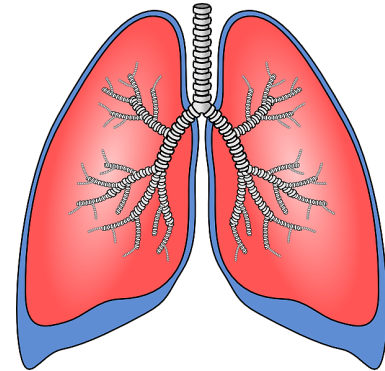
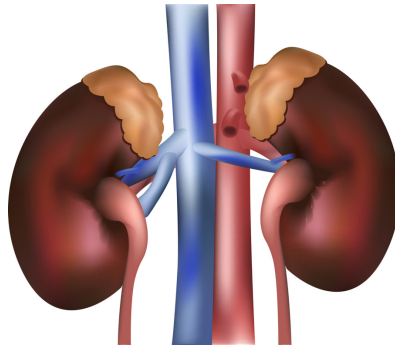
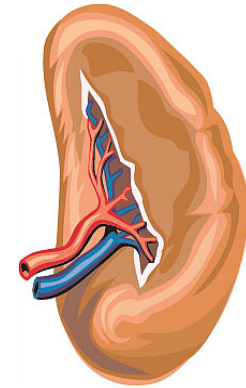
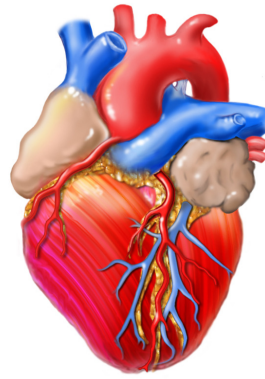
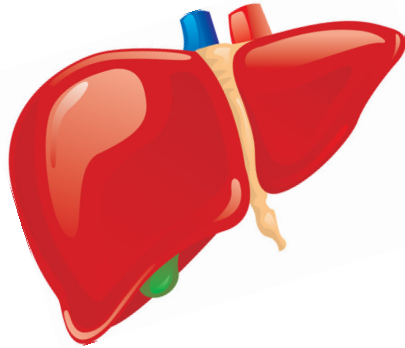


TCM Patterns of the Zang-Fu Organs



HEART

Patterns	Symptoms	Pulse	Tongue
HT Qi def.	Palpitations, short of breath, fatigue, sweating, pale	Weak	Pale or pink
HT Yang def.	Palpitations, feeling cold, cold limbs, bright pale face, fatigue, discomfort in the heart area	Deep, weak, slow	Pale, swollen, wet coat
HT blood def.	Palpitations, dull pale face & lips, insomnia, dream-disturbed-sleep, poor memory, anxiety	Thready & choppy	Pale, thin, slightly dry coat
HT Yin def.	Palpitations, red cheeks, night sweat, dry mouth & throat, low grade fever, insomnia, dream-disturbed-sleep, mental restlessness, uneasiness	Thin-rapid & floating	Red, tip redder, deep crack in middle
HT Yang Collapse	Palpitations, short of breath, profuse sweat, cold limbs, purple lips, fainting, may be coma.	Knotted	Very pale or purple
HT Fire Blazing	Palpitations, thirst, mouth ulcers, agitation, red face, insomnia, dark urine (may have blood in urine), bitter taste	Full-big-rapid	Red, tip redder, prickles, yellow coat
Phlegm-Fire in HT	Mental confusion, bitter taste, palpitations, insomnia, incoherent speech, uncontrolled behavior	Full-rapid-slippery	Red, yellow-sticky coat
HT blood stasis	Palpitations, pain in Ht area radiating to left arm, purple lips & nails, cold hands	Knotted	Purple

SPLEEN

Patterns	Symptoms	Pulse	Tongue
SP Qi def.	Poor appetite, bloating after meal, loose stools, fatigue, pale & weak limbs	Weak	Pale or pink
SP Yang def.	Cold body & limbs, edema, poor appetite, bloating, fatigue, pale dull face, loose stools	Deep-weak-slow	Pale, swollen, wet coat
SP Qi sinking	Bearing down sensation in abdomen, prolapse or organs (ST, BL, uterus, rectum), frequent urination, varicose vein, poor appetite, loose stool, fatigue.	Weak-very thin	Pale
SP not controlling blood	Purpura, blood spots under skin, blood in urine or stools, menorrhagia (heavy menses), bleeding gums, poor appetite, bloating, fatigue	Thin-weak	Pale
SP Qi def. w/ dampness	Poor appetite, fatigue, boating, loose stools, heavy limbs & head, nausea, stuffed stomach region	Slippery, weak	Pale or pink, thick white greasy coat
Cold-damp in SP	Fatigue, loose stools, heavy head & limbs, sweet taste in mouth, no thirst, white vaginal discharge, cold stomach	Slippery-slow	Sticky-thick-white coat

LUNG

Patterns	Symptoms	Pulse	Tongue
Wind-cold invade LU	Cough, itchy throat, runny nose w/clear watery mucus, sneezing, aversion to cold, body ache, occipital headache	Floating, tense	Normal, thin white coat
Wind-heat invade LU	Cough, sore throat, runny nose w/yellow mucus, thirst, slight sweat, aversion to cold, fever, headache	Floating-rapid	Red, thin yellow coat
Wind-damp invade LU	Sudden eyes & face swelling, spreading rapidly all over the body, bright complexion, scanty pale urination, cough	Floating-slippery	White wet coat
Phlegm-heat in LU	Barking cough w/profuse yellow-green thick smelly mucus, short of breath, asthma, stuffiness in chest area	Slippery-rapid-full	Red, thick-sticky-yellow coat
Phlegm-fluids in LU	Cough, splashing sound in chest area, short of breath, vomiting, white-watery-frothy sputum, chilliness	Weak, slippery floating	Pale, thick-sticky-white coat
LU Qi def.	Short of breath, cough watery sputum, weak voice, day sweat, quiet, pale face, easy to catch cold, fatigue	Weak	Pale or pink
LU Yin def.	Dry cough w/little mucus or blood in mucus, low grade fever, hoarse voice, red cheeks, dry mouth & throat	Thin-rapid	Red, peeled
LU Fluid def.	Dry cough, dry skin, dry throat & mouth, thirst	Weak	Dry coat
KD failing to receive LU Qi	Cough, asthma, short of breath, rapid-weak breathing, difficulty in inhaling, cold limbs, sweat, swelling of the face, sore back, clear urination during asthma attack.	Weak, deep tense	Pale
Water flowing back to Lu due to Kd Def.	Cough, asthma, short of breath, thin-watery frothy sputum, edema in legs and ankles, sore back, cold body, scanty clear urine	Deep-weak, slow	Pale, swollen, white coat

KIDNEY

Patterns	Symptoms	Pulse	Tongue
KD Qi def.	Sore low back & knees, clear frequent urination (weak stream), dribbling urination, incontinence, enuresis, nocturnal emission, premature ejaculation, chronic vaginal discharge, leukorrhea	Deep, weak especially on rear position	Pale
KD Yang Def.	Sore low back & knees, cold back, cold body, impotence, weak, fatigue, clear abundant urination, infertility in women, premature ejaculation	Deep, weak, slow	Pale, swollen, wet coat
KD Yin def.	Tinnitus, ache in bones, sore back, vertigo, poor memory, dizzy, nocturnal emission, dark scanty urine, low grade fever, red cheeks, night sweat, dry mouth	Thin-rapid	Red, crack in center, dry coat
KD essence def.	Poor bone development in children, late fontanelle closure in babies, mental dullness. In adults: softening of bones, weak knees, poor memory, loose teeth, premature hair loss or graying, no sexual desire	Weak, empty, deep	Red, peeled
KD Yin def. w/fire	Red cheeks, agitation, night sweat, low grade fever, insomnia, blood in urine, dry throat, excessive sexual desire, dry stools, mental restlessness, sore low back	Empty-rapid-full	Red, cracked in root of tongue
KD & HT disharmony	Insomnia, poor memory, dizzy, tinnitus, nocturnal emission, dream-disturbed-sleep, night sweat, scanty-dark urine, palpitations, restless, low back soreness	Thin-rapid, empty weak	Red, Red tip, peeled,

LIVER

Patterns	Symptoms	Pulse	Tongue
LV Qi stagnation	Rib pain, sighing, mood swing, nausea, sour taste, acid reflux, belching, feeling of lump in throat, PMS (breast distention, cravings, irritable)	Wiry	Normal
LV Yang rising	Temple headaches, angry, dizzy, tinnitus, dry mouth & eyes, insomnia, red face.	Wiry-rapid	Red especially on sides
LV Fire	Temple headache, very angry, red face & eyes, bitter taste, thirst, constipation, dark urine, dizzy, tinnitus, nosebleed	Wiry-rapid,	Red sides, thick yellow coat
Damp-heat in LV	Fever, scanty dark urine, yellow face & sclera, jaundice, nausea, vomiting, bloating, itchy & yellow discharge from vagina, swelling-red scrotum	Slippery-wiry-rapid	Red, sticky yellow coat
LV insulting LU	Short of breath, asthma, cough yellow or bloody phlegm, rib pain, headache, dizzy, bitter taste, thirst	Wiry-slippery	Red sides, yellow coat
LV Yang generates Wind	Convulsions, deviation of eyes or mouth, hemiplegia, difficult speech, dizzy, may faint, red cheeks, low grade fever, dry mouth	Wiry-rapid, thin,	Red, peeled, deviated
LV Blood def.	Dull pale face, pale nails (& brittle) & Lips, numb limbs, dizzy, insomnia, blurred vision, eye floaters, scanty menses, weak muscles, cramps	Thin-choppy	Pale especially on sides
LV Yin def.	Dry eyes, blurred vision, red cheeks, night sweat	Wiry-thready	Red, dry coat

STOMACH

Patterns	Symptoms	Pulse	Tongue
Cold invade ST	Sudden pain in epigastrium, cold body, vomiting clear fluids, cannot swallow cold drinks or will vomit	Floating, tense	Thick white coat
ST Fire	Burning sensation in epigastrium, thirst w/need for cold fluids, constant hunger, swelling-bleeding gums, constipation, acid reflux, nausea, vomiting, bad breath	Full-rapid	Red, thick-yellow-dry coat
Food retention in ST	Bloating, fullness in epigastrium region, nausea, foul breath, sour regurgitation, belching, insomnia	Full, slippery	Thick coat
ST blood stasis	Stabbing pain in ST worse with cold or pressure, pain after meals, vomiting dark blood, blood in stools	Wiry-choppy	Purple, w/purple dots in center
ST Qi Def.	Stomach region not feeling right, no appetite, lack of taste, no cravings, fatigue especially in morning, weak	Weak	Pale or pink
ST Yin def.	No appetite, thirst w/needs for cold drinks, drinking in small sips, bloating, constipation, dry mouth, dry stools, dull St pain	Thin-rapid	Red, peeled in center, no coat
ST Yang def.	Pain in epigastrium worse after Bowel movement, better after eating or with massage, prefers warm food & drinks, vomiting clear fluids, cold limbs, no thirst, fatigue.	Deep weak, slow	Pale, swollen

LARGE INTESTINE

Patterns	Symptoms	Pulse	Tongue
Heat in LI	Constipation, burning sensation in mouth, dry tongue, burning & swollen anus, scanty dark urine	Full-rapid	Thick yellow coat
Damp-heat in LI	Diarrhea, abdominal pain, mucus or blood in stools, burning anus, strong stool odor, fever, sweating, heavy limbs, thirst w/no desire to drink, scanty dark urine	Slippery-rapid	Red, sticky yellow coat
LI Blood stasis	Constipation, burning anus, <u>abd</u> distention & pain (worse w/pressure), tidal fever, vomiting, delirium	Deep-full-big	Red-purple
Cold in LI	Diarrhea w/sudden abdominal pain, cold abdominal region	Deep-wiry-slow	Thick white coat
Dryness in LI	Dry stools, difficulty in passing the stools, dry mouth & skin, thin body	Thin	Dry, no coat
LI Yang def.	Loose stools (as duck dropping), dull <u>abd</u> pain, borborygmi, pale urine, cold limbs & body	Deep-thin	Pale-swollen

SMALL INTESTINE

Pattern	Symptoms	Pulse	Tongue
HT fire goes down to SI	Mental restlessness, tongue ulcers, throat pain, heat in the chest area, abdominal pain, thirst, scanty dark urine, painful urination	Full-big-rapid	Red, redder & swollen tip, yellow coat

GALLBLADDER

Pattern	Symptoms	Pulse	Tongue
Damp-heat in GB	Rib distention & pain, difficulty in digesting fats, yellow face, sour taste, nausea, vomiting, scanty-dark-yellow urine, fever, thirst w/no desire to drink	Slippery-wiry-rapid	Thick yellow greasy coat

URINARY BLADDER

Pattern	Symptoms	Pulse	Tongue
Damp-heat in BL	Frequent-urgent-burning-painful urination, difficulty in urinating, blood in urine, sand like pebbles in urine, fever, thirst	Slippery-wiry-rapid	Thick-yellow-sticky coat especially on root