to stagnation of Qi which turns into Fire.
- 2. Excessive consumption of hot-greasy foods creates Heat and Phlegm.
- 3. This pattern can also appear during fevers from exterior Heat invading the Pericardium. In this case there would be only mental confusion and unconsciousness.

Treatment

- Principle: clear Heart-Fire, resolve Phlegm, pacify the Mind.
- Formula: Vaporize Phlegm Pill (gun tan wan)
- Points: P-5, HE-7, HE- 8, HE-9, P-7, Ren-15, BL-15, Ren-12, ST- 40, SP-6, LIV-3, LIV-2, BL-20, Du-20, GB-13, GB-15, Du-24.
- Method: reducing; Ren-12 and BL-20 should be reinforced. No moxa.

- Explanation
- P-5 resolves Phlegm from the Heart and clears orifices.
- HE-7, P-7, Ren-15 clear Heat and pacify the Mind.
- HE-8 and HE-9 clear Heart-Fire and restore consciousness.
- BL-15 clears Heart-Fire.
- Ren-12 tonifies the Spleen to resolve Phlegm.
- ST-40 resolves Phlegm.

- SP-6 resolves Phlegm and pacifies the Mind.
- LIV-3 pacifies the Mind and subdues Fire (it brings Fire down, away from the top part of the body).
- LIV-2 subdues Fire (the same way as LIV-3).
- Du-20 restores consciousness in case of coma.
- GB-13 and Du-24 pacify the Mind.
- GB-15 pacifies the Mind and balances the mental state (when it oscillates between mania and depression).

PHLEGM MISTING THE MIND

- Clinical manifestations: Mental confusion, unconsciousness, lethargic stupor, vomiting, rattling sound in the throat, aphasia.
- Tongue: Thick-sticky-slippery coating, midline crack reaching the tip with prickles in it. Tongue-body Swollen.
- Pulse: Slippery.
- Key symptoms: mental confusion, rattling sound in throat, sticky-slippery tongue coating.

- Pathology
- This pattern is also called "Phlegm obstructing the Heart orifices"; it is very similar to the previous one, except for the absence of Fire.
- The pattern of Phlegm misting the Mind is seen either in children, when it can be a cause of mental retardation or speech difficulties, and in adults after an attack of Wind-stroke when Wind associates with Phlegm causing coma, paralysis and aphasia.

- The mental confusion, lethargic stupor, unconsciousness, are all due to Phlegm obstructing the Heart and the Mind.
- The Phlegm prevents the tongue from moving, hence the aphasia.
- Vomiting and rattling sound in the throat are due to Phlegm obstructing the chest.
- The sticky-slippery coating and Slippery pulse reflect the presence of Phlegm.

- Etiology
- 1. In children, constitutional.
- 2. In adults this pattern can be caused by excessive consumption of greasy-cold-raw foods leading to the formation of Phlegm. However, for the Phlegm to obstruct the Heart, the dietary origin of this pattern is usually combined with severe emotional problems such as long-standing anxiety.

Treatment

- Principle: open the Heart, resolve Phlegm, restore consciousness.
- Formula: Scour Phlegm Decoction (di tan tang)
- Points: HE-9, P-5, BL-15, ST-40, Du-26, Ren-12, BL-20.
- Method: reducing; Ren-12 and BL-20 reinforced.
- Explanation
- HE-9 clears the Heart, opens orifices. Bleed for unconsciousness.
- P-5 resolves Phlegm from the Heart.
- BL-15 clears the Heart and is particularly useful in children.
- ST-40 resolves Phlegm.
- Du-26 is used to restore consciousness if necessary.
- Ren-12 and BL-20 tonify the Spleen to resolve Phlegm.

HEART-BLOOD STAGNANT

- Clinical manifestations: Palpitations, pain in the heart region which may radiate to the inner aspect of the left arm or to the shoulder, discomfort or feeling of oppression or constriction of the chest, cyanosis of lips and nails, cold hands.
- Tongue: Purple.
- Pulse: Knotted.
- Key symptoms: pain in the heart region, cyanosis of lips, purple tongue.

- Pathology
- This pattern is derived from other Heart patterns, mostly Heart-Yang deficiency, Heart-Blood deficiency or Heart-Fire.
- The symptoms and signs will therefore vary according to the origin of the pattern.
- If it is due to Heart-Yang or Heart-Blood deficiency, this pattern is a combined Deficiency/ Excess pattern.
- If it is due to Heart-Fire, it is an Excess pattern.
- In most cases, it is derived from Heart-Yang deficiency.

- If Heart-Yang is deficient, it cannot move the Blood in the chest, hence the Blood stagnates in this area and causes the pain and feeling of tightness.
- The intensity of the pain can vary from a mild pricking sensation to a really intense stabbing pain. The pain typically comes in repeated bouts and is elicited by exertion or cold weather.

- If the stasis of Blood is derived from Heart-Fire, its mechanism is different. In this case the stasis is caused by Heat congealing Blood in the chest.
- In any case, this pattern closely resembles the Western medical disease entity of angina pectoris.
- The cyanosis of lips and nails and the cold hands are due to stagnant Heart-Blood not reaching the face and hands.
- The stasis of Blood in the chest also obstructs the circulation of Gathering Qi, which normally has the function of helping the movement of Lung and Heart Qi to the hands resulting in cold hands.

- The Purple color of the tongue body reflects the stasis of Blood. In most cases, this will be Bluish-Purple reflecting the Internal Cold from Deficiency of Yang causing stasis of Blood. It can also be Reddish-Purple if it is associated with Heart-Fire.
- The Knotted pulse is Slow and stops at irregular intervals and reflects the presence of interior Cold. The irregularity of it is due to the stagnation of Blood which prevents it from circulating properly.

- Etiology
- Emotional problems over a long period of time can lead to stagnation of Blood in the chest, which is the most likely part of the body where pent-up emotions are kept.
- Heart-Blood is the physiological basis for the Mind and any emotional problem that constrains the Mind may lead to stagnation of Qi and/or Blood of the Heart.
- Any of the causes leading to Heart-Yang deficiency can, in the long run, lead to Heart-Blood stagnation.

Treatment

- Principle: regulate Blood, remove stasis, tonify and warm Heart-Yang, pacify the Mind.
- Formula: Dan Shen Yin (Salvia Drink)
- Points: P-6, P-4, HE-7, Ren-17, BL-14, BL-17, SP-10, KI-25.
- Method: reducing during an attack, or even method in between attacks. Moxa if Heart-Yang deficiency.
- Explanation
- P-6 regulates Heart-Blood and opens the chest.
- P-4 is the Accumulation point and is particularly useful to stop heart-pain during an acute attack.

- HE-7 pacifies the Mind.
- Ren-17 regulates Qi and Blood. Moxa after needling can be used in Heart-Yang deficiency.
- BL-14 regulates Heart-Blood.
- BL-17 regulates Blood if needed.
- SP-10 regulates Blood.
- KI-25 is a local point to move Qi and Blood in the chest. Particularly useful if Heart-Yang deficiency is associated with Kidney-Yang deficiency.