

Clinical Review

10/14/06

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1 Lung Functions

1.1 Basic Functions

- Respiration
- Governs qi, creates true qi, controls defense qi
- Circulates fluid – diffusion of sweat, helps upper body fluids precipitate downward into urine
- Governs skin and body hair
- Controls voice (clarity and power)
 - The “timbre”
- Opens to the nose (includes nasal passages)

1.2 Associations with the lung

- Tissue: skin and hair
- Season: fall
- Liquids: mucus
- Portal: nose (Sense smell)
- Color: white
- Sound: weeping

2 Spleen

2.1 Basic functions

Nourishes the body

Connected to the stomach function

Transports and transforms (food/water)

- Ripens and rots
- Gives strengths to muscles (flesh)
- Sends qi to lungs
- Source of acquired essence
- Moves qi up/stomach moves qi down
- Creates blood
- Contains the blood
- Governs the flesh and limbs
- Supports internal organs
- Affected by dampness

3 Intestines

3.1 Basic Functions

- SI – separate clear from turbid
 - Clear - fluids absorbed through intestine walls and with kidney into urine
 - Turbid – waste stays in the SI and passed to LI in form of stool
- LI – Absorbs remaining liquid/discharge stool

3.2 S_{PEEN} Associateions

- Orifice mouth
- Tissue – lips
- Sense: taste
- Fluid – saliva
- Color – yellow
- Tone – sing song
- Odor – sweet

4 HT

- HT governs blood and vessels of the body
 - Makes the blood go, spleen keeps the blood in place.
- HT stores the spirit
 - consciousness
- HT – body's sovereign fire
- Sense – speech
- Complexion – red
- Lfluid – sweat
- Seanson- summer
- Voice - laughter

5 Pericardium

- Protector of the heart
- Closely related symptoms and treatments of HT organ

6 TW

- Cook pot for everything. Part of the transportation and transformation of food and fluids throughout the body.
-

7 Liver

- Governs free-coursing
- Smoth flow of qi throughout the body
- Lack to areas causes pain or masses

- Hernias – groin
- Periods/uterine masses – uterus
- Nausea/vomiting – sp & st
- Rib pain/breast problems) LV & Breassts
- Goiter/plum pit – throat
- Smooth flow of bile
- Smooth flow of emotions
- Stores blod when at rest
- Liver blood nourishes
 - Eyes
 - Sinews
 - Uterus
- Governs sinews and nourishes nails
- Opens to the eyes

8 Gall Bladder

- Paired with the liver – bile secretion is main function
- Bile clear liquid transformed from liver qi
- Improper qi flow causes hypochondriac pain
- Will power
- Associations with liver
- Color- green-blue
- Tissue – sinews/nail
- Fluid – tears
- Orifice eye
- Voice – shouting
- Season – spring

9 Kidney

- Kidney yang –
 - distills fluids sent to it by the LU, SP, and SI
 - Helps bladder contain the urine
 - Provides force to allow the bladder to expel the urine
 - Source of warming and transforming of other organs (ming men fire)
 - Fire behind sex drive
 - Source of defense qi
- Kidney Yin
 - Moistens and nourishes functions of the body
 - Ability of water to keep fire in check
 - Calmness and rest
 - Fluid to moisten the lungs
 - Essence and blood to liver
 - Calms heart spirit

- Kidney Essence
 - Growth, development, and maturation
 - Bones
 - Teeth
 - Marrow (brain)
 - Hearing – old age hearing loss
 - Head hair
- Color black
- Season – winter (etc)

10 Organ Pathologies

10.1 Lung

10.1.1 Lung Qi Deficiency

- SOB
- Spontaneous sweating
- Frequent sickness
- Soft voice
- Weak cough

10.1.2 Lung Yin deficiency

- Dry cough w/ little phlegm (may contain blood)
- Dry mouth/pharynx
- Low hoarse voice
- Rapid breathing
- Rapid pulse, red tongue
- General yin deficiency signs (night sweats, emaciation)

10.1.3 Wind Heat/Wind Cold

10.1.4 Phlegm Heat/Phlegm Cold

10.1.5 LU and KD Qi deficiency

- More exhalation than inhalation
- Cold limbs, blue complexion
- Spontaneous sweating
- Function of bladder control – incontinence, etc.

10.1.6 LU and KD yin deficiency

- Cough with small amount of fluid (possibly blood tinged)
- Dry mouth, throat
- Soreness, weakness of lumbar and knee joints
- Tidal fever

- Nocturnal emission
- Mental restlessness
- Dizziness

10.1.7KD and LU Yang deficiency

- Like qi, but more cold. A continuum

10.2 Spleen

10.2.1 Spleen Qi deficiency

- Fatigue
- Prolapses
- Loose stools
- Bloating
- Reduced appetite
- Clamoring stomach
- Eructation
- Lusterless complexion
- Exhaustion
- Blood containment issues
- Abdominal pain
- Heavy muscles
- Lethargy, exhaustion

10.2.2 Spleen yang deficiency

- Abdominal pain relieved by warmth
- Diarrhea with cock's crow diarrhea
- Spiritual fatigue
- Edema
- Drained white complexion
- Cold extremities
- Serious yang collapse: prolapse turning blue, and cold, shallow breathing

10.2.3 Spleen Yin deficiency

- Nourishment to everything – blood issues
- Fire in stomach
 - Empty feeling in stomach
 - Thirst w/ preference for cold drinks
 - Voracious appetite
 - Ulceration of mouth
 - Yellow urine, etc
 - Pulse: strong, rapid
- Burning pain in epigastric region

- Hunger w/ no desire to eat
- Hiccups
- Pulse: thready rapid

10.3 Heart

10.3.1 HT Yin deficiency

- Similar to HT blood deficiency
- Yin deficiency signs
- Irritability
- Seem CAM for help with differentiation.

10.3.2 HT Yang

- Keeps getting colder and worse than HT Qi.
- Dark gray complexion.

10.3.3 HT Qi

- Palpitations
- Irregularity of heart beat
- Cardiac pain
- Oppression in the chest
- SOB
- Shen disorders
- Spontaneous sweat
- Spiritual lassitude
- Poor circulation
- Cam says
 - Pale tongue
 - Pallor
 - Pale lips
 - Insomnia
 - Etc... see CAM for details. (Chapter 13)

10.3.4 HT Blood

- Palpitations and racing of the heart
- Dizziness
- Poor memory
- Insomnia
- Emotional disturbance
- Excessive dreaming
- Stabbing pain in chest
- Pale skin

10.3.5 Heart Heat

- Wild dreams
- Mania
- Up bearing fire flush
 - Don't forget heat from heart going into the SI and then into the UB.

10.4 Liver

10.4.1 Binding depression of Liver Qi

- Prelude to Liver qi stagnation
- More emotional issues – feelings of up tight.
- Oppression in the chest

10.4.2 Qi stagnation

- Hypochondriac pain
- Distention
- Depression
- Impatience/anger
- Belching
- Nausea, vomiting
- Menstrual issues
- Acute abdominal pain/distention
- Leads to blood deficiency

10.4.3 Disharmony of LV and SP/ST

- Like liver qi stagnation but with more abdominal/digestion/ingestion problems

10.4.4 Liver Blood deficiency

- Low back pain
- Weakness in the legs
- Dizziness
- Insomnia
- Excessive dreaming
- Inhibited sinew/vascular movement (tingling of limbs)
- Look at coloration
- Eye and ear issues
- Digestions/menstrual issues can ensue as well.
- Blood stasis is more a tingling pain vs. blood deficiency with is just a tickling tingling w/ numbness.

10.4.5 Ascending Liver Yang

- Jing-shen excitation
- Irrascibility

- Headaches
- Wind
- Dizziness
- Tremors
- HBP
- Red eyes
- Tinnitus
- Insomnia
- Palpitations
- Emotional outbursts
- Arises out of yin deficiency, so see more signs of deficiency
- Differentiation with Liver fire
 - Irritability and insomnia, dream disturbed sleep
 - Weakness of low back and knees
 - See some yin deficiency signs
 - Pulse: weak, deep, thready – rapid

10.4.6 Liver Fire

- Simple excess
- Like ascending liver yang but no deficiency signs.
- More bleeding problems.
- More signs of excess
- Vomiting of sour or bitter fluid
- Lusterless nails
- Flowery vision
- Blurred vision
- Alternating menstrual block and excessive bleeding
- Reduced menstrual flow
- Lusterless/yellow complexion
- See CMA for differentiation
 - Constipation
 - String taught rapid pulse

10.4.7 Liver Yin Deficiency

- Dryness and nourishment issues of sinews and eyes
- More deficiency heat signs the Liver Blood

10.4.8 Retention of Cold in Liver Meridian

- Cold can stagnate, so pain in joints/foldings of the liver meridian.
 - Menstrual pain
 - Pain in groin issues
- Lower abdominal distending pain
- Bearing down sensation in the testes

- Pain aggravated by cold
- Tongue: slipper coating (?)
- Pulse: Deep

10.5 Kidney

- General signs
 - Back pain, knee pain
 - Bone issues (heel pain)
 - Deep exhaustion

10.5.1KD Qi

- Incontinence
- Frequent long micturition
- Enuresis
- Dribbling urine
- Spiritual fatigue
- Seminal emission, efflux, premature ejaculation

10.5.2KD Yin

- Deficiency heat
- Sleep problems
- Reproductive problems in women
- Drastic loss of muscle mass

10.5.3KD Yang

- Cold – Cold – Cold – Cold
- Loose Teeth
- Aversion to cold
- Sterility/impotence
- Clear, copious micturition
- Nocturia, oliguria
- Urinary block
- Water swelling
- Frigid extremities

11 Diagnosis

- Inquiries
 - The standard 10 questions and/or 8 parameters. Make sure to cover the following:
 - Is it hot/cold
 - What's the source of the heat? excess? deficiency? stagnation?
 - Excess/deficient – can find with palpation or inquiry
 - Chronic/Acute – how long, when did this start?

- Organ of origin
- What substances? Qi, Blood, Yin, Yang, Phlegm, exogenous pathogens
- Is it more yin or more yang? You can tell from other questions
- Is it interior or exterior
- Palpation/Smell
- Tongue and Pulse