

Differential Diagnosis Mid-term Material

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1 Shang Han Lun

Zhang Zheng Jing (220A.D.) wrote the book on cold damage the Shang Han Lun He chose to write this during a period of terrible epidemics. In his clan of 200 people, 2/3^{rds} of them died within 10 years. “A way must be found to save these people.” He started to organize the existing material of the time to save his people. It identifies the different stages and symptoms of disease. It identifies the location and the treatment principles.

These are bacterial and viral infectious diseases.

Six levels of disease described in the Shang Han Lun are:

- x Tai Yang
- x Yang Ming
- x Shao Yang

- x Tai Yin
- x Shao Yin
- x Jue Yin

The Su Wen says:

“First day of cold damage, Tai yang is affected.
Second Day: Yang Ming is affected”

Not all diseases will start at Tai yang, but this is the general patter that diseases follow.

We don't have the original today, but it is a finalized edition of the book.

In the 11th century, the Shang Han Lun was separated into two books, this and the Prescriptions of the Golden Chamber. The latter book covers how to treat pneumonia, hepatitis, etc...

Exterior disease can be either wind-heat or wind cold. (Influenza, or the common cold). This book covers the discussion mainly on wind-cold.

The outside evils, attack the Zou Li, the skin pores. When the evils attack is wen you get the “goose flesh”. The Chinese calls this chicken skin. What's going on is the body is under attack. There's an imbalance between the pathogen and our defense qi. (Wei Qi)

If the body is in a weakened state (for whatever reason), then even a mild or weak pathogen can more easily attack the body. Or you can simply have a strong or virulent pathogen. It doesn't matter how healthy you are, a strong pathogen (polio for example) can attack and get through anyway.

It's the wind that is the mother of 10,000 diseases (this is sudden changes in the climate as well as wind.) These times of changes are hard on the body.

1.1 Tai Yang

The Tai yang channel is the most superficial of all the channels. (yang is more active and external). This is the first channel that is affected by the pathogens attacking the body. Tai yang means greater yang.

The small intestine and the bladder are the watch dogs or “governors” of the external channels of the body. These are the first attacked.

1.1.1 General Symptoms

- x Fevers – the war between the pathogen and the wei qi . Usually pretty mild at the initial stage.
- x Chills (more chills if it's wind cold) - the wind is blocking the channels.
- x Aversion to wind/cold
- x Pain – headaches/neck pain/achy all over.
 - x Headache is in the ociput or muscle tension headache.
- x Floating pulse – the pathogen is still on the surface of the body.
- x Tongue – thin/white/moist or normal

There are two subtypes:

1.1.2 External Excess

1.1.2.1 Symptoms:

No sweat!

Skin is dry and tight. The pores are blocked by the cold excess.

Still sensitive to cold.

Still have fever.

Back/neck pain/tension

Tongue – normal or moist/thin/white coat

Pulse – floating - **tight pulse** – like a rope or clothesline.

1.1.3 External Deficiency

When the person is weak or deficient, then their wei qi is weak. It can't keep the sweat inside the body.

1.1.3.1 Symptom:

Person sweats easily – it's a useless sweat

Easily chilled – wei qi is too weak to warm the body. They are very sensitive to the wind.

Moderate pulse – floating and moderate to weak. - The person is so deficient, they can't get weak correctly. It's got a bubbling up quality to it.

Tongue is deficient as well, but could be normal.

The shen will be deficient as well – weak and kind of tired. Not a lot of zip.

1.2 Yang Ming Stage

Large intestine and Stomach organs.

This is a pathogen in the abdomen and bowels. It mostly affects the front of the body. This is classified as an interior disease with heat signs.

Yang ming- greater light - noon

1.2.1.1 Symptoms

Signs of excess heat in the body:

The person feels feverish.

Sweaty

Thirsty

Agitated & restless

This more associated with noon-time. So the heat is felt more around noon,.

No chills
Can be broken into two subtypes

1.2.2 Yang Ming Channel Syndrome

1.2.2.1 Symptoms

The four greats:

- x Great Fever
- x Great Thirst - jin fluids.
- x Great Agitation
- x Great Sweat
- x Great Pulse – a large and surging pulse. Like the surf coming in. It's strong at all levels.

1.2.3 Yang Ming Organ

This is deeper than just at the channel level.

The pathogen is said to damage the organs, the fluids of the bowels. This is worse.

This is excess heat in the interior of the body.

You see the four greats, but to that you add signs of damage to the stomach and large intestine

1.2.3.1 Symptoms

- x abdomen full/distended and painful – hurts with pressure.
- x **Constipation**
- x tongue – heat and dryness so Red body w/ yellow& dry coating. Old -yellow.
- x Pulse – still strong but it's now described as deep. The pathogen has gotten into the organs of the pulse.
- x Treatment- clear heat, purge obstruction

1.3 Shao Yang Stage

You get a mixture of internal and external symptoms.

These are disease like unresolved exterior patterns. These are chronic illnesses , Fibromyalgia, chronic fatigue syndrome.

The pathogen is blocking the proper movement of the Qi in the middle of the body.

The pathogen infects the TW and the GB.

1.3.1 Symptoms

- x Distinctly alternating fever and chills.
- x Nausea and vomiting
- x no desire for food or drink
- x pain in the hypochondriac region
- x distention in the abdomen – don't want pressure. This is excess pain. Look for hot signs.
- x Heat – gall bladder. **A scorched and bitter taste in the mouth**
- x Dry throat
- x Irritable/restless
- x blurred vision
- x dizziness
- x pulse: wiry (maybe rapid)
- x Treatment principle – we want to clear the heat, purge the obstruction, harmonize the interior with the exterior of the body.
- x Tongue – real red on the sides. (liver gallbladder heat) Coating could be a mixed up color, yellow and white.
- x Perhaps insomnia – especially during the liver gall bladder time.

1.4 Tai Yin Stage

Spleen & Lung, Interior pattern.

This can happen when the person has been treated improperly, or the cold pathogen can attack the spleen directly – a direct strike on the spleen. This results in signs of cold and deficiency.

1.4.1 Symptoms

- x no thirst
- x diarrhea
- x abdominal fullness with periodic pain (On again, off again pain in the abdomen.) This is deficiency pain. Look for signs of cold. Pressure is o.k.
- x failure of the movement of transformation of food.
- x Vomiting, nausea
- x pulse: weak, moderate, slow
low-energy

Since this is spleen damage due to cold:

Treatment is tonify and warm the spleen CV8, moxa

1.5 Shao Yin

Heart and Kidneys are deficient

The person is very vulnerable to disease.

This is like a kidney pattern.

1.5.1 Kidney yin deficiency

1.5.1.1 Symptoms

- x Kidney yin deficiency signs
- x Restlessness
- x insomnia
- x night sweats
- x dry mouth
- x dry pharynx
- x scanty urination
- x pulse: fine and rapid
- x Tongue: red/ peeled or cracked (maybe even crimson)

1.5.2 Kidney yang deficiency

1.5.2.1 Symptoms

- x Kidney yang deficiency symptoms
- x They are running cold.
- x Aversion to cold
- x somnolence – dull and out of it.
- x clear food diarrhea/cock's crow diarrhea
- x inversion frigidity of the limbs

- x usually no fever
- x pulse: fine & tight
- x Could verge on yang collapse.

1.6 Jue Yin Stage

This is the terminal stage. It's the deepest stage.

Last of the three yin channels. It's associated with many of the most serious diseases.

This is an interior deficiency problem. It's a mix-up of hot and cold. They are hot above, and cold below. Failure of the yang qi to warm up the whole body.

1.6.1 Symptoms

- x pain and heat in the cardiac region
- x feel qi surging up
- x diabetes can be at this stage – thirsting wasting disorder. The three mores and the one less. More thirst, hunger, urination, and yet they loose weight.
- x Dry/hot in the upper body.
- x Hungry a lot – like the stomach fire begging for more fuel. But, hungry with no desire to eat. (cold in the intestines)
- x They urinate a lot.
- x Possible inversion frigidity of the limbs (poor circulation in the feet)
- x possible vomiting of round worms.
- x Tongue: sticky and light alternating. It can change
- x Pulse: slow or rapid alternating

Treatment strategy: build up the deficiencies, warm up the bottom and cool off the top.

2 Thermic Disease

Was put together by the physician Wen Bing.

A different way of looking at the progression of diseases in the body. This is more infection diseases (hot disease) in the body. This was put together in the 1600's.

There are four aspects:

- x Wei (or wei qi)
- x Qi (this is more organ qi)
- x Ying (this is the nourishing qi)
- x Blood

Shang hun lun is from northern china, where it is cold. The Wen Bing was analyzed and discussed in southern China. This is more like measles, small pox, mumps, etc. You can't really limit these things once they get started, you can try to shorten the length of the disease or try to minimize the after affects of the disease.

This kind of parallels the cold damage theory. We'll see that as we go along.

We are talking about an infectious pathogen with these diseases. These are called epidemic evils. A particularly strong pathogen. We take these in through the nose and mouth. (Scarlet fever, polio, etc...)

These may all start with the symptoms wind heat, but you don't get better right away, the course of the disease is to go deeper and deeper.

2.1 Wei Qi (Defense) Aspect

This is wind heat. It's similar to the tai yang wind-cold.

Warm evil combines with wind and attacks the exterior of the body, where the wei qi lives. It's the lungs that control the skin and wei qi.

2.1.1 General Symptoms

- x Fever (could still be chills due to the wind)
- x Headache
- x Cough
- x Yellow (thick and sticky) Sputum
- x Sore throat (red & raw)
- x Sweat – there can be little or no sweat at this stage. It hasn't invaded to bring up the body temperature.
- x Thirst – slight
- x Tongue: red, perhaps more around the tip and sides. W/ Yellow coat (could be a little white)
- x Pulse: Floating, rapid

Treatment principle – disperse the wind heat, release the exterior

2.1.2 Wind Thermia

this is wind heat with a predominance of wind symptoms.

2.1.2.1 Symptoms

- x Cough
- x Sore Pharynx

2.1.3 Damp Thermia

This is wind-heat combining with damp.

2.1.3.1 Symptoms

- x Sticky, heaviness,
- x dampness in the body and head. Feel too heavy to move.
- x Distention in the chest,
- x upflow and nausea,
- x dry throat with no desire to drink.
- x Tongue- slimy & sticky

Treatment principle: Sweat the person to get rid of the
LI-4 & KD-7 to start sweat.

2.2 Qi Aspect

The pathogen has gotten through the defense qi and has gotten deeper and hotter into the body. This is now an interior problem. This is an excess problem.

This is considered the most external of the internal layers. If the pathogen gets into this level, you hope for quite a battle at this point. You don't want it to get into deeper. The correct qi, the zheng qi is going to war with the pathogen.

The symptoms depend on which of the organs is being attacked.

Commonly affected organs include

Lungs, stomach, large intestine, gall bladder, and spleen

Example: Diabetes, periodontal disease, gastritis

2.2.1 Symptoms

- x Fever – it can be a high fever.

- x Sweating – perhaps profuse, copious, embedded
- x There are no chills
- x Aversion to heat – they want to be cooled down.
- x Thirsty
- x Yellow or dark urine, constipation
- x restless & irritable, agitated
- x This is upper ventral vexation (the evil heat is still in the upper part of the diaphragm. It could settle down deeper into the body, it hasn't yet. This is anguish above the diaphragm – anxious and hot in the chest. They have a high fever, thirsty, restless, and increased sweat.
- x Tongue: Distinctly slimy, yellow or yellow and white fur mixed, red tongue
- x Pulse: rapid, deep, strong

This is like the four greats of the yang ming channel.

2.2.2 First stage qi-aspect heat

2.2.2.1 Symptoms

- x You are starting to see the four greats.

2.2.3 Exuberant pulmo-gastric heat

This is getting into the lung and stomach

In the Lungs this is bronchitis, or pneumonia

2.2.3.1 Symptoms

- x thirsty, agitate, rapid breathing, dry yellow fur, tongue is red

2.2.4 Great heat in the Qi aspect

This compares to the yang ming channel

2.2.5 Gastrointestinal heat bind

This compares to yang ming bowel disease

2.2.5.1 Symptoms

- x heat has made it into the bowels, burning in the anus. Abdominal pain, full and tender in the abdomen.
- x Person is constipated and bloated. It's an excess problem, so no pressure is desired.
- x Tongue is red with a yellow/dry coat (tending to darker almost black in color) You could have prickles or thorns due to the heat.
- x Pulse- deeper and full, rapid

2.2.6 Damp Heat lodging in the triple warmer

The is the triple warmer and gall bladder, it corresponds to the shao yang stage.

This is heat signs in the gall bladder channel. You've also got dampness

Damp heat is getting stuck in the middle burner.

The person has a chronic, intermittent fever. This is the “hinge” stage.

Oppression in the chest, dampness, you feel thirst, but you don't want to drink, abdominal distention, slight nausea, pain under the ribs.

2.2.6.1 Symptoms

- x Key symptom here is dark concentrated urine.
- x Pulse: soggy & slippery, rapid

2.2.7 Brewing Spleen & Stomach damp heat

This can be a chronic sort of problem. Pirog calls this brewing damp heat steaming the intestine and stomach. It's heat combined with dampness. There's a pathogenic factor locked on the inside.

This could be a chronic fatigue or fibromyalgia type of condition after a long disease.

It takes a lot to pry this out of the body.

2.2.7.1 Symptoms

diarrhea

hard-stool or foul smelling stool

pulse: deep, slippery, rapid

tongue: yellow and slimy.

2.3 Ying Aspect (Nutritive stage)

This is similar to blood, it's the constructive qi.

Here, there are signs of this excessive heat going deep into the Ying level.

2.3.1 Symptoms

- x Tongue is red/crimson (a burgundy red)
- x Pulse: deep & rapid
- x Fever
- x Very restless, w/ restless sleep
- x They could be delirious or talking madness – clouding of the shen
- x maculopapular eruptions – skin rash, skin eruptions – like a bad case of chicken pox.
- x Stirring wind if severe (convulsions, shaking, tremors)

2.4 Blood Aspect

This is the deepest level of thermic disease.

2.4.1 Symptoms

- x bleeding problems and skin eruptions (purple) (piticia – bleeding under the skin). Ebola! Lots of heat -deep in the body. All caused by “toxic heat”. The rash is distinct. You actually can see the hemorrhage within the rash.
- x Tongue: mirror tongue – they are so dried out the tongue dries out completely. It is a deep crimson. Almost a purplish red.
- x There has been damage to the yin of the body.
- x Internal wind
- x Blood deficiency signs
 - x There's damage to the blood and other body fluids as well as the yin of the body.
 - x Stop the bleeding
 - x extinguish the internal wind

Treatment Strategy – clear heat and cool the blood.

2.4.2 Excess heat

This is stronger person with more reserves.

2.4.2.1 Symptoms

- x Blood deficiency
- x frenetic movement of blood

2.4.3 Deficiency heat signs

More of a chronic type of problem.

2.4.3.1 Symptoms

- x Desiccated tongue and mouth
- x dry pharynx and mouth
- x feverish
- x fine/rapid pulse
- x yin deficiency signs

Be acquainted with the levels and the general signs: wei, qi, ying, & blood.

2.5 Differentiations

Wei: They have aversion to cold

Tx: Treat every day with acupuncture, herbals between treatments

Equivalent to: Tai Yang Wind-Cold

Qi: Start to see fevers (the four greats) Aversion to heat.

Tx: Herbals

Equivalent to: Yang Ming Channel

Ying: Irritable and plus fever at night

Tx: Emergency room

Equivalent to: ???

Blood: bleeding problems

Tx: Emergency room

Equivalent to: ???

Patient should be encouraged to rest and recuperate.

3 Internal Wind

3.1 Wind Strikes

Treatment – get them to the hospital for primary treatment. If we can get our hands on them within a year of the stroke, we can have some progress with treatment. (The cut-off seems to be about a year with greater success. After that it is a lot more difficult.)

3.1.1 Infantile Fright Wind

Convulsions in children

One of the four major disorders that affect children.

This could be an excess condition or a deficiency condition.

This is due to some sort of disturbance of the shen. Because the child's spirit is weak. Fear can affect the mind and attack the babies spirit. Children and babies can get anxious and frightened when they have a fever.

The heat rises up into the heart. It's the heat disturbing the shen in the heart. Fear itself can make the problem even worse. The problem can feed on itself.

This can cause problems in all age of children.

If a baby is born with a greenish-blue ridge at the top of the nose, they may be more susceptible to infantile fright wind.

3.2 Internal Wind

3.2.1 Excess

- x Acute conditions tend to be more violent
- x rapidly jerking and forceful movements.
- x Crying, red face
- x starts and ends suddenly
- x This indicates Heat and/or phlegm
- x This is external wind/heat or summer heat attacking the body.
(encephalitis, epidemic, high fevers, etc...)

3.2.2 Deficiency

- x Not enough strength to thrash around violently
- x Twitching and writhing instead of thrashing.
- x Chronic conditions

- x pale face with a weak cry
- x Related to damage to the blood and/or the yin
- x (related to long term illness or complication with nervous system, etc.)

3.2.3 Internal wind phlegm

This is epilepsy. It is an internal problem that is acute. It can be heat related (red face and violent) or a cold phlegm type of seizure. It depends on the accompanying symptoms. In either case you'll signs of phlegm.

Pulse: slippery & wiry
 oppression in the chest
 tongue: greasy, slimy

3.3 Wind Strike

Numbness and paralysis on one side of the body (or impaired movement) or hemiplegia. This is a wind strike in Chinese medicine.

- x Wry mouth – crooked smile
- x Can't puff out cheek
- x can't close one of their eye.
- x The tongue may be stiff or deviate to one side.
- x May not be able to talk clearly. - dysphasia, aphasia
- x This is a western stroke or cerebral vascular accident.
- x Hemiplegia

3.3.1 Causes

3.3.1.1 yin deficiency with liver yang rising.

- x This is an internal wind shooting up to blow out the consciousness.
- x This is more for deficient, emaciated people
- x wiry pulse

3.3.1.2 Phlegm heat

- x congestion caused by phlegm blocking everything up.
- x A common reason in the west for strokes.
- x A real greasy tongue.
- x You want to resolve phlegm – ST40.

3.3.1.3 Deficiency of qi and blood

- x a weak or depleted person.
- x A chronically ill person.

3.3.1.4 A weak inner body deficiency

- x A qi, yin, yang, blood everything deficient.
- x They can even be susceptible to the outside wind.

3.3.2 Fours Levels

This can be divided into four different levels:

This is the severity or nature of the strike

3.3.2.1 Luo vessel - connecting channels

- x most superficial
- x This is called a channel strike
- x There's some paralysis
- x no loss of consciousness
- x Usually just local paralysis, or just numbness and tingling.
- x (Ball's palsy is an example of this)

3.3.2.2 Main channel

- x The acupuncture channel/meridian
- x Half the body is affect. Hemiplegia.
- x No loss of consciousness
- x This is more likely to be found in the clinic.

3.3.2.3 Organ strike

- x much more serious
- x This is a deeper level
- x The organs of the body are affected so the whole body is affected.
- x There is a loss of consciousness.
- x There are two types, a Fu bowel, or zang-visceral organ strike. The zang organ strikes are more severe.

3.3.2.3.1 Fu Bowel

- x a partial loss of consciousness. They may pass out, but still a little bit there perhaps.
- x There is some organ function being compromised – incontinence, deviation of eyes and mouth, semi-coma.
- x They may not recognize their family, but may still able to talk.

3.3.2.3.2 Zang organ

- x There's a total loss of consciousness.
- x This is the most serious level.
- x They may not wake up.

This can be separated into:

3.3.2.3.2.1 Excess

- x “tense”
- x high fever
- x look hot
- x stiffen up
- x hot phlegm or liver yang ascending (liver fire)
- x noisy respiration (phlegm, wheezing or heavy breathing)
- x Possible that they can't urinate or pass their stool. Retention of urine and stool.
- x Flushed, perhaps red lips
- x halitosis
- x tongue – hot, greasy, thick yellow dry looking coat with a red body.
- x Pulse: strong and rolling.
- x Treatment – prick to bleed the finger tips.

3.3.2.3.2.2 Deficiency

- x a collapsed stroke.
- x Severe yang deficiency. (cold)
- x sudden loss of consciousness.
- x They are flaccid or limp
- x eyes are closed, limbs are loose
- x mouth is open
- x breathing is relaxed (perhaps gurgling because of phlegm)
- x big beads of oily sweat
- x no muscle tension to hold things in
- x pulse: thready, weak, deficient, could be a big floating pulse – like the shen is getting ready to leave the body...
- x arms and legs may be cold
- x Treatment: revive the yang. Moxa/salt on CV8/CV6/CV4

4 Water/Dampness

4.1 Edema – Water Swelling

Edema. Also called Shui Zhong. - this means edema. This is just dampness.

The edema will be a pitting edema. You press down leave a dent, and the dent stays there.

Commonly caused by a spleen, kidney or lung problem.

In the chest an abdomen you get abdominal or thoracic edema

4.1.1 Asthma/Bronchitis

This is often with asthma or bronchitis or “Xiao Chuan” Xiao – the panting short breathing. Chuan – needing to sit up to breathe. Maybe needing to breath through the mouth. The shoulders come up as they breath. You use your accessory muscles to breathe.

4.1.2 Chronic Nephritis

This is a kidney disease where you can get edema as well.

This can be due to a bacterial type inflammation, or toxic drugs such as arsenic or mercury.

We've seen this due to a Tylenol overdose.

This can be either chronic or an acute disease.

This can result in kidney failure requiring dialysis.

4.1.3 Steriod Treatments

Either cortisone or prednison can cause this condition as well.

4.1.4 Excessive Bleeding

Can cause this complexion as well. A lack of blight will cause the paleness. You can also get the pitting edema because there's less blood and the skin doesn't plump back appropriately.

4.1.5 Bi syndrome

This can be a pattern of Bi syndrome as well. It can just affect a joint.

4.1.6 Thoracic/Abdominal swelling

Acites – usually in the middle jiao

From cancer that's metastasized into the liver

From liver sclerosis.

In the chest its accumulation in the upper jiao – plural effusion.

Or just in the stomach area – epigastrium area. Fluids accumulating in this area.

4.2 Types of edema

4.2.1 Water edema

4.2.1.1 Yin Edema

This is more of an organ type of problem.

This is a more serious problem and is more difficult to treat.

This is pitting edema.

This is chronic and more difficult to treat.

4.2.1.2 Yang Edema

This is more superficial.

This is an excess water swelling

This is non-pitting edema.

This can be due to a wind attack.

More superficial.

There's plenty of blood to pump up the skin again.

This is more acute – it's easier to treat and doesn't last as long. It easier to treat.

4.2.2 Water Rheum

This is thinner than phlegm, but thicker than water.

We're describing what kind of water it is.

4.2.3 Phlegm

This is what we've talked about already

Rubbery sticky, etc...

5 Techniques of diagnosis: (SLIP)

→ S – seeing

→ L – listen (and smell)

- I – inquiry (the questions & answers)
- P – palpation (the pulse, channels, the mu points, back shu points (hara diagnosis) cold areas...)

We'll take the information we get from our SLIP methodology and plug it back into our 8 parameters classification and see what we get.

6 Seeing

6.1.1 Two pillars

Two pillars are the tongue observation and the palpation of the pulses for internal disorders.

6.1.2 Visual examination

Take note of patients general physical disposition. Are they healthy looking or not.

Take note of anything that has to do with their primary complaint.

“What are we working on today?”

“What can we help you with today?”

“What are you concerned about?”

6.2 Spiritedness

We want to look at their shen or their spirit. We want to look at the vitality of the person. It's a combination of the facial expression, their bearing. This can involve their speech, their consciousness, how they come across to you, their “vibes”. Seeing the intensity of their consciousness.

People who don't desire to get better usually don't.

A person is classified as:

- ◆ Spirited – the will to live. The will to get better. They are animated and lively. A person's basic presence.
- ◆ Spiritless – they are kind of hopeless. There's no fighting spirit. They are resigned. They have a vacant stare to them. The eye's especially show this.
- ◆ False spirit – this is rare and is a serious sign. Happens just before the end. A rallying and perking up just before the end. Alternately, this is perhaps like a type A personality.

This is showing you the strength of the upright (zhong) qi. This has to do with the shen. It needs essence, blood and qi. It needs to be nourished and taken care of.

Be careful of cultural norms. What's normal in our culture isn't the same in every other cultural. Some cultures won't make eye contact, some won't naturally be very outgoing, etc.

Things can include:

- x facial expression
- x eyes
- x skin complexion
- x posture
- x voice
- x answers to questions
- x verbal expressions
- x speed of the talk (heart people talk fast/stutter can't find right word)(spleen- sing song voice)(kidney – groaning)(lung – sobbing/grief voice)(liver – shouting)
- x alertness – do they have a sense of humor
- x pride
- x self-sufficiency
- x look for changes or things that aren't usual with their pattern.

Ox3 – oriented to who, where, and when they are.

6.3 Body

Observations can include:

There are strong and weak body types – strong constitution – good muscle tone, etc. Strong constitutions tend to have excess problems. A stronger person can handle a stronger treatment (more needles, etc...) Weaker people won't respond the same. They may need more treatments.

There are heavy versus skinny body types

We are talking about how people move

We talking about their posture

All of these can relate to the injure.

Malnourished people can look spongy and heavy, but are the same constitutional weakness as emaciated people. They tend to have deficiency problems. They tend to be yin deficient problems.

Stay away from distal points, use more body points. Use more moxa, use fewer needles. If you give a weaker person too strong of a treatment, they can hurt worse the next day.

Overweight - Inactivity can make the qi stagnant. You can't derive qi from the gu qi if you are too inactive. They can be a "spleen" type of person.

Emaciated – often blood deficient or yin deficient – classic Chinese. You can see these in obese people as well in the US (and starting to see more in modern China).

Lots of weight loss during illness – their essence is being depleted. They look depleted.

How a person moves, carry themselves, posture tells you something. Different diseases will affect how a person moves or their posture.

6.3.1 Yang body Type

excess

move their arms around, gesturing.

Talkative

Their problems could be more of an excess type.

6.3.2 Yin Body Type

A more deficiency type of person and problem.

More passive type of person

they may be a little withdrawn

They don't want to move

They tend to be more cold.

6.3.3 Body movement

Wei syndrome – atrophy syndrome, not being able to move – this is different from Bi syndrome (aches and pains in the joints). (Bi means pain) This is arms that won't move, legs that won't carry a person. These are problems like polio. With the wei syndrome, the sinews are being nourished, blocked by wind, or damp, spleen deficiency, or even blood deficiency. It can come from several different things. MS, and Muscular Dystrophy are considered Wei syndrome. There's a lack of muscular tone. This is generated inside the body. Usually responds well to MS.

Internal wind – somebody with tremors, twitching of the eye, twitching of the lips. These are all caused by wind. We call this endogenous liver wind. This could also be a grand-mal seizure. There can be three different causes:

- x high fevers stirring the wind inside the body, (more rapid, surging pulse)
- x imbalance between liver yin and yang (liver yang shooting up out of control)(generally a deficient thin pulse)
- x blood deficiency (this is more like the little twitching of eyelids, Parkinson's in early stages, etc)

Infantile fright wind – one of four major disorders that affect children. (measles, small pox, childhood malnutrition, and infantile fright wind). The child saw a ghost or something that upset them. Acupuncture might be the treatment of choice.

6.4 Facial Complexion

Observing the luster and color in patients faces.

Skin quality is important. Is it healthy or not?

6.5 Skin Color Tendencies

These are associated with the five phase associations.

You must take the ethnic tendencies into account. This was originally in the Su-Wen, so it is based on Chinese color. (You can also see this in the inside of the forearm.)

You need to look out for make-up covering the true color. It can change the coloration you should be seeing.

People drinking alcohol, stress, exercise, emotions, nervousness, etc. can temporarily change a person's color.

If you don't take these things into account, you can give a false reading.

Su Wen - "The face reflects the sun. The pulse is the moon."

The color, tone, and luster of the face is the outward expression of the internal qi and blood, a representation of the internal zang-fu organs.

Certain diseases affect the complexion and skin conditions.

Yang excess will cause a heated red complexion

Yang deficiency will cause a person to look bluish.

6.5.1 Blue-Green

This is a sign of a true cold syndrome.

This is called cyan. (cyanosis).

This can happen with a wind-cold attack

This can happen with blood stagnation. (blood stasis) (MI heart attack as well)

MI is heart blood stagnation. - due to a heart yang deficiency.

This blue complexion with a high fever can show up in infantile fright wind.

People in a lot of pain can have a bluish tinge. Where there is pain there is stagnation. The color comes from stagnation.

When we talk about liver qi stagnation, we can create this greenish bluish tinge as well.

Any stagnate condition can cause this complexion.

Qi Block – stagnation due to the blockage of qi. A menstrual block, etc...

Cyanosis – a dark bluish purple can happen in people with asphyxia (stopped breathing). Need emergency care immediately.

6.5.2 Red

This means heat.

It can be excess or deficiency heat.

Excess heat – the whole face is red. Ears are red, eyes are bloodshot, etc... An exogenous pathogenic factor, or an endogenous heat. (Thermic level of Qi) This could be a Tidal fever as well. You feel the heat come and go. They may come at certain times of the day.

Deficiency heat – A little red in the cheek bones, zygomatic flush, malar flush, face can be somber white, with red cheek bones. This can happen in the afternoons. In the evening this could also include the night sweats with the yin deficiency. This is an interior deficiency heat problem. A yin deficiency tidal fever is another form of tidal fever as well. This is called Effulgent yin deficiency fire.

Somber white with thumb-sized red blotches on the cheeks (bad rouge) - this is worse than the yin deficiency malar heat. This indicates that the yang qi is leaving the body. This is leading to the desertion of the yang qi. Perhaps reversal frigidity of the limbs.

6.5.3 White

- x pale face coloration
- x tendency toward cold
- x This can be a yin excess or a yang deficiency.

6.5.3.1 Bright white face

Yang deficiency.

6.5.3.2 Pale lusterless

A blood deficiency.

The whole body should look blood deficiency. The fingernails will look pale, the rim under the eye will look pale.

6.5.3.3 Somber white

A pale complexion with a tinge of blue to it.

This is alluding to the fact that there's a presence of cold. The blue comes from the stagnation due to blue. (Think swimming in Lake Michigan!)

Someone going into shock or fainting can also look this way.

Can happen by an attack of wind cold. Here's you'll see the standard symptoms of a wind-cold attack.

It can happen with a wind-strike (LI, uterus, etc) (Worse with pressure) This is excessive yin cold – presence of severe pain in the abdomen.

6.5.3.3.1 Desertion

This can be accompanied by cold sweats (pearls of sweat) Faint and/or weak pulse. - desertion of the shen – Caused by deficiency of qi, blood, yin, yang or some combination of any or all of these.

Fulminant desertion – it happens suddenly

Deficiency desertion – this happens gradually

Efflux desertion – a person passes out because of dehydration, too much menstrual bleeding, etc.

6.5.4 Yellow

Could be due to a deficiency of the blood.

Could be caused by an excess of damp in the body.

Could be a sign of jaundice – this can be the whole body, sclera is yellow.

Jaundice can be:

6.5.4.1 Yin Jaundice

More serious and deeper problem.

This is a dull or smoky type of yellow. An “old” yellow.

This is more associated with damp cold.

This is more chronic.

This cold and damp has accumulated over time, or long term stagnation of blood. Sclerosis of the liver or cancer can have this color.

6.5.4.2 Yang Jaundice

A bright orangish yellow. Not as serious.

This is associated with damp heat.

This is more chronic. - This could be due to hepatitis A, gall stones, or gall bladder problems

6.5.4.3 Qi and Blood Deficiency

You can have this as a withered yellow w/o jaundice. This is way a person can look with qi and/or blood deficiency. This is a blood deficiency yellow. It comes with pale lips.

A pale yellow skin that is dry and puffy together with pale lips but no yellowing of the sclera.

6.5.5 Black

Associated with kidney problems.

Usually kind of grayish and/or pale and dark.

6.5.5.1 Dark black

Sore back and achy knees associated with deficiency in kidney yang.

Can show up with a stagnation of blood in the body.

No brightness or luster.

Usually associated with flaky or dry skin.

Extreme interior cold

Pain

6.5.5.2 Pale gray

A kidney yang deficiency.

6.5.5.3 Lusterless gray

Gray is a less severe form of black.

Prognosis could be good.

Might be too weak to treat the patient w/o building the patient up first. (ST36, moxa, etc...) Body points are better for building energy than points on the extremity. They won't respond to treatments quickly.

6.6 Head (infants)

6.6.1 Size of head

The size of an infants head may be too large or too small. This is indicative of one of two things:

- x Depletion of kidney essence and insufficiency of original Qi
- x Water Rheum

Both of the above symptoms may be accompanied by

6.6.1.1 The “Five Retardations”

- x Standing
- x Walking
- x Hair growth
- x Tooth Eruption
- x Speaking

6.6.2 Bulging Fontanel

Acute or chronic fright wind is not uncommon with infants that have increased intracranial pressure.

In a normal infant the anterior fontanel is soft and flat. If the fontanel widens and becomes tense, show marked pulsation, it is a sign of increased intracranial pressure. This is potential life-threatening. Take the infant to the emergency room immediately.

6.6.3 Depressed Fontanel

Depletion of yin humor in infants refers to dehydration. This can be caused by fever or diarrhea. If the fontanel has not completely closed, a slight depression may be observable.

6.6.4 Failure of Cranial Sutures to Close/Inability to keep Head Upright

The fontanel should close in a timely fashion.

- x Posterior Fontanel – 2 months
- x Anterior Fontanel – 20 months

If this does not happen in a timely fashion, or the infant cannot keep their head upright, this shows an insufficiency of kidney essence and bone marrow deficiency.

6.6.5 Uncontrollable Shaking of the Head

This can be caused by two things

- x wind pattern
- x exhaustion of Qi and blood.

6.7 Hair

6.7.1 Thick/Sleek/Glossy Hair

This is the sign of normal healthy blood and kidney essence.

6.7.2 Scant/Dry Hair

Caused by:

- x Insufficiency of Kidney Qi
- x Qi and Blood Deficiency

Normal pattern baldness in otherwise healthy patients is not considered a pathological sign.

6.7.3 Hair Falling Out In Clumps

This is caused by a deficiency of blood affected by wind. Alopecia areata is an example of this.

6.7.4 Thin/Sparse Hair with Premature Hair Loss

This can be caused by:

- x Blood heat
- x Kidney Deficiency

6.8 Facial Paralysis

Can be caused by:

- x Wind attacking deficient luo vessels
- x luo vessels blocked by wind/phlegm.

6.9 Eyes

Eye – the opening of the spirit

The liver opens to the eyes. However, the Su Wen says: The essential qi of the five zang and the six fu organs all go up to the eye.

The heart is very important in the function of the eyes.

Problems with the eyes can show problems almost anywhere in the body.

The anatomy of the eye can show the internals of any of the five phases:

Pupil – black part of the eye – Kidney. As the kidney essence declines, vision starts to go. Macular degeneration is attributed to the decline of kidney essence.

Canthi - Heart The canthi, the corners of the eye. (The red corners of the eye)

Iris – Liver & Cornea (blue-green, the colored part)

Sclera – spleen, the whites of the eyes. (the white)

Lids of the eyes - spleen (sometimes spleen is upper lid, and stomach is lower lid)

Cataracts – film that grows over the cornea is associated with the liver

Nearsightedness (can see things far away) liver

Farsightedness - liver

Glaucoma – liver

Eyes show the strength of the body.

Bloodshot eyes show heat in the lung.

Bright eyes show a person who's full of shen and consciousness.
Dull eyes show shen deficiency.

Eyes that are clouded over and dull, or just want to keep their eyes closed – this is a very serious condition. This is equated with a “decreased level of consciousnesses.

If the eyes are looking up (spontaneous upward gaze) wind in the liver. (Nystagmus – a quivering of the eyes as you stare upward.

A fixed gaze, spacing out, this can be wind in the liver as well. It can also be an obstruction caused by phlegm. This can happen in a petit mal seizure in epilepsy. This is generally phlegm obstructing the orifices of the heart.

Sleeping with the eyes open. This is a spleen deficiency. (The eyelids aren't closing properly)

Color of the eyes

Red eyes – heat

Canthus of the eye = heat in the heart

bloodshot eyes = heat in the lung

Stye = damp heat in the spleen/stomach (or often stomach fire if on the lower lid)

Prone to redness or dry eyes, or sensitive to bright sunlight - show heat in the liver.

Conjunctiva – if this is pale you've got blood deficiency. This is true for western medicine as well.
Jaundice – sclera is yellow as well. This is a liver problem.

Itchy Eyes – wind or heat or wind and heat.

Dark rings around the eyes – kidney deficiency, it could be constitutional. It can also mean you are dehydrated.

Dark purple rings – intraorbital bleeding (black eye)

Bludging eyes – goes with thyroid conditions in western medicine. (San pacu eyes – the three whites of the eyes) You may have a tendencies to get assassinated. Could be an indication of poor eating habits. Exophthalmus

Endophthalmus – when the eyeballs are sunken in. this is a serious condition. People who are very dehydrated (Jing and yeh fluid damage.) This can also mean the end is near. This is the decline of the kidney essence (jing) of the eye and damage to the blood as well. Possible that the separate of yin and yang is coming close.

Puffy eyes – bags under the eyes – This is normal in older age. It could also be a sign of water retention. (Edema and water swelling).

6.10 Nose

6.10.1 Flaring of the nostrils

- x Rapid flaring due to lung heat
- x Impending desertion of lung qi (if accompanying dyspnea)

6.10.2 Rosacia

Blood heat affecting lungs.

6.10.3 Dry Nostrils

From one of two causes:

- x Lung Heat
- x Dry Evil

6.10.4 Abnormal colors

6.10.4.1 Dry/Parched Black Nose

Intense heat Toxin

6.10.4.2 Pale

Blood Loss

6.10.4.3 Yellow

Exuberant Damp Heat

6.10.4.4 Bluish

Cold Pain

6.10.4.5 Red

Lung-Stomach Heat

6.10.4.6 Light Black

Retention of Water Rheum

6.10.5 Infant Prominent Blood Vessels

If these occur at the root of the nose, it is a sign of one of two things:

- x Weak Constitution or organs
- x Fright Wind (during the course of an illness)

6.10.6 Extremely Scant Papules

At the side of the nose in measles is a sign of non-diffusion of lung qi with incomplete out-thrust of evil heat.

According to Chinese medicine, the normal course of measles should include a gradual increase, then decrease of papules. The expression of measles rash (out-thrust) is the means of the body's defensive qi expelling the heat toxin. If there is insufficient out-thrust it is an omen of serious complications occurring in the aftermath of the measles.

7 Listening (and Smell) or Wen

Diagnosis by hearing – what sounds is the patient making:

- x Voice
- x Cough
- x Sound of breathing
- x The sound of vomiting (dry heaves, choking, full fledged Technicolor salute)
 - x Projectile vomiting can be serious – forceful vomiting with little warning.
- x Hiccup
- x Belches
- x Abdominal sounds/noises (Have you eaten?)(Does this happen to you a lot?)(Qi Stagnation)
- x Groaning
- x Sighing

Loud/Intense noises (cough, hiccup, etc.) shows an excess problem.

Quieter sounds or low sounds tend to be more of a deficiency type of problem.

Sudden loss of voice (lost voice)(laryngitis) This is likely to be an excess type of problem. Since it's acute it's likely to be an outside pathogen. This is usually a wind-heat pathogen.

A voice that gradually appear over time (chronic) – (or repetitive – like Bill Clinton) This is usually a deficiency. It's an on going things. It's usually a lung qi deficiency or a lung yin deficiency.

A person who talks constantly without a break, This usually indicates a heat problem. (often excess)(Fast talking)

If a person doesn't care to talk/reluctant to talk – usually a cold pattern.

The condition of the lung influences the power of the voice. Strong lung qi will give you a strong voice.

Kidney essence provides the depth to the voice. Fragile voices/squeaky high voices are from older people whose voices are on the decline.

Heart Organ – influences our speech. It could be the choice of words. Incoherence, muttering. People off on another tangent. People who are babbling. This can all indicate a pattern with the heart. (It can still be excess or deficiency. Loud incoherent babbling is excess heat in heart, quiet muttering could be a deficiency problem in the heart.) Incoherence can be phlegm confounding the portals of the heart. If a person tends to repeat themselves quietly over and over again is a deficiency – likely with the heart Qi.

The voice can be associated with the five phases

Liver: angry shouting

Heart: Laughing and giggly

Spleen: Sing-Song Voice

Lungs: Whimpering/Sobbing/Grief

Kidney: Groaning (like ice being crushed)

Pain/groaning when moving – Bi syndrome

People with headaches or a lot of pain may not want to talk as well.

7.1.1 Breathing

Weak breathing – deficiency of qi, weak essential qi/original qi. (This can also cause a weak voice)

Rough Breathing/Forceful breathing – excess (lung has been invaded by an outside pathogen like wind/heat)

Difficulty breathing

- x **inhaling** – usually with some wheezing and loud sounds. This is asthma. Too much phlegm causes the wheezing. Or you are catching a cold and have too much phlegm that is obstructing the lung qi.
- x **Exhaling** – short of breath. Emphysema is an example of this. They can't push the air out. A deficiency of lung qi and also Kidney qi. (LU 6, xi-cleft of lung channel along with CV17.)

7.1.2 Cough

Counterflow lung qi.

The lungs are not descending and dispersing properly. The Qi is coming back up.

Loud/explosive cough – excess

Quiet/weak cough – deficiency pattern

Frog rattle cough – phlegmy gurgling noise means phlegm (Doh!) Obstructing the smooth flow of air.

Expectorating anything?

- x Yellow – heat
- x Clear/White - cold
- x Flecks of blood – heat
- x Unproductive cough or thick sticky sputum – Dryness (yin deficiency in the lungs or pathological (someone left the heater on in the winter time)

7.1.3 Hiccups

- x Short high-pitched – Heat caused
- x Forceless/weak – Deficiency

7.1.4 Belching

Counterflow stomach qi.

Bitter fluids/scorched can come up showing excess heat. (caused by food stagnation? Stagnation generates heat, eating too much or incompatible foods can cause this)

Loud belching w/ no taste or smell – liver invading the stomach.

Belching w/ frequency and low sound w/ no sound – a deficiency showing weakness in the spleen and stomach qi.

7.1.5 Smell

Rancid/Sour – Liver

Burned – Heart

Sweet smell/flowery/sweet meadow grass – Spleen

Rank (old oily smell) – Lung

Putrid (rotten meat) – Kidneys

Strong/Foul smells tend to mean excess heat condition.

Absence of stinking smell – suggests a cold pattern. Or a deficiency type.

Belching a sour/smelly gas – digestive damage.

Where is the smell coming from?

- x Feet

- x Waist down
- x etc.

This will help us determine where the disease may come from.

Halitosis – stagnation of food in stomach, bad teeth, throat disease, sinusitis (Bi Yuan), etc

Kou Gan (mouth accumulation) – some accumulation causing problem in the mouth. Blisters on the tongue. A deficiency fire.

Bad breath – damp heat. (but can be a rare metabolic disorder)

8 Inquiry

8.1 Hot and cold signs

- x read the book

How do you ask the questions?

- x When other people are putting on a sweater, are you looking for a cool place to sit?
- x Do you run hot or cold?
- x Do you overheat at night? (yin deficiency)
- x Do you sweat easily?
- x Do you get hot a lot?
- x Do you sweat normally when you are exercising?

8.2 Head and Body pains

Most people come to acupuncturists for aches and pains. Most people will want treatment for their ICD code. But, are there other problems, other aches and pains.

Do you associate this pain with other aches and pains?

Do you have headaches?

What types of older injuries have you had? Which pain came first?

Do you have other aches and pains?

What's the nature of the pain?

Burning pain – heat

Distending pain or mild pain that moves – Qi

Distended feeling in the head – yang ascending.

When did the pain start? (Is it attributable to trauma? - if yes, qi and blood stagnation.) Does it go back to some injury?

They hurt all over (shoulders and neck) achy and came on quick– exterior wind/Cold

Hurt all over – they are fatigued and weak. Chronic pain. A mild aching that is chronic. – Qi and blood deficiency.

Sharp pain with a fixed location, prickling type of pain – blood stagnation

Pain with a heavy sensation – damp is obstructing qi and blood.

Pulling pain – spastic/twistic pain, like a spasm, doesn't last long – usually associated with liver wind.

Dull pain, lingering pain – cold deficiency type of problem.

Hollow/Empty pain - blood deficiency pain

Pain in arms and legs when they are walking – liver qi stagnation.

Pain in all of the muscles w/ heat in skin – stomach heat.

Pain wanders from joint to joint – Wandering Bi due to wind.

Pain is fixed/severe – cold pain.

Dampness – also tends to be a fixed location (swollen elbow or knee). Usually accompanied with numbness. Dampness is blocking the ability to feel.

“Does it get worse when the weather changes or when it is raining?” If yes, it's damp.

Where's the pain located?

Chest – HT & LU

Ribs – LV/GB

8.3 Urination and Stool

Is your digestion Ok?

You taking in the food and it's going through OK?

Any problems with your urination? (Let them tell you.)

Open ended questions you get something other than a yes or no answer. It gives them an opportunity to give more detail.

Do you tend towards constipation or diarrhea?

Do you have any other concerns you want to talk about at this point?

What's normal micturition – adult: 700ml – 2000ml/day (3-4 cups)

Normal in hot weather not to urinate as much.

Ask people.

Is the urine a normal pale yellow?

Is it dark or have a bad smell? - Concentrated. This is usually an excess heat problem or a deficiency heat problem – with small amounts of urine.

(can be affected by foods or vitamins)

Cloudy urine - “rice water”, turbid – dampness.

In pregnancy – it's normal for frequent and scant amounts of urine.

8.3.1 Definitions

Polyuria – too much urine. (2500 ml or more)

Oliguria – too little urine (Less than 500 ml – 2 cups)

Anuria – no urination (less than 100 ml ¼ cup)

Urinary Block – urine retention.

Incontinence – involuntary loss of urine (daytime or night time – includes people who cough/laugh and wet their pants.)

Enuresis – involuntary loss of urine after they are potty trained. (5 years)

Noturnal Enuresis – night time bed wetting.

Urinary Urgency – a strong need to go to the bathroom, with frequency

Urinary difficulty – pain and/or difficulty getting the urine out. (Dribbling and dripping, not a steady flow)

Dribbling incontinence – either a few or a constant drip. Person can urinate in a full stream.

Urinary Qi blockage – qi is blocked. It stays in the bladder.

Nocturia – excessive urination at night (1 time is OK, more than that is considered a problem. This is usually a KD yang deficiency problem – it's often copious and watery/clear.)

8.3.2 Vaginal Discharge

Luekorrhoea , Bad smell – damp heat (usually an infection)

Vaginal discharge with not too much smell – thin and watery – cold or damp cold. (It can happen normally in normal amounts at the appropriate time (just before period starts, at ovulation?))

8.4 Lin

Different types of urinary differences

Lin means painful urinary syndrome or strangery.

There are 5 or 6 of these.

- x Heat Lin – cystitis
- x Blood Lin – blood in urine, could be bruising or cancer
- x Stone Lin – stones in the bladder
- x Cloudy Lin – turbidity in the urine. Milky urine. Usually dampness.
- x Qi painful Lin – due to liver qi stagnation (excess problem) or Deficient Qi
- x Taxation Lin – deficiency. They are exhausted. This is chronic. Like chronic prostatitis.

8.5 Stool

If a person feels better after they get rid of it – it's excess problem.

If a person feels worse after they get rid of it – it's a deficiencies problem.

Changes in the stool – can mean problems with spleen, stomach, intestines, kidney or liver.

Constipation – heat related (Yang ming bowel pattern) (painful and distended in the abdomen)

Constipation – dry stool but no pain/distention – deficiencies of blood. Common after childbirth or after surgeries. (Or yin deficiencies)

Constipation – not so dry, but difficult to pass – Stagnation of liver qi.

Constipation alternating with diarrhea – IBS, involved with emotion is caused by the liver interacting with the bowels.

Diarrhea – part of an excess pattern

Diarrhea deficiencies

Diarrhea cold – SP and KD yang deficiencies

8.6 Appetite

Acid reflux?

Sensitivity to foods?

What do you eat? (Beans and too many raw foods)

Do you eat three squares a day?

Do you eat healthy?

What did you have for breakfast?

8.7 Chest

We refer patients if its a dangerous case to treat. (Make sure to note “Patient was advised to seek medical care” on the chart.)

Shortness of breath/cardiac bi, don't play around.

Do you catch colds easily? (qi deficiencies)

Do you feel like you are coming down with a cold? (Don't want to drive the cold in deeper)

Are you just getting over a cold.

8.8 Vision and hearing

Any problems or concerns with your vision? Floaters?

Any problems with your hearing? Ringing in your ears?

8.9 Sleep

Do you sleep OK?

How do you feel after sleeping?

Do you wake up refreshed?

Do you fall asleep easily? (blood generally)

Do you wake up at night? (Sweaty/To go to the bathroom?)

How many hours do you sleep?

Bad Dreams or Intense Dreams?

Yin Deficiencies – can't go back to sleep/restlessness and anxiety.

HT / GB Qi deficiencies - startle real easily – wake up at 3 o'clock in the morning.

9 Palpation

Hands on diagnosis.

Are they hot or cold? (you can do this before taking the pulse)

Are they damp/sticky?

Do they have dry skin?

How's the abdomen?

Is the knee/elbow swollen or distending, Edema

Palpate for pain. (careful of the ash points!)

Make sure your hands are warm folks!\

9.1 Five parts

- x Skin – temperature, dryness/dampness
 - x hot dry – fever
 - x hot moist – excess heat (the four greats?) Qi aspect fever Yang Ming aspect.
 - x Qi vacuity fever – the sweat leaks out.
 - x Appropriate sweat – you are getting rid of the pathogenic
 - x Cold and clammy sign (An appropriate fever is considered a good sign) They could be getting better after being sick – is it appropriate. (Or it could be yang collapse deficiency desertion – look at all of the signs and symptoms. Get the story).
 - x Dry/wrinkled skin – damage to the body fluids.
 - x (Sweating too hard/long, throwing up, diarrhea, too many/strong of diuretic.
 - x This can also be from the outside heat evil.
 - x This can also be from humor desertion – not just a deficiency, it's a lot worse. - long time heat disease – mirror tongue, cracks, deep/purple red. Mouth and throat is dry, but they aren't thirsty. (need KD3, SP6 and yin nourishing herbs in combination to revive the yin)
 - x Exhaustion of yin humor/substance. This is even worse yet. The person gets a

clouding of the spirit, hallucinating. This is heat in the ying or blood level of the body. (sick for a long time, excessive loss of blood, people with too many diuretics over a long period of time.)

- x Dry/rough skin – not being nourished by blood.
 - x Blood deficiencies. People who have been dieting all of their life. Blurred vision, bad night vision, pale or yellow face, pale tongue. Emaciation/or at least malnourished. Dizziness, insomnia, numbness and tingling, feel weak.
 - x This can also come from blood stagnation in the body. (Look under BL-17 IN Deadman's) This can be somebody who's bedridden.

x

x Arms and Legs

x Flabby

- x people who feel like sponges.
- x Obesity – excess – Qi swelling – it's a type of edema. Superficial on the skin. Deficiencies corpulence - “empty fat” floppy weight all over, no muscle tone. This is more serious. This is destructive weight gain. Maybe related to weak metabolism/yo-yo dieting. (always have a day off from your diet day! - American heart association). Deficiency of spleen qi.

x Chest

- x Apical pulse. The pulse just a little to the left of the sternum. The Xu-li pulse. Just below the left nipple. The heart is the source of all blood vessels. If this is too strong or too weak in can be indicative of a heart problem. The changes in heart beat indicate insufficient heart Qi. Palpitations can also be indicative of the insufficiency of heart qi. In Chinese “ the outward draining of the zong qi (ancestral qi)” from too inappropriate of a strong of a heart beat. The heart qi is leaving the body. The apical pulse is not as easy to discern in a larger person as in a small/thinner person. It depends on the body type.

x Abdomen

- x McBurney's point (in right lower abdomen) to detect appendicitis. This can be tricky to diagnosis. (You can also check a point on the leg – just 2 cun down from ST36 (Lan wei xue), there's another one for GB disease as well. Dan neng xue – both can be used to treat if you can't get to hospital. BL18 will be tender for liver disease. LV 14 is front mu point for liver.)

x Acupuncture points

- x ST36 – abdominal problem

- x LU1 – for lung problems.
- x BL15, 44 the outer shu points are the emotions associated with the organ. (BL 15 is the organ heart, BL44 a problem emotionally)
- x (look for moles, discoloration/birth mark, spider veins, etc at acupoints)

9.2 Palpation of masses

Types of mass:

- x “Zheng Jia ji ju”
- x Concretion, Conglomeration, accumulation, gathering

Causes of masses in Chinese medicine

deficiencies of correct Qi in the body from emotions (depression – can cause liver damage – the liver qi and get stuck) or from diet (that can hurt the spleen and qi is obstructed so you get stuck blood and you get phlegm)

Concretions and accumulations are grouped together

- x Fixed location
- x Definite forms
- x they are more solid.
- x They are hard and don't move.
- x There's something affecting the blood
- x pain in a fixed location

Conglomerations and gatherings

- x they move when you press on them
- x they can come and go
- x They don't have a definite form
- x This is more of a Qi type of problem. Associated with Qi stagnation.
- x No pain in a fixed location
- x Disease of the bowels. - cramps in the intestines.

10 Review

Things to be covered on the exam include:

- x Six levels of Shang han lung – signs and symptoms of each
 - x Which organ is involved at each level.
- x 4 levels of thermic disease (don't need to get too specific, just big picture)
- x 4 methods of examination (SLIP – how we use the 8 principles)
- x A lot about the Wheels of the eyes. (organ association)
- x 5 phase association/ colors etc.
- x Specific concepts of Bi syndrome, Wei Syndrome, Wind, Tetany
- x Different between kd qi and kd essence in growth and development
- x Two types of edema
- x two types of Jaundice
- x Infantile fright wind
- x Causes of dizziness
- x Wind strikes. (open vs closed strike) (organ vs channel strike)
- x Four types neck swellings. (masses)