

Qi & Blood Deficiency Signs

<i>Qi Deficiency</i>	<i>Blood Deficiency</i>

Qi & Blood Deficiency Signs

<i>Qi Deficiency</i>	<i>Blood Deficiency</i>
Pale bright complexion	Pale Dull Complexion
Shortness of breath	Pale Brittle Nails/Dry Skin & Hair
Weakness/Exhaustion (Lassitude of spirit)	Numbness in extremities
Weak voice and lack of desire to speak	Insomnia
Spontaneous Sweat	Palpitations
Loose Stools	Dizziness/Flowery Vision
Pale & Enlarged Tongue	Pale tongue with scant fur
Weak/Soggy Pulse	Fine Pulse

Spleen Qi Deficiency Symptoms

As above plus:

- ◆
- ◆
- ◆
- ◆

With disharmony in the stomach:

- x
- x
- x

Spleen Qi Deficiency Symptoms

As above plus:

- ◆ Discomfort or dull pain in the abdomen (usually after eating)
- ◆ Bloating
- ◆ Distention in the abdomen
- ◆ Thin stool

With disharmony in the stomach:

- x Either a loss of appetite or the person is always hungry (clamoring stomach)
- x Burping
- x It feels as if the food just sits in the stomach after eating.

Spleen Qi Deficiency

Causes:

- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓

Treatment Principle:

Spleen Qi Deficiency

Causes:

- ✓ Mental and emotional disturbances.
 - ✓ Too much thinking weakens the spleen
 - ✓ Worry
- ✓ Diet
 - ✓ Irregularities – not eating at regular times, skipping meals, too many different foods, eating too late at night, excess consumption, etc...
 - ✓ Chronic Gastritis, gall bladder disease, nutritional disturbances (food allergies (milk, etc.), bulimia, anorexia)
 - ✓ Warm and dry foods are liked by the spleen. (meat, ginger, pepper, etc) not cold foods (salads, fruits, icy drinks, excess dairy, etc.)
 - ✓ Eating a lot of refined foods.
 - ✓ Not eating enough protein.
- ✓ Any chronic disease.
- ✓ Environment

Treatment Principle:

- ✓ Tonify the spleen

Spleen Yang Deficiency (Devitalization of Spleen Yang)

Symptoms:

- x
 - x
 - x
 - x
 - x
 - x
 - x
 - x
 - x
 - x
 - x
-

Spleen Yang Deficiency

Symptoms:

This can be just like spleen qi deficiency with added signs of cold. General Yang Deficiency (Deficiency Cold)

- x weakness, tiredness,
- x exhaustion @ limbs (a deeper problem)
- x Signs of cold
 - x arms and legs are cold
 - x edema
- x **bloating**, (feels better w/ warmth and pressure)
- x lack of appetite
- x **loose stools (undigested food** in them – a cold diarrhea)
- x problems with ingestion
- x pulse – deep and weak as wells as slow (because of the “cold”)
- x Tongue – pale and wet/swollen

Spleen Yang Deficiency

Causes

- x
- x
- x
- x

Treatment Principle

Spleen Yang Deficiency

Causes

- x As spleen qi deficiency
- x This is more of a chronic type of problem
- x If you have been exposed to a cold and damp environment.
- x The spleen is damaged to the point where it loses its heating power.

Treatment Principle:

- x Tonify the spleen
- x warm the spleen. Use the same points, but with moxa.

Spleen Qi Sinking (Collapse or Fall)

Symptoms:

- ◆
- ◆
- ◆
- ◆
- ◆
- ◆

Spleen Qi Sinking (Collapse or Fall)

Symptoms:

- x Same as spleen qi deficiency
- x The patient feels a down bearing feeling in the abdomen. (Especially after they eat)
- x Enduring diarrhea
- x prolapse of the anus (external hemorrhoids), uterus, stomach (gastroptosis), urination can leak out (urgency and frequency), varicose veins
- x Tongue is pale and perhaps enlarged
- x Pulse is deficient and weak (soggy/empty)

Spleen Qi Sinking

Causes

Treatment Principle

x

x

Spleen Qi Sinking

Causes

x As per spleen qi deficiency

Treatment Principle

x Tonify the spleen qi

x raise the qi (du 20)

Spleen not Controlling Blood (Blood management failure)

Symptoms:

- x
- x
- x
- x
- x
- x
- x
- x
- x

Spleen not Controlling Blood (Blood management failure)

Symptoms:

The blood could be pale and watery blood. (no clots, blood isn't right red)

- x Pulse will be weak
- x pale tongue
- x There's a general qi and blood deficiency
- x They will look pale (not hot)
- x All the signs of spleen qi deficiency (bloating, loose stools, weak, fatigued, poor appetite, dizzy, palpitations, sallow complexion, shortness of breath, etc) Look for deficiency rather than heat problems.
- x This is almost a prolapse of the blood.
- x Bruising or easy to bruise.
- x Nose bleeds
- x blood in the urine or stools

Spleen not Controlling Blood (Blood management failure)

Causes:

Treatment Principle:

Spleen not Controlling Blood (Blood management failure)

Causes:

- x As per spleen qi deficiency

Treatment Principle:

- x Tonify the spleen

Diet to Help Spleen

Warming foods or at least neutral

- x complex carbohydrates
 - x well cooked rice (congee)
 - x sweet rice
 - x spelt (doesn't need organic/fertilizer/pesticides)
 - x oats
 - x some animal products
 - x added to congee or soups
 - x beef or beef liver
 - x chicken
 - x lamb
 - x turkey
 - x butter – only dairy product that should be eaten for spleen problems
 - x tuna, mackerel, halibut, anchovies
 - x pungent
 - x ginger, cinnamon, nutmeg, fennel, garlic
 - x high carb vegetables
 - x squash
 - x parsnips
 - x black beans
 - x potatoes/sweet potatoes
 - x neutral foods
 - x carrots
 - x garbanzo beans
 - x turnips
 - x pumpkin
 - x yams
 - x rutabaga
- x all foods should be well cooked and chewed well.
- x In frequent small amounts, not a lot of rich foods
- x small amounts of nuts & seeds
- x If spleen yang deficiency perhaps not sweet rice.
- x Add more warming herbs and spices
 - x dried ginger
-

Diet to avoid for spleen

- x raw vegetables
- x fruit (especially citrus)
- x sprouts (cereal grasses)
- x tomatoes, spinach, chard,
- x millet
- x seaweeds
- x salt
- x excessive eating of really sweet foods
- x liquids
- x vinegar
- x dairy products