

Differentiation of Syndromes According to The Eight Principles

The eight principles of differentiating syndromes are Yin and Yang, exterior (biao) and interior (li), Xu (Deficiency) and Shi (Excess), and cold and heat. These eight basic syndromes signify the location of pathological changes, the nature of disease, the condition of body resistance and pathogenic factors. These are the general principles for differentiation of syndromes and no matter how complex the disease, the eight principles can be used to give an analysis and differentiation.

1. Exterior and Interior

Exterior and interior are two principles indicating the depth and development of disease. Exterior syndromes refer to the pathological changes and syndromes which are caused by the invasion of the body surface by exogenous pathogenic factors.

Exterior syndromes are usually acute occurrence, superficially located, and with a short duration. The main clinical manifestations are aversion to cold and fever, thin and white tongue coating, floating pulse, etc.

Interior syndromes result from the transmission of exogenous pathogenic factors into the interior or from the dysfunction of the zang-fu organs.

Interior syndromes have extensive indications. Regarding the occurrence of

disease, there are three conditions:

- a. Interior syndromes may occur due to transmission of exogenous pathogenic factors into the interior after lengthy contact.
- b. They may result from direct attack on the zang-fu organs by exogenous pathogenic factors.
- c. Dysfunction of zang-fu organs may also be due to interior syndromes.

2. Cold and Heat

Cold and heat are two principles for differentiating the nature of disease.

Cold syndromes are pathological changes and symptoms caused by exogenous pathogenic cold or constitutional Yang deficiency. Clinical manifestations of cold syndromes are: aversion to cold and preference for warmth; tastelessness in the mouth; absence of thirst; pallor; cold extremities; clear and profuse urine; loose stool; pale tongue proper with a white slippery coating; slow pulse, etc. These are all signs of excessive yin.

Heat syndromes are caused by exogenous pathogenic heat or constitutional yin deficiency. The symptoms of heat syndromes include: fever; preference for cold; thirst with preference for cold drinks; flushed cheeks and redness of the eyes; yellowish and scanty urine; constipation; red tongue proper with a dry yellowish coating; rapid pulse, etc. These are signs of preponderant Yang.

3. Deficiency (Xu) and Excess (Shi)

Xu (Deficiency) and Shi (Excess) are two principles which are used to analyze the strength or weakness of body resistance and the pathogenic factors during the process of disease development.

Generally, syndromes of the Deficiency type indicate diseases and symptoms caused by the weakness and insufficiency of body resistance. Syndromes of the Excess type refer to diseases and symptoms induced by an overabundance of exogenous pathogenic factors. Deficiency syndromes are mainly due to an insufficiency of antipathogenic factors when exogenous pathogenic factors are also in a weakened state. Excess syndromes are mainly due to an excess of exogenous pathogenic factors, with body resistance not yet weakened. Mixture syndromes of Deficiency and Excess also occurs.

Deficiency (Xu) syndromes can be further classified into Qi deficiency, blood deficiency, Yang deficiency, and yin deficiency with varied clinical manifestations. Excess (Shi (Excess)) syndromes may be caused by Qi stagnation, blood stasis, phlegm obstruction, stagnancy of water, and parasites with complex clinical manifestations. The general Deficiency (Xu (Deficiency)) syndromes include lassitude, emaciation, sluggishness, pale complexion, palpitation, shortness of breath, spontaneous sweating, night

sweating, insomnia, poor memory, loose stool, frequent urination or incontinence of urine, pale tongue proper without coating, thready and weak pulse, etc.

Excess (Shi (Excess)) syndromes generally include coarse breathing, irritability, sonorous voice, pain and distension in the chest and abdomen, pain and distension aggravated by pressure, constipation, dysuria, thick and sticky tongue coating, forceful Shi (Excess) pulse, etc. However, the patient's body can still remain strong and vigorous.

4. Yin and Yang

Yin and Yang are two general principles used to categorize the other six principles, i.e., exterior, heat and Shi (Excess) belong to the category of Yang, while interior, cold, and Xu (Deficiency) belong to yin. Yang syndromes and yin syndromes can be detailed as the collapse of yin, collapse of Yang, yin Xu (Deficiency) (yin deficiency), Yang Xu (Deficiency) (Yang deficiency), etc.

Yin Xu (Deficiency) and Yang Xu (Deficiency) syndromes: Yin Xu (Deficiency) indicates consumption or loss of yin fluid. Yan Xu (Deficiency) manifests as the insufficiency of Yang Qi. Yin Xu (Deficiency) syndromes are afternoon fever, malar flush, feverish sensation in the palms and soles, irritability, insomnia, night sweating, dry mouth and throat, scanty and yellowish urine, dry stool, red tongue proper

with little coating, and thready and rapid pulse. Since yin Xu (Deficiency) syndromes include internal heat, they are also known as Xu (Deficiency) heat syndromes.

Yang Xu (Deficiency) syndromes are manifested by chills, cold extremities, tastelessness in the mouth, absence of thirst, pale complexion, spontaneous sweating, profuse and clear urine, loose stool, and pale tongue proper. Thus while Yang Xu (Deficiency) syndromes indicate inadequate Yang Qi, they are also termed syndromes of Xu (Deficiency) cold.

Generally, symptoms characterized by excitation, restlessness, hyperactivity, and optimism belong to Yang syndromes, while those characterized by inhibition, quietude, decline, and gloominess are yin.

Yang collapse and yin collapse syndromes: Yang and yin collapse syndromes are dangerous signs during the progress of a disease. Yin collapse indicates an excessive loss of vital essence and nutrient fluid. Yang collapse causes pathological changes and symptoms due to the profuse consumption of body Yang Qi. Both may occur at the final stage of some chronic diseases or may appear in the crisis stage of some acute diseases. Because of the interdependent relation Shi (Excess) of yin and Yang, a collapse of one could lead to the collapse of the other. Therefore, the occurrence of these syndromes might be simultaneous with only the difference of early

or late appearance.

Besides the symptoms of primary disease, collapses of Yang and yin are both manifested by different degrees of perspiration. The perspiration in yin collapse is characterized by a type of sticky hot sweat, accompanied by hot skin, warm hands and feet, thirst with preference for drinks, malar flush, and a thready, rapid, forceless pulse. These are signs of yin fluid exhaustion. Yang collapse perspiration is notable for dripping sweat, thin cold sweats, accompanied by aversion to cold, lying with the body curled up, cold extremities, listlessness, pale complexion, and feeble pulse, all of which are signs of Yang Qi prostration.

The syndromes of each of the eight principles are varied, but are closely related to each other in clinical application. For example, when differentiating syndromes of exterior and interior, the syndromes of cold, heat, Xu (Deficiency), and Shi (Excess) are also involved; the differentiation of Xu (Deficiency) and Shi (Excess) syndromes is also involved with syndromes of cold, heat, exterior, and interior.

During the process of disease development, sometimes there will be nonconformity between the nature and the manifestation of a disease; for example, in syndromes of pseudo-cold and real heat, syndromes of real cold and pseudo-heat, etc. So attention should be paid to the pseudo-phenomena

when a disease has developed to a serious stage. Differentiation of syndromes according to the eight principles should be used actively to prevent deception by the pseudo-phenomena of a disease.

1. Differentiating Syndromes of the Heart

Syndromes of heart Qi Xu (Deficiency) and heart Yang Xu (Deficiency):

Palpitation and shortness of breath aggravated by exertion, spontaneous sweating, thready and weak pulse, and regular pulse or irregular intermittent pulse, are the basic symptoms of heart Qi deficiency (Xu (Deficiency)) and heart Yang deficiency (Xu (Deficiency)). If the above symptoms are accompanied with a pale and lusterless complexion, lassitude and a pale tongue proper with whitish coating, they are in the category of heart Qi deficiency. If they are complicated with chills, cold extremities, fullness of the chest, pallor, and a pale or dark purplish tongue proper, they are considered as syndromes of the heart Yang deficiency.

If heart Qi or heart Yang is insufficient, then the blood circulation is not promoted and shortness of breath aggravated by exertion will manifest. If heart Yang is inadequate to restrict heart fluid, there will be spontaneous sweating. Qi deficiency leads to blood deficiency and weakness of Yang Qi, so disorders of blood circulation will manifest by

thready, weak, irregular or regular intermittent pulses. Heart Qi deficiency, or the failure of Yang Qi and blood to nourish the tongue, face and body, causes a pale and lusterless complexion, pale tongue proper, and lassitude. Heart Yang deficiency fails to warm the limbs, which causes chills and cold extremities. Failure of Yang Qi in the chest causes the improper circulation of Qi and blood, manifesting a fullness in the chest and a dark purplish tongue proper.

Syndromes of heart blood deficiency and heart yin deficiency:

Palpitation, insomnia, dream disturbed sleep and poor memory. If these symptoms are accompanied with a lusterless complexion, dizziness, pale tongue and lips, and a thready pulse, then these are heart blood deficiency syndromes. If the symptoms are complicated with irritability, thirst, feverish sensation of the palms and soles, tidal fever, night sweating, dry red tongue proper, and a thready rapid pulse, then these are heart yin deficiency syndromes.

The heart dominates the blood and its vessels, so heart blood deficiency and heart yin deficiency both cause malnourishment of the head region, manifesting as malnourishment of the mind, producing symptoms of palpitation, poor memory, insomnia, and dream disturbed sleep; malnourishment of the facial region, producing symptoms of lusterless complexion, pale tongue and lips;

malnourishment of the brain, manifesting as dizziness and a thready weak pulse. Heart yin insufficiency also leads to heart Yang preponderance and internal Xu (Deficiency) fire disturbances which cause irritability, feverish sensation of the palms, dry red tongue proper with scanty fluid, and thready rapid pulse.

Syndromes of heart fire preponderance:

Ulcers of the tongue and mouth, anxiety, insomnia, thirst, yellowish urine, a red tongue tip, and rapid pulse.

The heart opens to the tongue. If there is a preponderance of heart fire, it flares up to attack the tongue causing ulceration. If heart fire causes internal disturbances, it first affects the mind, causing irritability and insomnia. A preponderance of heart fire consumes the body fluids, causing thirst, red tongue tip, and rapid pulse.

Stagnation of heart blood syndromes:

Palpitation, paroxysmal pricking pain, or stuffy pain of the pericardium region referring to the shoulder and arm of the left side, cyanosis of the lips and nails, cold extremities, spontaneous sweating, dark red tongue proper, or purplish tongue proper with petechiae, thready rugged pulse, or regular and irregular intermittent pulse.

Obstruction of heart Yang leads to unsmooth circulation of Qi and blood, and the stagnation of blood in the vessels, causing palpitation and cardiac pain. The small intestine channel of the hand TaiYang is

exterior and interior related to the heart channel, so the Qi of the two channels affect each other, that is why cardiac pain is related to the shoulder and arm. The stagnation of heart blood may also bring on cyanosis of the lips and nails, dark red tongue proper, or purplish tongue proper with petechiae, thready rugged pulse, or regular and irregular intermittent pulse. Heart blood stagnation blocks the Yang Qi from spreading over the body surface and the four extremities, so cold extremities and spontaneous sweating result.

Phlegm fire heart-disturbing syndrome:

Mental disorder, weeping and laughing without apparent reason (emotional lability), mania, redness of face, thirst, coarse breath, yellowish urine, yellow and sticky tongue coating, slippery, rapid, and forceful pulse.

Phlegm-fire disturbs the heart mind and exhausts the body fluid, so the above symptoms and pulses appear.

2. Differentiating Syndromes of the Liver

Syndromes of liver blood insufficiency:

Dizziness and vertigo, distending pain, redness of the eyes and face, anxiety and hot temper, dryness of the eyes, blurred vision, night blindness, numbness of the limbs, spasm of the tendons and muscles, scanty menstrual flow or amenorrhea, pale tongue proper, and thready pulse

Insufficiency of liver blood brings about malnutrition of the head and eyes, and manifests as dizziness, dryness of the eyes,

and blurred vision. Consumption of liver blood causes malnourishment of the tendons, manifested by numbness of the limbs, and spasms of the tendons and muscles. The Chong channel's "sea of blood" dries up due to an insufficiency of liver blood, so scanty menstrual flow or amenorrhea appears. Blood insufficiency also causes a pale tongue proper and a thready pulse.

Liver fire flare up syndromes: Dizziness, distending pain redness of the eyes and flushed face, irritability and irascibility, dryness and bitter taste in the mouth, deafness, ringing in the ears, burning pain of the costal and hypochondriac regions, yellowish urine, constipation or vomiting blood (hematemesis), and nose bleeds (epistaxis), red tongue proper with yellow coating, wiry and rapid pulse.

Liver fire flares up to attack the head and eyes causing dizziness, distending pain, redness of the eyes and flushed face, bitter taste and dryness in the mouth, deafness and ringing in the ears. Fire injures the liver causing a dysfunction of the Qi flow and since the liver is related to emotional activities, depression and anger can result. As the liver channel passes through the costal and hypochondriac regions, it causes pain in these areas.

Liver fire exhausts the blood and injures the vessels, so hematemesis and epistaxis occur. Yellowish urine, constipation, yellow tongue coating, and a rapid pulse are also signs of

excessive liver fire.

Liver Qi stagnation syndromes: Fullness of the chest, mental depression, sighing, distending pain of the chest and hypochondrium, irascibility, anorexia, belching, abnormal bowel movements, irregular menstruation, dysmenorrhea, premenstrual distending pain of the breasts, thin and white tongue coating, and wiry pulse.

Stagnation of liver Qi leads to the dysfunction of the liver causing an unrestrained flow of Qi, so symptoms such as mental depression, fullness of the chest, irascibility, and sighing appear. Liver Qi can also flow transversely to attack the stomach and spleen, causing disorders of the ascending and descending stomach and spleen Qi. Symptoms of belching, anorexia, and abnormal bowel movements result. The liver stores blood, so liver Qi stagnation will certainly affect menstruation causing irregularity, dysmenorrhea, or premenstrual distending pain of the breasts. A wiry pulse is also caused by liver Qi stagnation.

Liver wind stirring syndromes: There are three conditions commonly seen in the clinic. a) Extreme heat stirring up endogenous wind, manifesting as high fever, convulsion, neck rigidity, contracture of the four limbs, opisthotonos, red tongue proper and a wiry rapid pulse. b) Yin deficiency leading to Yang preponderance, this extreme Yang then turns into wind and manifests as

sudden temporary loss of consciousness (syncope), convulsion, deviated mouth and eyes, tongue rigidity, hemiplegia, wiry, slippery, and forceful pulse. c) Insufficiency of liver blood causes the malnutrition of tendons and muscles, and produces wind, manifesting as numbness of the limbs, tremor of muscles or spasms of the extremities, tremor of the hands, pale tongue proper, a wiry and thready pulse, etc.

The first condition is a group of Shi (Excess) syndromes caused by extreme heat producing wind, the wind and fire then stir each other. The second condition originates from a loss of liver and kidney yin which leads to liver Yang preponderance and an upward flow of Qi and blood. The root of this disease is therefore Xu (Deficiency), but symptomatically the syndromes appear as Shi (Excess) type. The third condition is also a Xu (Deficiency) condition due to insufficiency of blood which leads to malnutrition of the tendons and muscles.

Stagnation of cold in the liver channel syndromes: Distending pain of the lower abdomen, swelling and distension of the testis with a bearing down pain, pain and contracture of the scrotum referring to the lower abdomen, a white slippery tongue, and a wiry slow pulse.

The liver channel curves around the external genitalia and passes through the lower abdominal region. Pathogenic cold is characterized by contraction and stagnation

when it inhabits the liver channel. This results in the stagnation of Qi and blood and causes the above symptoms.

3. Differentiating Syndromes of the Spleen

Spleen failure to carry out transportation and transformation syndromes: Anorexia, abdominal distension after meals, lassitude, sallow complexion, feeble breathing, loose stool, pale tongue proper with white thin coating, retarded and weak pulse.

Spleen Xu (Deficiency) causes a failure of transportation and transformation, and insufficiency of Qi and blood, so the above symptoms appear.

Sinking of spleen Qi syndromes: Prolapse of the uterus, gastroptosis, nephroptosis, chronic diarrhea, feeble breathing, yellowish complexion, pale tongue proper with white coating, and Xu (Deficiency) type pulse.

Spleen Qi should ascend, however, spleen Xu (Deficiency) causes the Qi to sink. If the spleen Qi is too weak to elevate the zang-fu organs, then the prolapse of internal organs and symptoms showing spleen Qi insufficiency occur.

Spleen blood control failure syndromes: Excessive menstruation, uterine bleeding, hematochezia, bloody urine, purpura, pale complexion, lassitude, pale tongue proper, and a thready weak pulse.

The spleen controls blood. If it is unable to carry out this function, then the extravasation

of blood occurs, plus the bleeding symptoms mentioned above. Bleeding affects the function of transportation of Qi and blood, resulting in a pale complexion, lassitude, a pale tongue proper, and a thready weak pulse, which are signs of Qi and blood Xu (Deficiency)

Pathogenic damp invasion of the spleen syndromes: Distension and fullness of the epigastrium and abdomen, anorexia, stickiness in the mouth, heaviness of the head, absence of thirst, swelling of the face, eyes, and four extremities, loose stool, dysuria, excessive and thin leukorrhea, white and sticky tongue coating, and soft thready pulse.

The spleen is adverse to dampness, therefore excessive dampness is liable to affect spleen Yang leading to a dysfunction of transportation and transformation, resulting in the symptoms of distension and fullness of the epigastrium and abdomen, and anorexia. Pathogenic damp, which is sticky and stagnant in nature, easily blocks the flow of Yang Qi, causing a sensation of heaviness of the head. If dampness and fluid pour into the skin and muscles, swelling of the face, eyes, and extremities occurs. If the spleen fails to remove the damp, the stool becomes loose and the urine abnormal. A white and sticky tongue coating and a soft thready pulse are signs of excessive pathogenic damp.

Spleen Yang Xu (Deficiency) syndromes:

Dull pain of the epigastrium and abdomen alleviated by warmth, chills with cold extremities, poor appetite, loose stool, pale tongue proper with white coating, and deep, slow pulse.

Spleen Yang deficiency causes the stagnation of cold in the middle jiao, obstructing the functions of Qi. Warmth can remove the obstruction, so the pain of the epigastrium and abdomen is ameliorated. Deficiency of spleen Yang leads to a dysfunction of transportation and transformation, thus the failure of spleen Yang to warm the body surface and extremities, and the occurrence of anorexia, and loose stool. A pale tongue proper with a white coating and a deep slow pulse are signs of Xu (Deficiency) cold.

Spleen and stomach damp heat syndromes: Yellow-orange complexion, distension and fullness of the epigastrium and abdomen, nausea, vomiting, poor appetite, aversion to greasy food, heaviness of the body, yellowish urine, loose stool profuse and yellowish leukorrhea, yellowish and sticky tongue coating, soft and rapid pulse.

Damp heat accumulates in the skin causing a yellow-orange complexion. It also blocks the middle jiao causing symptoms of distension and fullness of the epigastrium and abdomen, nausea, vomiting, anorexia, and aversion to greasy food. Excessive damp causes heaviness and tiredness of the body. Damp heat descending leads to

profuse yellowish leukorrhea. Deep yellow urine, loose stool, yellowish and sticky tongue coating, and soft pulse are signs of excessive damp heat.

4. Differentiating Lung Syndromes

Qi Deficiency of the Lung: Feeble coughing, shortness of breath, clear and thin sputum, feeble breathing, speaking in a low voice, spontaneous sweating, pale and lusterless complexion, lassitude, pale tongue proper with thin white coating, Xu (Deficiency) and forceless pulse.

The lung dominates Qi and controls respiration, so Qi deficiency causes a weak cough, shortness of breath, and feeble breathing. Qi deficiency of the lung also leads to a failure of lung Qi descent causing an accumulation of body fluid with resulting phlegm. There are also symptoms of cough with thin sputum, spontaneous sweating, pale and lusterless complexion, lassitude, pale tongue proper with white coating, and Xu (Deficiency) type pulse.

Yin deficiency of the lung: Dry cough without sputum or with a little sticky sputum, dryness of the mouth and throat, hoarseness of voice, emaciation, dry red tongue proper, thready and forceless pulse. If yin deficiency leads to a preponderance of fire, there may be cough with bloody sputum, tidal fever, night sweating, malar flush, red tongue proper, and a thready rapid pulse.

The symptoms of lung yin deficiency are actually the manifestations of an insufficiency

of lung yin fluid, i.e., dry cough without sputum, or cough with a little sticky sputum, dryness of the mouth and throat, hoarseness of voice, emaciation, dry red tongue proper, thready and forceless pulse. If yin Xu (Deficiency) fails to restrict Yang, then Xu (Deficiency) fire is formed and flares up to the damage the vessels of the lung, producing the symptoms of tidal fever, night sweating, malar flush, hematemesis, red tongue proper, thready rapid pulse.

Lung wind-cold retention syndromes: Cough, asthma, thin white sputum, absence of thirst, nasal obstruction, runny nose, chills and fever, no sweating, pain of the head and body, thin white tongue coating, superficial and tense pulse.

Exogenous pathogenic wind-cold obstructing the lung leads to the dysfunction of lung Qi spreading and descending, causing symptoms of cough with thin white sputum. The lung opens into the nose, which is then also troubled by nasal obstruction or discharge. The lung dominates the skin and hair, when exogenous pathogenic wind and cold invade the lung leading to the dysfunction of defensive (wei) Qi, the symptoms are an aversion to cold, fever, pain of the head and body, absence of sweat, thin white tongue coating.

Lung win-heat invasion syndromes: Cough with yellowish and thick sputum, thirst, sore throat headache, fever, aversion to wind,

yellowish and thin tongue coating, floating and rapid pulse.

The lung is attacked by exogenous pathogenic wind-heat, so the spreading and descending functions are affected, causing cough with a yellowish and thick sputum. Pathogenic heat consumes the body fluid, causing thirst. Wind and heat flow upward to cause a sore throat. Headache, fever, aversion to wind, yellowish and thin tongue coating, floating and rapid pulse are signs indicating wind-heat invasion of the defensive (wei) Qi of the body surface.

Lung phlegm damp obstruction syndromes: Cough with excessive and white sticky sputum, expectoration, stuffiness of the chest, asthma, white sticky tongue coating, slippery pulse.

Pathogenic phlegm damp obstructing the lung leads to the impairment of Qi circulation causing the above symptoms. White sticky tongue coating and slippery pulse are signs of pathogenic phlegm damp.

A long-standing obstruction of phlegm damp in the lung will change into heat, blocking Qi circulation and manifesting as asthmatic cough, stuffiness of the chest, etc. In addition, other symptoms may occur, such as cough with yellowish, sticky and thick sputum, or cough with bloody and pussy sputum. Fever, thirst, yellowish urine, constipation, red tongue proper with yellow sticky coating, and slippery pulse, are signs of heat syndromes.

5. Differentiating Syndromes of the Kidney

a). Kidney Yang deficiency syndromes: Chilliness, cold extremities, aching and weakness of the lumbar region and knee joints, impotence, premature ejaculation, excessive and thin leukorrhea, infertility, profuse and clear urine or enuresis, pale tongue proper with white coating, deep, slow and forceless pulse.

The kidney stores essence which is the original source of reproduction, therefore kidney Yang deficiency will influence the genital system and Xu (Deficiency) sexual activities. Symptoms seen in men are impotence and praecox ejaculation, and in women excessive and clear leukorrhea, and infertility. The kidney dominates the bones and is the site of primary Yang Qi convergence. Insufficient Yang Qi of the kidney fails to warm and nourish the body and extremities, causing chilliness, aching and weakness of the lumbar region and knee joints. The kidney dominates water metabolism, so kidney Yang deficiency causes a dysfunction of urinary bladder restriction, manifesting enuresis or profuse and clear urine. A pale tongue proper with white coating and a deep, slow and forceless pulse are signs of Yang deficiency.

b). Kidney yin deficiency syndromes: Dizziness, vertigo, ringing in the ears, deafness, hair loose, loose teeth, soreness and weakness of the lumbar region and knee

joints, insomnia, poor memory, dryness of the throat, night sweating, feverish sensation of palms and soles, low fever, malar flush, red tongue proper, thready, rapid pulse, etc.

Yin deficiency produces internal heat, so symptoms such as low fever, malar flush, feverish sensation of the palms and soles, and night sweating occur. Yin deficiency also leads to insufficiency of body fluid which is manifested by dryness of the throat. Consumption of kidney yin causes soreness and weakness of the lumbar region and knee joints, hair loss and loose teeth. Yin deficiency also causes the kidney to fail in its function of producing marrow, also associated with brain function. Manifestations are dizziness, vertigo, poor memory and insomnia. Yin deficiency is unable to nourish the upper orifices, and is manifested by ringing in the ears and deafness. Red tongue proper, and thready and rapid pulse are also signs of yin deficiency.

c). Kidney Qi deficiency syndromes: Shortness and weakness of breath, asthmatic breathing aggravated by exertion, perspiration, cold extremities, swelling of the face, pale tongue proper, Xu (Deficiency) type pulse, etc.

The kidney dominates the reception of Qi, so its weakness causes the Qi to lose its function of controlling reception. The symptoms of shortness and weakness of breathing result. Asthmatic breathing aggravated by exertion is due to the

consumption of Qi. The Xu (Deficiency) condition of the kidney brings on Yang deficiency leading to the weakness of wei (defensive) Qi, so symptoms of perspiration appear. Cold extremities are due to Yang Qi failing to reach and warm the four extremities. Yang deficiency also has difficulty in promoting Qi circulation and water metabolism, so there is swelling of the face. Pale tongue proper and Xu (Deficiency) pulse are also signs of kidney Qi deficiency.

d). Kidney Xu (Deficiency) leading to excessive water: General edema with greater severity in the lower extremities, abdominal distention, scanty urine, shortness of breath, cough and asthma with sputum gurgling in the throat, palpitations, asthma aggravated by exertion, chilliness and cold extremities, flabby tongue body with white coating and deep thready pulse.

The declining of kidney Yang causes a dysfunction of the urinary bladder Qi activity, manifesting as scanty urination. General edema is due to the water and fluid overflowing into the skin and muscles. Retention of water and fluid in the abdominal cavity gives rise to local distension. Excess water and fluid converts into phlegm, manifesting as cough and asthma with sputum gurgling in the throat. If water and fluid overflow upward they attack the heart and lung causing symptoms of palpitation and shortness of breath. Yang deficiency fails to warm and nourish the extremities, so it causes chilliness and cold extremities.

Flabby tongue body, white tongue coating, deep and thready pulse are signs of Yang deficiency causing an overflow of water and fluid.

e). Unconsolidated kidney Qi syndromes:

Frequent and clear urination, incontinence, dribbling of urine, nocturnal enuresis, involuntary seminal discharge without dreams, praecox ejaculation, soreness and weakness of the lumbar region, wan complexion, pale tongue proper with white coating, thready and weak pulse.

The kidney stores essence, if kidney Xu (Deficiency) fails to consolidate the source of semen involuntary seminal discharge and praecox ejaculation occur. Kidney Xu (Deficiency) causes the dysfunction of urinary bladder restriction seen in the symptoms of frequent and clear urination, dribbling of urine, incontinence, and nocturnal enuresis. The waist is the house of the kidneys, deficiency causes soreness and weakness of the lumbar region. Wan complexion, pale tongue proper with white coating, and thready weak pulse are signs of Yang Xu (Deficiency) in the kidney.

Syndromes a,c,d, and e are based on the insufficiency of kidney Yang. However, each has its own emphasis on pathological changes and clinical manifestations. The non-consolidation of kidney Qi mainly indicates syndromes of Yang Xu (Deficiency) of the kidney which causes uncontrollable seminal emissions and the dysfunction of the

urinary bladder restriction. Kidney Yang Xu (Deficiency) also leads to an inability to receive Qi from the lung. Kidney Xu (Deficiency), resulting in the overflow and subsequent retention of water, derives from dysfunction syndromes of the kidney, which normally controls water metabolism and Qi activity. The declining of kidney Yang also shows the syndromes of hyperactive sexual function.

6. Differentiating Syndromes of the Small Intestine

Syndromes of Shi (Excess) heat in the small intestines: Scanty yellowish urine; burning pain of the urethra, or hematuria; ulceration and pain of the mouth and tongue; a feverish sensation with irritability in the chest.

The heart has an exterior and interior relationship to the small intestine, so a preponderance of heart fire will transmit to the small intestine resulting in Shi (Excess) heat syndromes of the small intestine.

7. Differentiating Syndromes of the Large Intestine

Large intestine damp-heat syndromes:

Abdominal pain, dysentery or stool containing blood and pus, tenesmus, burning sensations of the anus, scanty and yellowish urine, yellow and sticky tongue coating, wiry, slippery and rapid pulse.

The retention of damp-heat in the large intestine causes a dysfunction of Qi activity with resulting abdominal pain and tenesmus. Damp-heat injures the Qi and blood of the

intestinal tract, so dysentery, or bloody and purulent stool occur. Burning sensation of the anus is a characteristic manifestation of “downward pouring of damp-heat into the large intestine.” Scanty yellowish urine, yellow sticky tongue coating, and wiry, slippery, and rapid pulse are signs of internal retention of damp-heat.

Large intestine fluid exhaustion: Constipation, difficult defecation of dry stools, dryness of the mouth and throat, red tongue proper with a yellow dry coating and a thready or rough pulse are all signs of fluid consumption.

8. Differentiating Syndromes of the Urinary Bladder

Syndromes damp of heat in the urinary bladder: Frequency, urgency and pain of urination; dribbling urination; turbid urine of bloody and purulent urine; urine with stones; a yellow sticky tongue coating; and rapid pulse.

The accumulation of damp-heat in the urinary bladder blocks Qi activity, causing dribbling urination. A downward driving of damp-heat into the urinary bladder brings about frequent, urgent and painful urination. Bloody or purulent urine is due to the injury of blood vessels by damp-heat.

9. Differentiating Syndromes of the Stomach

Loss and deficiency of stomach yin:

Dryness of the mouth and throat, stomachache and hunger without desire to eat, dry stool, red tongue proper with scanty fluid, thready and rapid pulse.

Insufficiency of stomach yin makes the body fluid fail to support the upper organs, causing dryness of the mouth and throat. Insufficiency of stomach fluid leads to the dysfunction of stomach reception manifested by hunger without desire to eat. Deficiency of stomach yin also gives rise to the disturbances of Xu (Deficiency) fire, manifesting as stomach pain. Insufficiency of stomach yin causes dry stool. Red tongue proper with scanty fluid and a thready rapid pulse are signs of yin deficiency producing heat.

Preponderance of stomach fire: Burning pain of the epigastric region, vomiting, nausea, acid regurgitation, constipation, thirst with preference for cold drinks, swelling, pain, ulceration and bleeding of the gums, hunger with excessive eating, foul breath, red tongue proper with yellow coating, slippery and rapid pulse.

Accumulation of heat in the stomach leads to a dysfunction of Qi activities resulting in a burning pain of the epigastrium. Preponderance of heat in the stomach consumes the yin of the stomach causing thirst with a preference for cold drinks. Since pathogenic fire accelerates food, there is hunger with excessive eating. Branches of the stomach channel travel up to the gum,

therefore when pathogenic stomach heat flows upward, it causes welling, pain, ulceration and bleeding of the gums. An accumulation of stomach heat leading to a dysfunction of stomach Qi descent causes foul breath, vomiting, nausea, and acid regurgitation. A red tongue proper with yellow coating and a slippery rapid pulse are signs of stomach heat.

Retention of Food in the Stomach

Distension or pain in the epigastrium, foul belching, acid regurgitation, no desire to eat, vomiting, abnormal bowel movements, diarrhea or constipation, thick sticky tongue coating, and slippery pulse.

Retention of food in the stomach blocks the Qi activities of the middle jiao, so there is distension or pain in the epigastrium. Foul belching, acid regurgitation, no desire to eat, and vomiting are caused by a dysfunction of stomach Qi descent, which then causes the upward flow of turbid Qi. Retention of food in the stomach affects the transportation and transformation functions of the spleen, producing abnormal bowel movements, i.e., diarrhea or constipation. A thick sticky tongue coating and a slippery pulse are signs of food retention.

10. Differentiating Gall Bladder Syndromes

Phlegm disturbing the gall bladder: Dizziness, vertigo, bitter taste in the mouth, nausea, vomiting, irritability, insomnia, fright, fullness of the chest, sighing, slippery and

sticky tongue coating, wiry pulse.

The gall bladder channel travels up to the head and eyes, so dizziness and vertigo are caused by pathogenic phlegm disturbing the brain along the course of the gall bladder channel. Internal phlegm disturbances lead to a restlessness of gall bladder Qi resulting in irritability, insomnia, and fright. Stagnation of gall bladder Qi affects the free flow of Qi, this causes fullness of the chest and sighing. Since bile streams upward, there is a bitter taste in the mouth. Qi stagnation of the gall bladder also disturbs the stomach qi's descent leading to nausea and vomiting. A sticky and slippery tongue coating and wiry pulse are signs of phlegm obstruction.

Differentiating Syndromes According to the Theories of the Six Channels, Four Stages of Wei, Qi, Ying and Xue, and Sanjiao

The theories of the six channels, four stages of wei, Qi, ying and xue are methods of differentiating syndromes of febrile diseases caused by exogenous pathogenic factors.

Differentiating syndromes according to the theory of six channels first appeared in the Shang han lun (The Treatise on Febrile Diseases Caused by Exogenous Pathogenic Factors) by Zhang Zhongjing of the eastern Han Dynasty (25-220). In this book various clinical manifestations of febrile disease caused by exogenous pathogenic factors such as TaiYang syndromes, Yangming syndromes, ShaoYang syndromes, Taiyin

syndromes, Shaoyin syndromes, and Jueyin syndromes are used to explain the location and nature of pathological changes, the strength and weakness of anti-pathogenic and pathogenic Qi, and the tendency of disease development, as a guide for clinical treatment.

Differentiating syndromes according to the theory of four stages of wei, Qi, ying, and Xu (Deficiency) was first put forward by Ye TianShi, a Qing Dynasty (1644-1911) physician, in his book *Wan gan wen re pain* (On Febrile Diseases Caused by Pathogenic Mild Heat). He classified the clinical manifestations of febrile diseases caused by pathogenic mild heat into four stage, wei (outer defensive) stage, Qi (inner defensive) stage, yin (nutrient) stage, and Xu (Deficiency) (blood) stage. These are the four body strata used to explain the location and severity of pathological changes, and which form the basis of clinical treatment. Differentiating syndromes according to the theory of sanjiao was advocated by Wu Jutong, another Qing Dynasty physician. He summarized clinical manifestations of epidemic febrile diseases as having three areas: the upper, middle, and lower portions of the body cavity. These are also used to guide clinical treatment.

These three methods are not contradictory, rather they supplement each other's deficiencies. They can be used jointly to differentiate febrile diseases caused by

exogenous pathogenic factors.

Differentiating Syndromes According to Six Channels Theory

A).TaiYang Diseases

A TaiYang disease is a pathological syndromes caused by exogenous pathogenic factors invading the body surface; it is also known as an exterior syndrome. TaiYang disease can be classified into syndromes of the TaiYang channel and syndromes of the TaiYang fu organ (urinary bladder).

1) Syndromes of the TaiYang channel:

Aversion to cold, fever, pain and rigidity of the neck, thin white tongue coating, floating pulse.

Exogenous pathogenic factors attack the body surface injuring the defensive Yang Qi causing an aversion to cold. Fever is due to the obstruction of Yang Qi. Since the Qi of the TaiYang channel is also affected, this results in headache, and neck pain and rigidity. A floating pulse indicates that pathological changes are exterior.

These are common manifestations of TaiYang exterior syndromes. On this basis, if they are accompanied by sweating, aversion to wind, floating and superficial pulse, they are known as wind stroke syndromes of TaiYang or exterior Xu (Deficiency) syndromes caused when the defensive Qi is invaded by exogenous pathogenic wind. This leads to a

disharmony between defensive and nutrient Qi. If aversion to cold is not accompanied by sweating and a floating tense pulse, this is understood as TaiYang febrile syndrome caused by cold or exterior Shi (Excess) syndromes. In this case, exogenous pathogenic cold has obstructed the body surface and blocked the Yang Qi flow.

In addition, since the lung dominates the skin and hair, if exogenous pathogenic factors attack the body surface, lung Qi will lead to dysfunction causing nasal obstruction, cough, asthma, etc.

2) The fu syndromes of TaiYang: The TaiYang fu organ syndromes are mainly due to a progression of TaiYang channel syndromes which are not cured when they are on the exterior, and then are transmitted along the channel into the urinary bladder. TaiYang fu syndromes are classified into water retention and blood retention syndromes.

Water retention syndromes: Fever, perspiration, irritability, thirst with or without preference for drinks, vomiting after drinking, and dysuria.

These syndromes are due to exogenous pathogenic factors being transmitted from the exterior to the interior, giving rise to Qi activity dysfunctions in the urinary bladder. This further affects the body fluid flow leading to fluid retention and its sequence of irritability, thirst with preference for drinks, vomiting

after drinking, and dysuria.

Blood retention syndromes: Pain and lump in the lower lateral abdomen, mania, normal urination.

Pain and lump in the lower lateral abdomen resulting from pathological heat transmitted along the TaiYang channel and mixing with blood in the lower jiao. Mental mania is caused by an upward disturbance due to blood retention and pathogenic heat. Since the disease location is in the blood of the lower jiao, the urinary bladder is not affected, thus there is normal urination.

B). Yangming Diseases

Yangming diseases are usually caused by exogenous pathogenic wind and cold which convert to heat and transmit directly into the interior, attacking the Yangming. They may also be due to delayed treatment causing body fluid consumption, which dries the stomach and intestines, resulting in constipation. Yangming diseases exhibit the greatest conflict between pathogenic and anti-pathogenic factors. They are also divided into syndromes of the Yangming channel and Yangming fu organ.

1) Yangming channel syndromes: Fever, perspiration, thirst with preference for drinking, irritability, yellow dry tongue coating, forceful pulse.

Pathogenic heat retained in the Yangming channel causes hyperactivity of heat in the stomach, manifesting as fever. pathogenic

heat forces the body fluid to flow outward, thus sweating occurs. This perspiration consumes fluids, so there is thirst with a preference for drinking. Irritability is due to heat disturbing the hear-mind. A dry yellow tongue coating is a sign of excessive heat injuring the body fluid. A forceful pulse indicates excessive heat and preponderant Yang.

2) Yangming fu organ syndromes:

Fever, tidal fever at dusk, sweating, constipation, fullness and pain of the abdomen (worse with pressure), irritability, delirium or even coma, yellow and dry tongue coating, or yellow coating with thorns, deep, forceful Shi (Excess) pulse.

Constipation is due to dryness of the intestine. The dysfunction of Qi circulation in the fu organ causes a fullness and distending pain in the abdomen which is worse with pressure. Steaming of interior heat is the cause of fever and sweating. The Yangming Qi, peaking at dusk, causes tidal fever when it contends with pathogenic factors. Irritability and delirium or even coma are caused by heat disturbing the hear-mind. Deep and Shi (Excess) pulse, and yellow and dry tongue coating with thorns are signs of interior Shi (Excess) heat leading to the insufficiency of body fluid.

C). ShaoYang Diseases

ShaoYang diseases are usually due to unrelieved TaiYang exterior syndromes that have been transmitted into the interior.

There may be cases which have TaiYang diseases at the onset, so pathological changes are neither on the TaiYang exterior nor in the Yangming interior, but stay in between. They are known as semi-exterior/interior syndromes.

Main clinical manifestations: Bitter taste in the mouth, dryness of the throat, vertigo, alternate chills and fever, fullness of the chest and epigastric regions, poor appetite, irritability, vomiting, white slippery tongue coating, wiry pulse.

Pathogenic factors invade the ShaoYang and contend with anti-pathogenic Qi in the region between the surface and the interior, so there are alternating chills and fever. The foot ShaoYang channel is distributed along the lateral side of the chest and hypochondriac region. Fullness of the chest and epigastric regions results from the obstruction of Qi circulation after pathogenic factors invade the ShaoYang channel. Qi stagnation of the gall bladder may also affect the stomach, so poor appetite, irritability and vomiting occur. Fire of the gall bladder flares up to cause a bitter taste, dry throat, and vertigo. Wiry pulse and white slippery tongue coating are due to pathogenic heat hindering the ShaoYang.

D). Taiyin Diseases

Taiyin diseases are mostly due to pathogenic cold directly attacking the middle jiao of a constitutionally weak patient, or due to delayed treatment of diseases of the three

Yang channels thus damaging the Yang of the middle jiao.

Main clinical manifestations: Abdominal distension, vomiting, anorexia, diarrhea with pain preferring warmth and pressure, thirst, pale tongue proper with white coating, slow or delayed pulse.

The nature of Taiyin diseases is Xu (Deficiency) cold of the middle jiao, and interior retention of cold damp. The spleen is responsible for the elevation of clean Qi, while the stomach is responsible for the descent of turbid Qi. The spleen also dominates the function of transportation and transformation of food, and the stomach controls the function of receiving food. Thus when the middle jiao is weak and attacked by pathogenic cold, the functions of transportation, transformation, and food reception become abnormal causing interior retention of cold damp manifesting the above symptoms.

E). Shaoyin Diseases

Shaoyin diseases may be due to direct attack of the Shaoyin by exogenous pathogenic factors when the body has Yang deficiency and cold; or due to the transmission of pathogenic factors from other channels into the Shaoyin; or due to treatment employing a strong diaphoretic action that injures the Yang. After invasion of the Shaoyin by pathogenic factors causing yin symptoms, a change into cold may occur. If Yang symptoms occur they may transform into heat. Therefore Shaoyin diseases can

be divided into Shaoyin syndromes of cold transformation and Shaoyin syndromes of heat transformation.

1). Cold transformation Shaoyin syndromes: Aversion to cold, sleeping with the knees drawn up, listlessness, cold extremities, loose stool with undigested food, vomiting, absence of thirst, preference for hot drinks, profuse and clear urine, pale tongue with white coating, deep and feeble pulse.

Shaoyin syndromes of cold transformation are the manifestations of heart and kidney Yang deficiencies and interior retention of yin cold. Insufficient Yang Qi fails to warm and nourish the extremities resulting in cold extremities and sleep with the knees drawn up. Listlessness is due to the inability of Yang Qi to nourish the mind. Kidney Yang deficiency is unable to warm the middle jiao leading to a dysfunction of the ascending and descending functions of middle jiao Qi, resulting in loose stool with undigested food and vomiting. Yang deficiency unsuccessfully controls water, so there is profuse and clear urine. Absence of thirst, preference for hot drinks, pale tongue proper with white coating, and deep feeble pulse are all signs of Yang deficiency and yin preponderance.

2) Heat transformation Shaoyin syndromes: Irritability, insomnia, dryness of mouth and throat, red tongue tip or deep red tongue proper with scanty tongue coating, deep, thready, and rapid pulse.

The patient usually has a yin deficiency. After pathogenic factors invade the Shaoyin, they are liable to transform into heat affecting kidney yin. A lessening of kidney yin (body fluid) prevents its upward flow to the heart, and leads to hyperactivity of the heart fire. Symptoms of irritability, insomnia, dryness of the mouth and throat, deep red tongue, deep thready, and rapid pulse occur.

F). Jueyin Diseases

Jueyin diseases indicate the last stage of disease transformation of the six channels. This disease condition is complex with syndromes of extreme heat or extreme cold, or syndromes of alternate cold and heat.

1) Extreme cold syndromes: Cold extremities, absence of fever, aversion to cold, pale tongue, and an extremely thready, feeble pulse that can hardly be felt.

Syndromes of extreme cold result from Yang Xu (Deficiency) and excessive yin. So syndromes of extreme cold are also known as “coldness due to extreme yin.”

2) Extreme heat syndromes: Coldness of extremities, irritability, feverish sensation, thirst, yellowish urine, yellowish tongue coating and slippery pulse.

Irritability, feverish sensation, thirst, yellowish urine, yellowish tongue coating and slippery pulse are signs of interior accumulation of heat. This interior accumulation causes a failure of the Yang Qi to warm and nourish the body surface. The resulting cold extremities are considered

“coldness due to extreme Yang,” or “coldness due to extreme heat.”

3) Coldness due to ascariasis syndromes: Cold limbs, xiao ke (general term for diseases with symptoms of frequent drinking, of water, urination and bowel movements), a feeling of Qi striking upward, pain and feverish sensation of the heart, hunger without appetite, vomiting ascariasis after eating food and serious diarrhea.

This condition is caused by parasitosis accompanied with mixed heat and cold. The symptoms of xiao ke, a feeling of Qi striking upward, and pain and feverish sensation of the heart are heat syndromes. Hunger without appetite, vomiting ascariasis after eating, and serious diarrhea are cold syndromes. The mixture of heat and cold and the disharmony of yin and Yang causes coldness of the limbs. Ascariasis disturbs the upper part of the body, manifesting irritability, and vomiting ascarids after eating.

2. Differentiating Syndromes According to the Theory of Wei, Qi, Ying, and Xu (Deficiency)

This is a method of analyzing and judging the development of febrile diseases caused by exogenous pathogenic factors. Wei (outer defensive), Qi (inner defensive), ying (nutrient), and Xu (Deficiency) (blood) are not only generalizations of the four types of febrile disease syndromes, but also a reflection of the four grades of severity of

febrile diseases during their development.

A). Wei (Outer Defensive) Stage Syndrome

Wei (outer defensive) stage syndromes are seen at the onset of epidemic febrile diseases, the pathological changes occurring in the lung, and on the skin and hair. Clinical manifestations are characterized by the common exterior syndromes of fever and aversion to wind and cold.

Main clinical manifestations: Fever, a slight aversion to wind and cold, very little or no sweating, cough, headache, sore throat, slight thirst, a red tongue tip with thin white or slight yellowish tongue coating, floating and rapid pulse.

An attack of mild pathogenic heat on the body surface blocks the circulation of wei (defensive) Qi, thus leading to dysfunction of the opening and closing of the pores and weakness of the defensive function of the body surface. Symptoms of fever, slight aversion to wind and cold, little or no sweating, and headache result. The lung dominates the skin and hair. Since the wei Qi is blocked on the body surface, then the lung Qi loses its function of spreading and descending Qi, thus cough and sore throat result. Thirst is caused by pathogenic heat consuming the body fluid. Red tongue tip with white thin or yellowish tongue coating, floating and rapid pulse are all signs indicating pathogenic mild heat attacking the wei Qi of the body.

These symptoms are mainly manifestations of the loss of wei qi's defensive function and also indicate a failure of the spread and descent of Qi. If pathogenic factors mainly affect the skin and hair, that is, the body surface, then they are characterized by fever, thirst, and sore throat. If the lung is mainly affected, the chief complaint will be cough and sore throat.

B). Qi (Inner Defensive) Stage Syndrome

Syndromes of the Qi (inner defensive) stage are the syndromes of interior heat due to the inner defense being invaded by pathogenic heat. In this case the anti-pathogenic Qi and the pathogenic factor are very strong, resulting in hyperactivity of Yang heat. Clinical manifestations are fever and no fear of cold.

Since the affected location alters after pathogenic heat is transmitted into the interior, the syndromes of the Qi stage can then be classified into different types as follows:

1) Mild heat in the lung: Fever, perspiration, thirst, cough, asthma, chest pain, red tongue proper with yellow coating, rapid pulse.

Preponderance of interior heat causes fever, rapid pulse, and red tongue proper with yellow coating. Interior heat steams the body fluid bringing on perspiration and thirst. Retention of pathogenic heat in the lung leads to the dysfunction of lung qi's spread and descent, so cough, asthma, and chest pain occur.

2) Accumulation of pathogenic heat in the chest and diaphragm: Fever, irritability, depression, restlessness, red tongue proper, slight yellowish tongue coating, thirst, constipation, rapid pulse.

Retention of heat inside the body causes fever. Pathogenic heat disturbs the mind, so irritability and restlessness result. Pathogenic heat consumes the body fluid resulting in thirst and constipation. Red tongue proper with a slightly yellowish coating, and rapid pulse are signs of excessive pathogenic heat.

3) Heat transmitted into the stomach: High fever, thirst with preference for cold drinks, profuse sweating, anxiety, dry and yellowish tongue coating, full and forceful pulse.

The pathogenesis and differentiation of Qi stage syndromes is the same as for the Yangming channel syndromes. The only difference is the slower development of the disease condition after the invasion of pathogenic cold is transmitted from the TaiYang into the Yangming, while the transmission of pathogenic mild heat into heat is faster after it enters into the interior.

4) Retention of pathogenic heat in the liver and gall bladder: Retching, bitter taste in the mouth with thirst, irritability, insomnia, hypochondriac pain, yellowish tongue coating, wiry and rapid pulse.

Disharmony of Qi circulation in the liver and

gall bladder channels is due to interior heat retention in the liver and gall bladder. This causes hypochondriac pain, bitter taste in the mouth and a wiry pulse. Stagnation of heat in the liver and gall bladder affects the stomach, causing retching. Pathogenic heat disturbing the heart and mind brings on irritability and insomnia. A yellowish tongue coating and thirst are signs of excessive pathogenic heat.

5) Retention of pathogenic mild heat in the intestine: There are two different groups of clinical manifestations as follows.

a) Dryness of the intestine causing constipation with manifestations being the same as syndromes of the Yangmin fu organs.

b) Heat in the intestine leading to diarrhea, a burning sensation around the anus, thirst, yellowish and dry tongue coating, rapid pulse.

Descending heat in the intestine causes a dysfunction of transportation and transformation, thus diarrhea and a burning sensation around the anus result. Pathogenic heat consuming the body fluid produces thirst. Yellowish tongue coating and rapid pulse are signs of excessive pathogenic heat.

C). Yin (Nutrient) Stage Syndromes

The syndromes of the yin (nutrient) stage occur when pathogenic mild heat is transmitted into the superficial layer of the blood. Ying is a component of the blood, so the disease location is actually in the heart

and pericardium. Pathological characteristics show the injury of nutrient yin and the disturbance of heart-mind.

1). Pathogenic heat injuring nutrient yin: Fever (worse at night), irritability, insomnia, or even coma and delirium, recessive rashes, slight thirst, deep red tongue proper, thready and rapid pulse.

Pathogenic mild heat invades deeply into the ying stage, thus scorching and injuring the nutrient yin and leading to insufficiency of blood, so the fever worsens at night and a rapid thready pulse results. pathogenic heat steams nutrient yin causing a slight thirst. Heat disturbs the mind leading to irritability, insomnia, or even coma and delirium. Pathogenic heat causes a disorderly flow of blood, thus a recessive, deep red tongue proper manifests.

2) Heat attacking the pericardium: Fever, coma, delirium, deep red tongue proper, rapid pulse. After pathogenic heat attacks the pericardium, it disturbs the heart-mind bringing on fever, coma, and delirium. A deep red tongue proper is a sign of heat in the blood. Rapid pulse indicates excessive heat.

D). Xu (Deficiency) Stage Syndromes

Syndromes of the Xue (blood) stage denote pathogenic mild heat invading the blood to the deepest stage. The pathological changes are mainly in the liver and kidney. Clinical manifestations are characterized by heat in the blood causing disorderly flow,

stirring up of wind and heat, and injury of body yin.

1) Heat in the blood causing disorderly flow: Hemorrhage (including hematemesis, epistaxis, bloody stools, purpura, and vaginal bleeding), blood of a dark red or dark purple color, fever (worse at night), irritability, insomnia, feverish sensation of the palms and soles, deep red tongue proper, and rapid pulse.

Extreme heat in the blood stage forces a disorderly flow of the blood causing hemorrhage. Blood of a dark red or dark purple color indicates heat. Fever, worse at night, and a feverish sensation of the palms and soles are both signs of heat in the blood causing yin deficiency. Irritability and insomnia result from heat disturbing the heart-mind. A deep red tongue proper and a rapid pulse are the manifestations of extreme heat in the blood.

2) Heat in the liver stirring up wind: Headache, dizziness, redness of the eyes, irritability, fever, thirst, stiffness of the neck and back, contracture of the four extremities, deep red tongue proper, wiry and rapid pulse.

Headache, redness of the eyes, dizziness are caused by heat in the liver channel. Irritability and thirst result from pathogenic mild heat consuming the body fluid. Extreme heat exhausts the yin fluid of the body, thus the blood fails to nourish the

tendons with resulting stiffness of the neck and back, and contracture of the four limbs. A deep red tongue proper, and a wiry rapid pulse are signs of heat in the blood of the liver channel.

3) Heat in the blood injures yin: Fever, flushed face, heat of the palms and soles, dryness of the mouth, listlessness, deafness, Xu (Deficiency) and forceless pulse, accompanied by irritability, insomnia, protracted fever at dusk, chilliness in the early morning, no sweating after the fever subsides, red tongue proper with scanty coating, thready and rapid pulse.

Hot palms and soles, flushed face, dryness of the mouth, and deafness are all signs of yin deficiency and Yang floating upward. Listlessness and Xu (Deficiency) pulse are caused by the insufficiency of essence and blood. Irritability and insomnia are due to yin deficiency producing a preponderance of fire which disturbs the hear and mind. No sweating after fever subsides, fever at dusk, and chillis in the early morning are characteristics of yin deficiency producing heat.

4) Perishing of yin and excessive loss of fluid: Very thin limbs, withered lips and shrunk tongue, dryness of gums, depressed eyes, unconsciousness, flushed cheeks, coldness of extremities, twitching fingers, feeble and unfelt pulse, or even convulsion.

Atrophy and dryness of the limbs, lips and

tongue, dryness of the gums, and depressed eyes are manifestations of perishing yin and excessive loss of fluid. Unconsciousness, feeble and unfelt pulse are signs showing complete exhaustion of yin fluid. Flushed cheeks, and cold extremities are signs of a heat nature showing the internal draining of yin fluid leading to the upward floating of ying Qi, and a failure of Yang Qi to warm and nourish the four extremities. Twitching fingers indicate malnourishment of the tendons due to the internal draining of yin fluid, thus causing an internal stirring of Xu (Deficiency) wind.

3. Differentiating Syndromes According to the Sanjiao Theory

Differentiating syndromes according to the theory of sanjiao is a method of analyzing damp-heat syndromes in febrile diseases caused by exogenous pathogenic factors. Damp-heat syndromes are caused by exogenous pathogenic damp and heat, so the disease duration is long and the condition is complicated. Pathological changes are mainly in the middle jiao, especially concentrated in the spleen and stomach. At the early stage of damp-heat diseases there is no clear margin between wei (outer defensive) stage, and Qi (inner defensive) stage. Also, before damp-heat is transformed into dryness, it may be transformed into ying (nutrient) stage, and Xu (Deficiency)e (blood) stage. So it is difficult to differentiate damp-heat diseases by using the theory of wei, Qi, ying, and Xu

(Deficiency)e. Generally, pathogenic damp and heat spread through all the upper, middle, and lower jiao to obstruct the circulation of Qi, and block the smooth transportation and transformation of water and fluid. Thus, the method of differentiating syndromes according to the theory of sanjiao is used to analyze these diseases.

The syndromes of the upper, middle, and lower jiao are generalizations of the three kinds of symptom-complex, and a reflection of disease development from upper to lower, from superficial to deep, and from mildness to severity.

Damp-Heat in the Upper Jiao

Damp-heat in the upper jiao indicates the early stage of pathogenic injury. The main pathological changes are in the lung and body surface.

Main clinical manifestations: Severe aversion to cold, little or no fever, no sweating, heaviness and pain of the body, distending pain of the head, deafness, dull mind, indifferent emotions, hypersomnia, poor appetite, white sticky tongue coating, soft and weak pulse.

Damp is a yin pathogenic factor which attacks Yang Qi easily, so there is severe aversion to cold and a slight fever. Pathogenic damp obstructing the body surface muscles causes an absence of sweating and pain. Pathogenic damp is

characterized by heaviness and turbidity, so the manifestations of heaviness of the body and distending pain of the head occur. Pathogenic damp misting of clear Yang results in deafness, dull mind, indifferent emotions and hypersomnia. Poor appetite is caused by the retention of damp in the spleen and stomach. A white sticky tongue coating and a soft weak pulse are signs of excessive damp.

Damp-Heat in the Middle Jiao

Damp-heat in the middle jiao transmits from the upper jiao. the main pathological changes show the disturbance of damp on Qi activities, and abnormal ascending and descending of middle jiao Qi.

Main clinical manifestations: Fever, stuffiness and distension of the chest and epigastric region, anorexia, loose stools, scanty and yellowish urine, light yellow color of the face and eyes, grayish, pale and slightly yellow tongue coating, dull mind, coldness of the lower legs, and soft pulse.

Damp mixed with heat causes fever. Damp also obstructs the Qi activities and disturbs its function of ascending and descending, so stuffiness and distension of the chest and epigastric region, anorexia, and loose stools occur. Steaming of damp and Steaming of damp and heat causes alight yellow face and eyes. Yang Qi fails to spread over the four extremities due to a blockage of clear Yang by damp, so a dull mind, and coldness of the lower legs result.

Grayish, pale, and slightly yellow tongue coating, and a soft pulse are signs of excessive damp-heat.

Damp-heat in the Lower Jiao

Damp-heat in the lower jiao arises from the middle jiao. The main pathological changes are characterized by problems of the urinary bladder and large intestine.

Retention of damp in the urinary bladder: Dysuria, distending pain and dizziness of the head, fullness and stuffiness of the epigastric and abdominal regions, grayish-white and yellow-sticky tongue coating, unsmooth bowel movements, and soft pulse.

Retention of dampness deranges the Qi activities of the urinary bladder, manifesting as dysuria. Distending pain and dizziness of the head, and fullness and stuffiness of the epigastric and abdominal regions are caused by the failure of Yang Qi to ascend because of the spreading of damp-heat through the upper, middle, and lower jiao. Unsmooth bowel movements are the result of damp-heat retention in the large intestine. Grayish-white, yellow-sticky tongue coating, and a soft pulse are signs of excessive internal damp-heat.

Retention of damp in the large intestine:

Constipated stool, fullness of the lower abdomen, distension of the head, stuffiness of the epigastrium, grayish and yellow-sticky tongue coating, and soft pulse.

Grayish and yellow-sticky tongue coating,

and soft pulse indicate interior retention of excessive damp-heat. Distension of the head, and stuffiness of the epigastrium indicate damp-heat remaining in the upper, middle, and lower jiao, in which the Qi activities of the sanjiao are blocked. Constipation and fullness of the lower abdomen are due to the stagnation of dampness disturbing the large intestine.

Palpation

Palpation is a method of diagnosis using the hand to touch, feel, and press certain areas of the body to ascertain the patient's disease condition. Generally there are two types: pulse feeling and body palpation.

Pulse Feeling

In traditional Chinese medicine the pulse is considered as having three divisions: cun, guan, and chi. A normal pulse is neither superficial nor deep, neither quick nor slow, and it beats in medium frequency, i.e., 4-5 beats per breath, with a regular rhythm.

To feel the pulse correctly, place the patient's hand comfortably on a cushion with the palm facing upward. First, the practitioner should put their middle finger on the guan division, then the index and ring fingers should naturally fall on the cun and chi divisions. Finger force should at first be light, then moderate and finally heavy to get a general picture of the depth, rhythm, strength, and form of the pulse. An even force should be applied on the three regions. Through comparisons of the three regions, the

practitioner can gain a correct impression of the pulse as a whole. A normal pulse is of moderate frequency, i.e., 4-5 beats per breath, regular rhythm, even and forceful.

The following are abnormal pulses commonly seen in the clinic:

Weak Pulse (ruo mai): This pulse is deep, forceless and thready. It indicates deficiency of Qi and Blood.

Deficiency Pulse (xu mai): If the pulses of the three regions are weak and forceless, this indicates Xu (Deficiency) type syndromes. These are mostly caused by both Qi and blood deficiencies and are seen during the process of chronic diseases.

Thready (Fine, Thin) Pulse (xi mai): This pulse is as fine as a silk thread, and indicates exhaustion of Qi and blood.

Soft Pulse (ru mai): This pulse is superficial and thready, it hits the fingers without strength. It indicates Damp and Deficiency disorder.

Floating (Superficial) Pulse (fu mai): When the pulse is pressed lightly it appears under the finger, and when pressed heavily it becomes weak. It often occurs in the early stages of diseases caused by exogenous pathogenic wind cold and heat, i.e., exterior syndromes. If it is seen in patients who are suffering from prolonged chronic diseases, it

indicates a dangerous site where the Yang Qi of the body flows outward.

Full (Flooding, surging) Pulse (hong mai): This pulse beats like a dashing wave, with one rising wave following another. It indicates excessive heat; often occurs together with rapid pulse.

Wiry (String-taut) Pulse (xuan mai): This pulse is straight and long, like a tremulous music string, seen usually in diseases of liver, gall bladder, pain, or phlegm-humor.

Tense Pulse (jin mai): The pulse is taut and forceful, like a tightly stretched cord, and occurs in diseases caused by cold, pain, or retention of food.

Hollow (Leekstalk) Pulse (kou mai): This pulse is floating, large, and empty inside, feeling like a scallion stalk. It indicates a massive loss of blood and essence.

Deep Pulse (cheng mai): No clear pulse is felt by superficial pressure, only by heavy pressure. This indicates an interior syndrome.

Slow Pulse (chi mai): The pulse is less than 60 beats per minutes or less than 4 beats per breath. The pulse indicate Cold syndromes. Qi Contracts and Blood flow stagnates on exposure to cold.

Knotted Pulse (jie mai): This pulse is slow

and uneven with irregular intervals. It indicates excessive yin, Qi stagnation, pathogenic phlegm mixture with cold, blood stasis, etc.

Intermittent (Uneven) Pulse (dai mai): This pulse is slow with regular intervals. It indicates Qi exhaustion of the zang organs, or syndromes of wind and pain caused by emotional pathogenic fright and fear.

Rough (Hesitant, Choppy) Pulse (se mai): This pulse is uneven and has a roughness similar to scraping bamboo with a knife. It indicates a deficiency of blood and essence, Qi stagnation, and blood stasis.

Rapid Pulse (shu mai): The pulse beats rapidly at a rate of 6 or higher beats per breath (i.e., more than 80 times per minute). This indicates a heat syndrome, fever or infection.

Abrupt (Accelerated) Pulse (cu mai): This pulse is rapid with irregular intermittent beats. It indicates excessive Yang and Shi (Excess) heat, Qi stagnation, pathogenic phlegm mixture with cold, blood stasis, etc.

Tight (Tense) Pulse (jin mai): This pulse feels tight and forceful like a stretched rope. It indicates exposure to cold, pain and retention of food.

Shi (Excess) Type Pulse (shi mai): If the pulses of the three regions are forceful with

both light and heavy pressure, Shi (Excess) type syndromes caused by struggle between antipathogenic Qi against hyperactive pathogenic factor.

Slippery (Rolling) pulse (hua mai): If the pulse is smooth and flowing, like a pearl rolling on a plate, this indicates excessive phlegm, retention of food, or Shi (Excess) heat type syndromes.

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