

## ZANG-FU PATTERNS

*Source: Foundation of Chinese Medicine (Maciocia)*

WOOD		FIRE		EARTH		METAL		WATER	
LV	GB	HT	SI	SP	ST	LU	LI	KD	UB

*\*Patterns marked with an asterisk are not found in all texts and are not considered standard patterns.*

### LIVER PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
<b>FULL</b>	<b>LV QI STAGNATION</b>	<u>Mental depression</u> , melancholy, <u>moodiness</u> , fluctuating mental state, unhappiness, feeling "wound up," irritability, sighing, chest stuffiness, <u>distending</u> or wandering pain in the costal and hypochondriac regions, stuffiness in the chest, epigastric and abdominal distension and pain, churning feeling in the stomach, belching, poor appetite, borborygmus, diarrhea, possibly a sensation of a foreign body in the throat, difficulty swallowing, breast distension, irregular menstruation and dysmenorrhea, premenstrual tension and irritability, ① thin white coating, ② wiry	<ul style="list-style-type: none"> <li>• Yue Ju Wan</li> <li>• Xiao Yao San</li> <li>• Chai Hu Shu Gan Tang</li> </ul>	GB34, LV3, LV13, LV14, SJ6, PC6
	<b>LV QI STAGNATION TURNING INTO HEAT*</b>	Hypochondriac or epigastric distension, a slight <u>feeling of oppression of the chest</u> , irritability, melancholy, depression, moodiness, a feeling of lump in the throat, <u>a feeling of heat</u> , red face, thirst, propensity to outbursts of anger, premenstrual tension, irregular periods, premenstrual breast distension, heavy periods, ① red on the sides, ② wiry, especially on the left side, and slightly rapid	<ul style="list-style-type: none"> <li>• Dan Zhi Xiao Yao San</li> </ul>	GB34, LV3, LV13, LV14, SJ6, PC6, LV2
	<b>REBELLIOUS LV QI*</b>	Hypochondriac or epigastric <u>distension</u> , hiccup, sighing, nausea, vomiting, <u>belching</u> , 'churning feeling in the stomach', irritability; in women, breast distension, ① the tongue-body color may not change (in light cases); the sides will be red (in severe cases), ② wiry, may be particularly wiry on the LV and ST positions	<ul style="list-style-type: none"> <li>• Chai Hu Shu Gan San</li> <li>• Yi Gan San</li> <li>• Si Ni San</li> </ul>	LV14, GB34, SJ6, PC6, LV3, LI4, ST21, ST19
	<b>LV BLOOD STASIS</b>	<u>Prickling pain</u> or palpable mass in the hypochondria, vomiting of blood, epistaxis, painful periods, irregular periods, <u>dark and clotted menstrual blood</u> , abdominal pain, masses in the abdomen, purple nails, purple lips, purple complexion, in severe cases dry skin, petechiae, ① purple-dark in color especially on the sides, purplish spots on the tongue, ② wiry	<ul style="list-style-type: none"> <li>• Ge Xia Zhu Yu Tang</li> <li>• Shi Xiao San</li> <li>• Yan Hu Suo Tang</li> </ul>	GB34, LV3, UB18, UB17, SP10, RN6, SP4, PC6, ST29, KD14, LV5, LV6
	<b>LV FIRE</b>	Distending pain in the head, temporal <u>headache</u> , dizziness and vertigo, <u>red face and eyes</u> , swelling or <u>painful eyes</u> , tinnitus like the sound of waves, <u>irritability</u> , propensity to outbursts of anger, dream-disturbed sleep, thirst, bitter taste or dryness in the mouth, intercostal or hypochondriac burning pain, dark yellow urine and constipation with dry stool, hematemesis, hemoptysis, epistaxis, ① red with <u>yellow coating</u> , ② wiry, rapid	<ul style="list-style-type: none"> <li>• Long Dan Xie Gan T.</li> <li>• Dang Gui Long Hui T.</li> </ul>	LV2, LV3, GB20, GB13, LI11, GB1, GB9, GB8, GB6, SP6, LV1
	<b>LV DAMP-HEAT*</b>	<u>Fullness of the hypochondrium</u> , <u>abdomen</u> or hypogastrium, <u>bitter taste</u> , <u>sticky taste</u> , poor appetite, <u>nausea</u> , <u>feeling of heaviness</u> of the body, yellow vaginal discharge, vaginal itching, vulvar eczema or sores, mid-cycle bleeding and/or pain, pain, redness and swelling of the scrotum, genital, papular or vesicular skin rashes and itching, urinary difficulty, burning on urination, dark urine, ① red body with redder sides, <u>sticky yellow coating</u> , ② slippery-wiry-rapid	<ul style="list-style-type: none"> <li>• Long Dan Xie Gan Tang</li> </ul>	LV14, GB34, UB18, RN12, SP9, SP6, LI11, LV2
	<b>COLD STAGNATION in LV CHANNEL</b>	Fullness and <u>distension of the hypogastrium with pain</u> which refers downwards to the scrotum and testis and upwards to the hypochondrium, the pain is alleviated by warmth, straining of the testis or contraction of the scrotum, vertical headache, feeling of cold, <u>cold hands and feet</u> , vomiting of clear watery fluid or dry vomiting. In women there can be shrinking of the vagina, ① pale and wet with a white coating, ② deep-wiry-slow	<ul style="list-style-type: none"> <li>• Nuan Gan Jian</li> </ul>	RN3, LV5, LV1, LV3. Moxa is applicable.

EMPTY	LV BLOOD DEFICIENCY	Pallor, dizziness and vertigo, insomnia, blurring of vision, floaters in the eyes, dryness of the eyes, night blindness, numbness of the limbs, <u>spasm</u> of the tendons, cramps, <u>scanty menstrual flow</u> or amenorrhea, withered and <u>brittle nails</u> , dry hair and skin, ① <u>pale</u> , ② thin		• Bu Gan Tang	LV8, SP6, ST36, RN4, UB18, UB20, UB23, UB17, Yu Yao	
	LV YIN DEFICIENCY*	Dizziness, numbness or tingling of the limbs, insomnia, blurred vision, floaters in the eyes, <u>dry eyes</u> , diminished night vision, scanty menstruation or amenorrhea, pale dull complexion without luster but with <u>red cheekbones</u> , muscular weakness, cramps, withered and brittle nails, very dry hair and skin, depression, a feeling of aimlessness, ① normal color with <u>no coat</u> or rootless coat, ② floating, empty		• Yi Guan Jian	LV8, SP6, ST36, RN4, KD3, KD6, LV2	
FULL + EMPTY	LV YANG RISING	Headache in the temples, eyes or lateral side of the head, distending sensation in the head, dizziness and vertigo, tinnitus, <u>flushed face and red eyes</u> , dry mouth and throat, <u>irritability</u> , insomnia and dream disturbed sleep, palpitation, feeling "worked up," shouting in anger, poor memory, sore and weak low back and knees, ① red, ② <u>wiry</u> , thin and rapid		• Tian Ma Gou Teng Yin • Ling Jiao Gou Teng T.	LV3, SJ5, PC6, LI4, GB43, GB38, GB20, UB2, Tai Yang, GB9, GB8, GB6 (In case of LV Blood/Yin deficiency add: SP6, LV8, ST36, KD3, KD6)	
	INTERNAL LV WIND	Extreme Heat → Wind	High temperature, convulsions, rigidity of the neck, tremor of limbs, <u>opisthotonos</u> , in severe cases coma, ① deep-red, stiff, dry yellow coating, ② wiry-rapid.		• Ling Jiao Gou Teng T. • Da Ding Feng Zhu	LV3, Shi Xuan, DU20, DU16, GB20, DU8, DU14
		LV Yang rising → Wind	From LV Yin def.	Tremor, facial tic, <u>severe dizziness</u> , tinnitus, headache, hypertension, dry throat, dry eyes, <u>blurred vision</u> , numbness or tingling of limbs, poor memory, ① normal-colored <u>without coating</u> , ② wiry-fine	• San Jia Fu Mai Tang	LV3, GB20, LI4, SJ5, DU19, SP6, LV8, KD3
			From LV/KD Yin def.	Tremor, facial tic, <u>severe dizziness</u> , tinnitus, headache, dry throat, <u>dry eyes</u> , blurred vision, numbness or tingling of limbs, poor memory, <u>backache</u> , <u>scanty urination</u> , night sweating, possibly hypertension, ① normal-colored <u>without coating</u> , ② wiry-fine	• Zhen Gan Xi Feng Tang • Jian Ling Tang	LV3, GB20, LI4, SJ5, DU19, SP6, LV8, KD3, KD6, RN4
			From LV Blood def.	Tremor, <u>dizziness</u> , tinnitus, headache, hypertension, dry throat, <u>blurred vision</u> , numbness or tingling of limbs, poor memory, insomnia, ① <u>pale</u> and thin, ② wiry-fine	• E Jiao Ji Zi Huang Tang	LV3, GB20, LI4, SJ5, DU19, SP6, LV8, KD3, UB17, RN4
		LV Fire → Wind	Tremor, irritability, <u>propensity to outbursts of anger</u> , tinnitus and/or deafness (with sudden onset), temporal headache, dizziness, <u>red face and eyes</u> , thirst, bitter taste, dream-disturbed sleep, constipation with dry stools, dark-yellow urine, epistaxis, haematemesis, haemoptysis, ① red with redder sides and dry yellow coating, ② wiry-rapid.		• Ling Jiao Gou Teng T.	LV2, LV3, GB20, LI11, GB1, SP6, LV1, DU8
		LV Blood def. → Wind	Fine tremor, facial tic, dizziness, <u>blurred vision</u> , numbness or tingling of limbs, poor memory, insomnia, scanty periods, ① pale and thin, ② wiry-fine		• E Jiao Ji Zi Huang Tang	LV3, GB20, LI4, SJ5, DU19, SP6, LV8, KD3, UB17, RN4

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
COM-BINED	LV QI INVADING SP	Distension, fullness and pain in the costal and hypochondriac regions, mental depression or irritability, poor appetite, <u>abdominal distension</u> , loose stools, <u>alternating constipation and diarrhea</u> , stools sometimes dry and bitty and sometimes loose, flatulence, tiredness, ① red on the sides or pale, thin coating, ② <u>wiry</u> (left), weak (right)	<ul style="list-style-type: none"> <li>• Xiao Yao San</li> </ul>	LV13, LV14, LV3, GB34, RN6, SJ6, PC6, ST25, SP15, RN12, ST36, SP6, SP4, PC6
	LV QI INVADING ST	<u>Distension and pain</u> in the costal, hypochondriac and <u>epigastric regions</u> , <u>belching</u> , <u>acid regurgitation</u> , an empty and uncomfortable sensation in the stomach, mental depression or irritability, ① thin coating, ② <u>wiry</u>	<ul style="list-style-type: none"> <li>• Si Mo Tang</li> <li>• Xuan Fu Dai Zhe Tang</li> <li>• Ju Pi Zhu Ru Tang</li> <li>• Ding Xiang Shi Di Tang</li> <li>• Ban Xia Hou Po Tang</li> </ul>	LV14, GB34, RN13, RN10, ST21, ST19, ST36, ST34, UB21
	LV FIRE INSULTING LU	<u>Burning pain</u> in the costal and hypochondriac regions, <u>paroxysmal cough</u> or even <u>hemoptysis</u> in severe cases, quick temper, irritability, restlessness, heat sensation in the chest, bitter taste in the mouth, dizziness, red eyes, ① red with thin yellow coating, ② <u>wiry</u> , rapid	<ul style="list-style-type: none"> <li>• Long Dan Xie Gan T.</li> </ul>	LV2, LV3, LV14, RN17, RN22, PC6, LU7, LI11
	LV & HT BLOOD DEFICIENCY	<u>Palpitations</u> , <u>dizziness</u> , <u>insomnia</u> , dream-disturbed sleep, <u>poor memory</u> , anxiety, propensity to be startled, pale and dull complexion, pale lips, <u>blurred vision</u> , floaters in the eyes, diminished night vision, tingling or numbness of the limbs, scanty periods or amenorrhea, cramps, muscular weakness, dry hair and skin, depression, a feeling of aimlessness, withered and brittle nails, ① <u>pale</u> and thin body, ② <u>choppy</u> or thin	<ul style="list-style-type: none"> <li>• Gui Pi Tang</li> <li>• Sheng Yu Tang</li> <li>• Bu Gan Tang</li> <li>• Dang Gui Ji Xue Teng T.</li> </ul>	HT7, PC6, RN14, RN15, RN4, UB17, UB20, LV8, SP6, ST36, UB18, UB23

## GALL BLADDER PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
FULL	GB DAMP*	Jaundice, dull-yellow eyes and skin, <u>hypochondrial pain</u> , <u>fullness</u> and distension, nausea, vomiting, inability to digest fats, dull-yellow sclera, turbid urine, no thirst, sticky taste, dull headache, <u>feeling of heaviness of the body</u> , ① thick <u>sticky white coating</u> , either bilateral in two strips or <u>unilateral</u> , ② slippery-wiry.	<ul style="list-style-type: none"> <li>• San Ren Tang</li> </ul>	GB24, LV14, RN12, GB34, Dannangxue, DU9, UB19, UB20, SJ6, ST19
	GB DAMP-HEAT*	<u>Hypochondrial pain</u> , <u>fullness</u> and distension, nausea, vomiting, inability to digest fats, yellow complexion, scanty and dark yellow urine, fever, thirst without desire to drink, <u>bitter taste</u> , dizziness, tinnitus, irritability, feeling of heaviness of the body, numbness of the limbs, swelling of the feet, loose stools or constipation, alternation of hot and cold feeling, yellow sclera, feeling of heat, ① thick <u>sticky yellow coating</u> , either bilateral in two strips or <u>unilateral</u> , ② slippery-wiry-rapid	<ul style="list-style-type: none"> <li>• Yin Chen Hao Tang</li> </ul>	GB24, LV14, RN12, GB34, Dannangxue, DU9, UB19, UB20, LI11, SJ6, ST19
EMPTY	GB DEFICIENCY*	Dizziness, blurred vision, floaters, nervousness, <u>timidity</u> , propensity to being easily startled, <u>lack of courage and initiative</u> , <u>indecision</u> , sighing, waking up early in the morning, restless dreams, ① pale or normal, ② weak.	<ul style="list-style-type: none"> <li>• Wen Dan Tang</li> <li>• An Shen Ding Zhi Wan</li> </ul>	GB40, LV8, ST36, SP6, RN4, UB18, UB47

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
COM-BINED	GB/LV DAMP-HEAT	Hypochondriac distension and pain, <u>bitter taste</u> in the mouth, poor appetite, nausea, vomiting, abdominal distension, scanty and dark yellow urine, there may be yellow sclera and skin of the entire body (jaundice) or fever, <u>eczema of the scrotum</u> , swelling and burning pain in the testes, yellow foul leukorrhea with <u>pruritus vulva</u> , ① <u>yellow, sticky coating</u> , ② wiry, rapid	<ul style="list-style-type: none"> <li>• Long Dan Xie Gan T.</li> </ul>	GB24, LV14, UB18, RN12, GB34, Dan Nang Xue, DU9, UB19, UB20, LI11, SJ6, ST19, LV3, LV5

## HEART PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
EMPTY	HT QI DEFICIENCY	Palpitations, shortness of breath (S.O.B.) on exertion, spontaneous sweating, <u>tiredness</u> , listlessness, lassitude, pallor, ① pale, ② <u>thready</u> , <u>weak</u> or irregular	<ul style="list-style-type: none"> <li>• Bao Yuan Tang</li> <li>• Yang Xin Tang</li> </ul>	HT5, PC6, UB15, RN17, RN6, DU14
	HT YANG DEFICIENCY	Palpitations, S.O.B. on exertion, spontaneous sweating, listlessness, lassitude, chills, <u>cold limbs</u> , cyanosis of the lips, ① pale, swollen and delicate tongue or a purplish dark tongue, ② <u>deep</u> , <u>weak</u> or knotted	<ul style="list-style-type: none"> <li>• Rou Fu Bao Yuan Tang</li> </ul>	HT5, PC6, UB15, RN17, RN6, DU14
	HT YANG COLLAPSE	Palpitations, S.O.B. with feeble and shallow breathing, profuse sweating, <u>cold limbs</u> , <u>cyanosis of the lips</u> , mental cloudiness or even coma, ① very pale or bluish-purple, ② short, <u>minute</u>	<ul style="list-style-type: none"> <li>• Shen Fu Tang</li> </ul>	RN6, RN4, RN8, DU4, ST36, PC6, UB23, DU20, DU14, UB15
	HT BLOOD DEFICIENCY	Palpitations, <u>insomnia</u> , dream-disturbed sleep, dizziness and vertigo, <u>poor memory</u> , pallor, pale lips, anxiety, tendency to be startled, ① <u>pale</u> , thin, slightly dry, ② thin and weak	<ul style="list-style-type: none"> <li>• Shen Qi Si Wu Tang</li> </ul>	HT7, PC6, RN14, RN15, RN4, UB17, UB20
	HT YIN DEFICIENCY	Palpitations, <u>insomnia</u> , dream-disturbed sleep, poor memory, <u>mental restlessness</u> , uneasiness, fidgetiness, heat sensation in the palms and soles, tidal fever, malar flush, low grade fever in the evening, feeling "hot and bothered," <u>night sweating</u> , dry mouth and throat, five-centers heat, ① red, <u>no coating</u> , ② thin and rapid	<ul style="list-style-type: none"> <li>• Tian Wang Bu Xin Dan</li> </ul>	HT7, PC6, RN14, RN15, RN4, HT6, SP6, KD7
FULL	HT FIRE	Palpitations, mental restlessness, feeling agitated, impulsiveness, insomnia, flushed face, <u>thirst</u> , bitter taste, <u>ulceration and pain of the mouth and tongue</u> , hot and deep yellow urine, in severe cases hesitant and painful urine, dark urine or hematuria, ① <u>red</u> , ② rapid	<ul style="list-style-type: none"> <li>• Xie Xin Tang</li> </ul>	HT9, HT8, HT7, RN15, SP6, KD6, LI11, DU24, DU19
	PHLEGM-FIRE HARASSING HT	<u>Derangement of the mind</u> , mania, incoherent speech, mental confusion, <u>aggressive and violent behavior</u> , tendency to hit or scold people, uncontrolled laughter or crying, shouting, muttering to oneself, palpitations, insomnia, dream-disturbed sleep, flushed face, coarse breathing, bitter taste, constipation, deep yellow urine, in severe cases aphasia and coma, ① <u>red</u> , swollen, <u>sticky yellow coating</u> , ② slippery, rapid and full	<ul style="list-style-type: none"> <li>• Wen Dan Tang</li> <li>• Meng Shi Gun Tan W.</li> </ul>	PC5, HT7, HT8, HT9, PC7, RN15, UB15, RN12, ST40, SP6, UB20, DU20, LV2, GB13, GB17, DU24
	PHLEGM MISTING MIND	Mental depression and dullness, <u>mental confusion</u> , lethargic stupor, incoherent speech, weeping and laughing without an apparent reason, <u>gurgling with sputum in the throat</u> , sudden collapse, coma, ① <u>swollen</u> , <u>sticky white coating</u> , ② wiry and slippery	<ul style="list-style-type: none"> <li>• Di Tan Wan</li> <li>• Gun Tan Wan</li> </ul>	PC5, HT9, UB15, ST40, DU26, RN12, UB20, DU14
	HT QI STAGNATION*	Palpitations, <u>a feeling of distension or oppression of the chest</u> , depression, a slight feeling of lump in the throat, slight shortness of breath, sighing, poor appetite, slight nausea, cold limbs, slightly purple lips, pale complexion, ① slightly pale-purple on the sides in the chest area, ② empty but very slightly overflowing on the left front position.	<ul style="list-style-type: none"> <li>• Mu Xiang Liu Qi Yin</li> <li>• Ban Xia Hou Po Tang</li> </ul>	PC6, HT5, HT7, RN15, RN17, LU7, ST40
	HT VESSEL OBSTRUCTED*	Palpitations, shortness of breath with an inability to lie down, depression, mental restlessness, a feeling of stuffiness under the hypochondria, a flustered feeling, <u>a feeling of oppression of the chest</u> , <u>stabbing or pricking pain in the heart region</u> which may radiate to the upper back or shoulder, pain aggravated by exposure to cold and alleviated by heat, expectoration of sputum, epigastric or hypochondriac distension, a feeling of heaviness, dislike of speaking, cold hands, sighing, purple lips, face and nails, ① swollen, <u>purple</u> on the sides in the chest area, sticky coat, ② <u>wiry</u> , choppy, knotted or slippery	<ul style="list-style-type: none"> <li>• Zhi Shi Gua Lou Gui Zhi Tang + Dan Shen</li> </ul>	PC6, HT5, HT7, RN15, RN17, LU7, ST40, LI4, UB15, UB17, RN12
FULL + EMPTY	HT BLOOD STASIS	Palpitations, intermittent cardiac pain ( <u>stabbing or stuffy in nature in the precordial region or behind the sternum</u> ) which often refers to the shoulder and arm, in severe cases <u>cyanosis of the face, lips and nails</u> , cold limbs and spontaneous sweating, ① <u>purplish</u> dark tongue or <u>purplish spots</u> , ② <u>thin</u> and choppy or knotted	<ul style="list-style-type: none"> <li>• Xue Fu Zhu Yu Tang</li> </ul>	PC6, PC4, HT7, RN17, UB14, UB17, SP10, KD25

**SMALL INTESTINE PATTERNS**

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS							
FULL	SI FULL HEAT*	Mental restlessness, insomnia, <u>tongue/mouth ulcers</u> , pain in the throat, deafness, an uncomfortable feeling and sensation of heat in the chest, <u>abdominal pain</u> , thirst with a desire to drink cold liquids, scanty and <u>dark urine, burning pain on urination</u> , blood in the urine, ① red with redder and swollen tip, yellow coat, ② surging, rapid, esp. at the first position	<ul style="list-style-type: none"> <li>• Dao Chi San</li> <li>• Dao Chi Qing Xin Tang</li> </ul>	SI2, SI5, HT5, HT8, ST39							
	SI QI PAIN	Acute <u>twisting pain</u> of the lower abdomen which may extend to the back, abdominal distension, dislike of pressure on the abdomen, <u>borborygmus</u> , flatulence, abdominal pain relieved by emission of wind, bearing-down pain in the testes referring to the lumbar region, ① white coating, ② deep, wiry	<ul style="list-style-type: none"> <li>• Chai Hu Shu Gan Tang</li> <li>• Ju He Wan</li> </ul>	RN6, GB34, LV13, ST27, ST29, SP6, LV3, ST39							
	SI QI TIED	Sudden violent <u>abdominal pain</u> , dislike of pressure, abdominal distension, <u>constipation</u> , borborygmus, flatulence, <u>vomiting</u> , ① thick, white coating, ② deep, wiry	<ul style="list-style-type: none"> <li>• Zhi Shi Dao Wan</li> <li>• Tian Tai Wu Yao San</li> </ul>	ST39, Lan Wei Xue, RN6, GB34, ST25, SP6, LV3							
	INFESTATION of WORMS in SI	Abdominal pain and distension, bad taste in mouth, sallow complexion <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;"><b>Roundworms</b></td> <td>abdominal pain, vomiting of roundworms, cold limbs</td> </tr> <tr> <td><b>Hookworms</b></td> <td>eat strange objects (soil, wax, uncooked rice, tea leaves)</td> </tr> <tr> <td><b>Pinworms</b></td> <td>itchy anus, worse in the evening</td> </tr> <tr> <td><b>Tapeworms</b></td> <td>constant hunger</td> </tr> </table>	<b>Roundworms</b>	abdominal pain, vomiting of roundworms, cold limbs	<b>Hookworms</b>	eat strange objects (soil, wax, uncooked rice, tea leaves)	<b>Pinworms</b>	itchy anus, worse in the evening	<b>Tapeworms</b>	constant hunger	<ul style="list-style-type: none"> <li>• Li Zhong An Hui Tang</li> <li>• Lian Mei An Hui Tang</li> <li>• Hua Chong Wan</li> <li>• Qu Tiao Tang</li> </ul>
<b>Roundworms</b>	abdominal pain, vomiting of roundworms, cold limbs										
<b>Hookworms</b>	eat strange objects (soil, wax, uncooked rice, tea leaves)										
<b>Pinworms</b>	itchy anus, worse in the evening										
<b>Tapeworms</b>	constant hunger										
EMPTY	SI DEFICIENCY COLD*	Dull <u>abdominal pain</u> alleviated by pressure, a desire for hot drinks, <u>borborygmus</u> , <u>diarrhea</u> , pale and abundant urination, cold limbs, ① pale with white coat, ② deep, weak, slow	<ul style="list-style-type: none"> <li>• Xian Jian Zhong Tang</li> <li>• Shen Ling Bai Zhu San</li> </ul>	RN6, ST25, ST39, ST36, UB20, UB27							

## PERICARDIUM PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
EXTERIOR	<b>HEAT IN PC*</b> =Ying Level of Wen Bing	Fever at night, dry mouth with no desire to drink, insomnia, mental restlessness, delirium, aphasia, spots on the skin, in severe cases coma, ① red and dry without coating, ② thin, rapid	• Qing Ying Tang	PC9, PC8, HT9, KD6
HOUSE OF MIND	<b>BLOOD DEFICIENCY*</b>	A feeling of stuffiness and discomfort of the chest, dull ache in the chest, very slight shortness of breath, palpitations, anxiety, insomnia, dizziness, dream-disturbed sleep, poor memory, propensity to be startled, dull-pale complexion, pale lips, cold hands, scanty periods, amenorrhoea, ① pale, thin, slightly dry, ② choppy or fine but very slightly hard on the left Front position.	• Shen Qi Si Wu Tang	PC6, SP4, HT7, RN4, RN14, RN15, RN17, UB14, UB17, UB20
	<b>PC FIRE*</b>	Palpitations, a feeling of tightness and heat of the chest, slight chest ache, rapid breathing, thirst, mouth and tongue ulcers, mental restlessness, feeling agitated, feeling of heat, insomnia, dream-disturbed sleep, red face, bitter taste (after a bad night's sleep), heavy periods, ① red, tip redder and swollen with red points, yellow coating. There may be a midline crack reaching to the tip, ② full-rapid-overflowing especially on the left front position. It could also be hasty.	• Xie Xin Tang	PC8, HT8, UB14, RN14, RN15, RN17, LI11, DU24, DU19, SP6, LV2
	<b>PHLEGM-FIRE HARASSING PC*</b>	Palpitations, feeling of oppression and heat of the chest, chest pain, rapid breathing, thirst, red face, bitter taste, expectoration of phlegm, rattling sound in the throat, mental restlessness, insomnia, dream-disturbed sleep, agitation, incoherent speech, mental confusion, rash behavior, tendency to hit or scold people, uncontrolled laughter or crying, shouting, muttering to oneself, mental depression and dullness, manic behavior, ① red, swollen with yellow, dry sticky coating, deep Heart crack. The tip may be redder and swollen with red points, ② full-rapid-slippery or rapid-overflowing-slippery or rapid-full-wiry.	• Wen Dan Tang	PC5, HT7, HT8, HT9, PC7, RN15, UB14, UB15, RN17, RN12, ST40, SP6, UB20, LV2, GB13, DU24, GB17
CENTER OF THORAX	<b>QI STAGNATION*</b>	A feeling of distension and slight pain of the chest, feeling of tightness of the chest, slight shortness of breath, sighing, a feeling of lump in the throat, palpitations, depression, irritability, poor appetite, weak and cold limbs, slightly purple lips, pale complexion, ① slightly pale-purple on the sides in the chest area, ② empty but very slightly overflowing on the left front position	• Mu Xiang Liu Qi Yin • Ban Xia Hou Po Tang	PC6, HT5, HT7, RN14, RN15, RN17, UB14, LU7, ST40, LI4
	<b>BLOOD STASIS*</b>	Palpitations, stabbing or pricking pain in the chest which may radiate to the inner aspect of the left arm or to the shoulder, a feeling of oppression or constriction of the chest, shortness of breath, cyanosis of lips and nails, cold hands, painful periods with dark clots, ① purple in its entirety or only on the sides in the chest area, ② choppy, wiry or knotted.	• Xue Fu Zhu Yu Tang	PC6, SP4, HT7, RN14, RN17, UB14, UB17, SP10

## SPLEEN PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
EMPTY	SP QI DEFICIENCY	Sallow complexion, emaciation, tiredness, lassitude, reduced appetite, weakness of the limbs, abdominal distension, loose stools, dislike of speaking, ① pale, thin white coat, ② slow-down, weak or soggy, thin	<ul style="list-style-type: none"> <li>• Si Jun Zi Tang</li> <li>• Liu Jun Zi Tang</li> </ul>	RN12, ST36, SP3, SP6, UB20, UB21
	SP YANG DEFICIENCY	Pallor, poor appetite, tiredness, abdominal distension which is worse after eating, dull pain in the abdominal region which is better with warmth and pressure, chilliness, cold limbs, weakness of the four limbs, loose stools, edema, ① pale and delicate, white coating, ② deep, slow	<ul style="list-style-type: none"> <li>• Li Zhong Wan</li> </ul>	RN12, ST36, SP3, SP6, UB20, UB21, SP9, RN9, ST28, UB22
	SP QI SINKING	Any of the signs and symptoms of Spleen Qi deficiency, bearing-down sensation in the abdominal region, visceral prolapse (prolapse of the stomach, uterus, anus, vagina), frequency and urgency of urination, ① pale, thin white coating, ② slow-down, weak or soggy, thin	<ul style="list-style-type: none"> <li>• Bu Zhong Yi Qi Tang</li> </ul>	RN12, ST36, SP3, SP6, UB20, UB21, DU20, RN6, ST21, DU1
	SP NOT CONTROLLING BLOOD	Pale complexion, lassitude, dislike of speaking, purpura, blood spots under the skin, bloody stools, excessive menstrual flow, uterine bleeding in women, sallow complexion and S.O.B., ① pale, ② thin, weak	<ul style="list-style-type: none"> <li>• Gui Pi Tang</li> </ul>	RN12, ST36, SP3, SP6, UB20, UB21, SP10, UB17, SP1, SP4
	SP BLOOD DEFICIENCY*	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, pale dull complexion, weakness of the limbs, loose stools, depression, thin body, scanty periods or amenorrhea, joint aches, ① pale, thin and slightly dry, ② choppy or thin	<ul style="list-style-type: none"> <li>• Gui Pi Tang</li> </ul>	RN12, ST36, SP3, SP6, UB20, UB21, RN4, UB17
FULL	COLD-DAMP INVADING SP	Fullness and distension in the epigastrium and abdomen, loss of appetite, sweet taste in the mouth or absence of taste, no thirst, sticky saliva, heaviness of the head and body, loose stools or diarrhea, white vaginal discharge, ① sticky white coating, ② soggy, slippery, slow	<ul style="list-style-type: none"> <li>• Ping Wei San</li> <li>• Wei Ling Tang</li> </ul>	SP9, SP6, RN12, SP3, ST8, UB22, UB20, RN9, RN11, ST22, ST28
	DAMP-HEAT INVADING SP	Fullness and distension in the epigastrium and abdomen, loss of appetite, nausea, vomiting, bitter taste and stickiness in the mouth, heaviness of the body, lassitude, loose stools with offensive odor, burning sensation of the anus, thirst without desire to drink or drinking only in small sips, scanty and dark yellow urine, low-grade fever, headache, bright yellow face, eyes and skin, ① sticky yellow coating, ② soggy, rapid	<ul style="list-style-type: none"> <li>• Lian Po Yin</li> <li>• Yin Chen Hao Tang</li> </ul>	SP9, SP6, DU9, LI11, UB20, GB34, RN9, RN11, ST22, ST28, UB22

COM-BINED	SP QI & HT BLOOD DEFICIENCY	Sallow complexion, general lassitude, palpitations, poor memory, insomnia, dream-disturbed sleep, reduced appetite, abdominal distention, loose stools, irregular menstruation in women, menstrual blood is pale and excessive, or amenorrhea, ① pale, thin white coat, ② thin, weak	<ul style="list-style-type: none"> <li>• Gui Pi Tang</li> </ul>	HT7, PC6, RN14, RN15, RN4, UB17, UB20, RN12, ST36, SP6
	SP & LU QI DEFICIENCY	General lassitude, bright white complexion, cough with profuse and dilute white sputum, weak voice, slight breathlessness, slight spontaneous sweating, poor appetite, loose stools, in severe cases facial puffiness and pedal edema, ① pale with white coat, ② empty (right)	<ul style="list-style-type: none"> <li>• Si Jun Zi Tang</li> <li>• Liu Jun Zi Tang</li> </ul>	LU9, LU7, RN6, UB13, DU12, ST36, RN12, SP3, SP6, UB20, UB21
	SP & LV BLOOD DEFICIENCY	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, dull-pale complexion, weakness of the limbs, loose stools, thin body, scanty periods or amenorrhoea, insomnia, dizziness, numbness of limbs, blurred vision, 'floaters' in eyes, diminished night vision, pale lips, muscular weakness, cramps, withered and brittle nails, dry hair and skin, slight depression, a feeling of aimlessness, ① pale body especially on the sides (orange color in extreme cases), dry, ② choppy or fine	<ul style="list-style-type: none"> <li>• Gui Pi Tang</li> </ul>	LV8, SP6, RN4, UB18, UB23, RN12, ST36, SP3, UB20, UB21, UB17
	SP DAMP + LV QI STAG.*	Stiffness and fullness of the epigastrium, nausea, no appetite, loose stools, feeling of heaviness, thirst with desire to drink only in small amounts, sallow complexion, hypochondriac pain, jaundice, bitter taste in the mouth, ① thick sticky yellow coating, ② slippery and wiry	<ul style="list-style-type: none"> <li>• Ping Wei San</li> <li>+ Mu Xiang, Xiang Fu</li> <li>• Huo Xiang Zheng Qi S.</li> <li>+ Mu Xiang, Xiang Fu</li> <li>• Yi Jia Jian Zheng Qi S.</li> </ul>	RN12, SP6, SP3, SP9, UB20, LV13, LV14, GB24, GB34, LV3, ST19



## STOMACH PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
EMPTY	ST QI DEFICIENCY*	Uncomfortable feeling in the epigastrium, lack of appetite, lack of taste sensation, loose stools, tiredness especially in the morning, weak limbs, ① pale, ② empty, esp. at the right middle position	• Si Jun Zi Tang	ST36, RN12, UB21, RN6
	ST DEFICIENCY COLD*	Discomfort and pain in the epigastrium, better after eating and better with pressure or massage, lack of appetite, preference for warm drinks and foods, vomiting of clear fluid, lack of thirst, cold and weak limbs, tiredness, pale complexion, ① pale and wet, ② deep, weak, slow, especially at the right middle position	• Huang Qi Jian Zhong T. • Xiao Jian Zhong Tang	ST36, RN12, UB20, UB21, RN6
	ST YIN DEFICIENCY	Burning pain in the epigastric region, empty and uncomfortable sensation in the stomach, hunger with no desire to eat, dry vomiting and hiccups, dryness of the mouth and throat, constipation (dry stools), thirst but with no desire to drink or desire to drink only small sips, ① red, dry, ② thin, rapid	• Sha Shen Mai Men Dong Tang • Shen Ling Bai Zhu San • Yi Wei Tang	RN12, ST36, SP6, SP3
FULL	ST QI STAGNATION*	Epigastric pain and distension, belching, nausea, vomiting, hiccups, irritability, ① no particular signs on the tongue except that in severe cases it may be red on the sides in the central section, ② wiry on the right-middle position	• Chen Xiang Jiang San • Ban Xia Hou Po Tang • Zuo Jin Wan	ST34, ST21, ST19, KD21, SJ6, PC6, SP4, GB34, RN12, ST40
	ST HEAT	Burning sensation and pain in the epigastric region, empty and uncomfortable feeling in the stomach, sour regurgitation, vomiting, foul breath, vomiting soon after eating, thirst with preference for cold drinks, voracious appetite and frequently hungry, swelling and pain or ulceration and bleeding of the gums, constipation, scanty yellow urine, ① red with yellow coating, ② rapid  ■ ST PHLEGM-HEAT*: Stuffiness of the epigastrium, less thirst, mucus in the stools, mental derangement and insomnia, ① thick yellow sticky coat, or yellow prickles inside a midline crack, ② slippery, full, rapid	• Tiao Wei Cheng Qi T. • Qing Wei San • Liang Ge San	ST44, ST34, ST21, RN12, RN13, LI11, LI4, RN11, SP15
	COLD INVADING ST	Epigastric fullness and pain, sudden pain in the epigastrium, worse with cold, better with warmth, reflux of clear fluid or vomiting after eating, ① white slippery coating, ② slow	• Liang Fu Wan • Da Jian Zhong Tang	ST21, SP4, RN13, ST34
	ST QI REBELLING*	Nausea, difficulty swallowing, belching, vomiting, hiccough, ① no changes, ② tight or wiry at the right middle position	• Ding Xiang Shi Di Tang • Huo Xiang Zheng Qi S. • Ban Xia Hou Po Tang	RN13, RN10, PC6, SP4, ST21, ST19
	ST DAMP-HEAT*	A feeling of fullness and pain in the epigastrium, a feeling of heaviness, facial pain, blocked nose or sticky nasal discharge, thirst without a desire to drink, nausea, a feeling of heat, dull yellow complexion, sticky taste in the mouth, ① red with sticky yellow coating, ② slippery, rapid	• Lian Po Yin	ST44, ST34, ST21, RN12, RN13, LI11, LI4, RN11, ST25, ST40, SP9, RN9
	ST FOOD RETENTION	Distension, fullness and pain in the epigastrium and abdomen which are relieved by vomiting, foul belching, sour regurgitation, vomiting, anorexia, hesitant bowel movement, insomnia, ① thick sticky coating, ② slippery	• Bao He Wan • Zhi Shi Dao Zhi Wan	RN13, RN10, ST21, ST44, ST45, SP4, PC6, ST40, ST19, KD21, RN12
	ST BLOOD STASIS*	Stabbing pain in the epigastrium which is worse with heat and pressure, pain after eating, vomiting of dark blood, blood in the stools	• Shi Xiao San • Dan Zhen Yin • Ge Xia Zhu Yu Tang • Tong You Tang	ST34, ST21, ST19, KD21, SJ6, PC6, SP4, PC6, GB34, RN12, ST40, UB17, SP10, LI4, RN11

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
COM-BINED	ST/SP QI DEFICIENCY	Poor appetite, slight abdominal distension after eating, tiredness, lassitude, pale complexion, weakness of the limbs, loose stools, an uncomfortable feeling in the epigastrium, lack of taste sensation, ① pale, ② empty, especially at the right middle position	• Si Jun Zi Tang • Shen Ling Bai Zhu San	RN12, ST36, SP3, SP6, UB20, UB21, RN6
	ST/SP YIN DEFICIENCY*	Poor appetite, dry mouth, thirst with desire to drink in small sips, dry stools, dry lips, slight nausea, tiredness, uncomfortable feeling in the epigastrium, lack of taste sensation, ① without coating, ② floating- empty, especially on the right-middle position.	• Shen Ling Bai Zhu San	RN12, ST36, SP6

LUNG PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS																
EMPTY	LU QI DEFICIENCY	Feeble cough, <u>shortness of breath</u> worse on exertion, clear dilute sputum, lack of desire to talk, <u>low voice</u> , lassitude, aversion to wind, frigid appearance, propensity to catching colds, spontaneous sweating, bright white complexion, ① pale, thin white coating, ② weak, empty	<ul style="list-style-type: none"> <li>• Ren Shen Bu Fei Tang</li> </ul>	LU9, LU7, RN6, UB13, DU12, ST36, RN12																
	LU YIN DEFICIENCY	<u>Unproductive cough</u> , cough with a small amount of sticky sputum or blood-tinged sputum, <u>dryness</u> of the mouth and <u>throat</u> , <u>hoarse voice</u> , tickly throat, afternoon fever, malar flush, <u>night sweating</u> , heat sensation in the palms and soles, ① <u>red</u> with thin coat, ② thin, rapid	<ul style="list-style-type: none"> <li>• Yang Yin Qing Fei Tang</li> <li>• Bai He Gu Jin Tang</li> </ul>	LU9, RN17, UB43, UB13, DU12, RN4, KD6, RN12, SP6, LU10, LI11																
	LU DRYNESS*	<u>Dry cough</u> , dry skin, <u>dry throat</u> , <u>hoarse voice</u> , dry mouth, thirst, ① <u>dry</u> , ② empty, especially at the right front position	<ul style="list-style-type: none"> <li>• Bai He Gu Jin Tang</li> <li>• Sang Xing Tang</li> </ul>	LU9, RN4, KD6, SP6, RN12, ST36																
FULL: EXT-ERIOR	WIND-COLD	Cough with mucoid sputum, nasal obstruction, watery nasal discharge, <u>sneezing</u> , <u>chills and fever</u> , headache, body aches, absence of thirst, absence of sweating, ① thin white coating, ② <u>floating</u> , <u>tight</u>	<ul style="list-style-type: none"> <li>• Ma Huang Tang</li> </ul>	LU7, UB12, DU16																
	WIND-HEAT	Cough with yellow purulent sputum, possibly with heat sensation of the body and <u>aversion to wind</u> , thirst, <u>sore throat</u> , swollen tonsils, headache, stuffy or runny nose with yellow mucus, slight sweating, ① thin yellow coating, ② <u>floating</u> , <u>rapid</u>	<ul style="list-style-type: none"> <li>• Sang Ju Yin</li> </ul>	LU7, LI4, LI11, LU11, DU14, UB12, DU16, GB20, SJ5																
	WIND-WATER	<u>Sudden swelling of the eyes and face</u> , gradually spreading to the whole body, bright shiny complexion, scanty and pale urination, <u>aversion to wind</u> , fever, cough, <u>breathlessness</u> , ① white slippery coating, ② <u>floating</u> , <u>rolling</u>	<ul style="list-style-type: none"> <li>• Xiao Qing Long Tang</li> </ul>	LU7, LI6, LI7, LI4, UB12, RN9, UB13, DU26																
FULL: INT-ERIOR	LU HEAT	<u>Cough</u> , slight <u>breathlessness</u> , <u>feeling of heat</u> , chest ache, flaring of nostrils, <u>thirst</u> , red face, ① <u>red with yellow coating</u> , ② <u>surging</u> , rapid	<ul style="list-style-type: none"> <li>• Ma Xing Shi Gan Tang</li> <li>• Qian Jin Wei Jing Tang</li> </ul>	LU5, LU10, LU7, LI11, LU1, UB13																
	LU DAMP-PHLEGM	Cough, <u>profuse white sputum</u> which is easy to expectorate, sticky sputum, fullness and stuffiness in the chest, feeling "clogged-up," gurgling with sputum in the throat, shortness of breath or asthma, dislike of lying down, orthopnea in severe cases, white pasty complexion, ① <u>white sticky coating</u> , ② slippery	<ul style="list-style-type: none"> <li>• Er Chen Tang</li> </ul>	LU5, LU7, LU1, RN17, ST40, PC6, RN22, RN12, RN9, UB20, UB13																
	LU COLD-PHLEGM	Cough with expectoration of <u>white watery sputum</u> , aggravated by exposure to cold, feeling of cold, cold hands, phlegm in the throat, dizziness, a feeling of oppression in the chest, a feeling of cold in the chest, a feeling of heaviness, muzziness and dizziness in the head, ① swollen and wet with a <u>sticky coating</u> , ② slippery, slow	<ul style="list-style-type: none"> <li>• She Gan Ma Huang T.</li> <li>• Ling Gui Zhu Gan Tang</li> <li>• Ling Gan Wu Wei Jiang Xin Tang</li> <li>• San Zi Yang Qin Tang</li> </ul>	LU5, LU7, LU1, RN17, ST40, PC6, RN22, RN12, RN9, UB20, UB13, UB23																
	LU PHLEGM-HEAT	Cough, asthmatic and coarse breathing, <u>thick yellow sputum</u> or expectoration of foul-smelling bloody pus, S.O.B., chest pain on coughing, flapping of the ala nasi in severe cases, dryness of the mouth, yellow urine, constipation, ① red with <u>sticky yellow coating</u> , ② slippery, rapid	<ul style="list-style-type: none"> <li>• Wen Dan Tang</li> <li>• Qing Qi Hua Tan Wan</li> <li>• San Qi Yang Qin Tang</li> </ul>	LU5, LU7, LU10, LI11, LU1, UB13, RN12, ST40																
	LU DRY-PHLEGM	<u>Dry cough</u> but with <u>occasional difficult expectoration of scanty sputum</u> , shortness of breath, a feeling of oppression in the chest, scanty sputum in the throat, a feeling of heaviness and muzziness in the head, dizziness, dry throat, wheezing, dry pasty complexion, ① swollen with a dry sticky coat, ② <u>thin</u> , slippery	<ul style="list-style-type: none"> <li>• Bei Mu Gua Lou San</li> </ul>	LU9, LU7, KD6, RN12, ST36, SP6, ST40, UB13, RN17																
	LU PHLEGM-FLUID	<u>Cough</u> , <u>breathlessness</u> , cough which may be elicited by a scare, vomiting of <u>white watery-frothy sputum</u> , splashing sounds in the chest, chilliness, ① pale with a thick sticky white coat, ② thin and slippery, soggy	<ul style="list-style-type: none"> <li>• Ling Gan Wu Wei Jiang Xin Tang</li> </ul>	LU5, LU9, RN17, UB13, ST40, UB43, RN12, ST36, RN9, SP9, UB20, UB23																
TAN-YIN SYNDROME (=PHLEGM-FLUID / RHEUM)																				
		<table border="1"> <thead> <tr> <th>FOUR TYPES</th> <th>LOCATION</th> <th>KEY S/Sx</th> </tr> </thead> <tbody> <tr> <td>PHLEGM-FLUID 痰飲</td> <td>ST &amp; INTESTINES</td> <td>gurgling sound</td> </tr> <tr> <td>SUSPENDED FLUIDS 懸飲</td> <td>Hypochondria</td> <td>cough, rib cage pain</td> </tr> <tr> <td>FLOODING FLUIDS 溢飲</td> <td>Limbs</td> <td>Pain, deep heaviness, puffy swelling</td> </tr> <tr> <td>PROPPING FLUIDS 支飲</td> <td>Above diaphragm</td> <td>cough, panting, inability to lie flat</td> </tr> </tbody> </table>	FOUR TYPES	LOCATION	KEY S/Sx	PHLEGM-FLUID 痰飲	ST & INTESTINES	gurgling sound	SUSPENDED FLUIDS 懸飲	Hypochondria	cough, rib cage pain	FLOODING FLUIDS 溢飲	Limbs	Pain, deep heaviness, puffy swelling	PROPPING FLUIDS 支飲	Above diaphragm	cough, panting, inability to lie flat			
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	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
COMBINED	LU & HT QI DEFICIENCY	Palpitation, S.O.B., weak cough, asthma, spontaneous sweating, ① pale, ② weak	<ul style="list-style-type: none"> <li>• Si Jun Zi Tang + Huang Qi</li> <li>• Bao Yuan Tang</li> <li>• Bu Fei Tang</li> <li>• Sheng Mai San</li> <li>• Ding Zhi W. + Bu Fei T.</li> </ul>	LU9, LU7, RN6, UB13, DU12, ST36, RN12, HT5, PC6, UB15, RN17

## LARGE INTESTINE PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
FULL	LI DAMP-HEAT	Abdominal pain, <u>blood and mucus in the stools</u> , offensive odor of stools, diarrhea with yellow watery stools, burning sensation of the anus, tenesmus, scanty deep yellow urine, possibly fever, sweating (which does not decrease the fever), thirst without desire to drink, feeling of heaviness of the body and limbs, stuffiness of the chest and epigastrium, ① sticky yellow coating, ② rapid, and slippery or soggy	<ul style="list-style-type: none"> <li>• Ge Gen Qin Lian Tang</li> <li>• Bai Tou Weng Tang</li> <li>• Shao Yao Tang</li> </ul>	SP9, SP6, RN3, UB22, ST25, ST27, RN6, UB25, LI11, RN12, ST37, UB20, SP10
	HEAT IN LI	Constipation with <u>dry stools</u> , a burning sensation in the mouth, dry tongue, <u>burning and swelling in the anus</u> , scanty dark urine, ① thick yellow (or brown or black) <u>dry coating</u> , ② full, rapid	<ul style="list-style-type: none"> <li>• Ma Zi Ren Wan</li> </ul>	ST25, UB25, LI11, ST37, ST44, LI2, SP6, KD6, RN12
	HEAT OBSTRUCTING LI*	Constipation, burning in the anus, <u>abdominal distension and pain</u> which is worse with pressure, <u>high fever or tidal fever</u> , sweating especially on the limbs, vomiting, thirst, delirium, ① red with <u>thick dry yellow</u> or brown-black coating, ② deep, full	<ul style="list-style-type: none"> <li>• Tiao Wei Cheng Qi T.</li> </ul>	LI11, LI4, SP15, SJ6, SP6, LI2, ST44, ST25, UB25
	COLD INVADING LI*	<u>Sudden, cramping abdominal pain</u> , <u>diarrhea</u> with pain, <u>a feeling of cold</u> , cold sensation in the abdomen, ① thick white coat, ② deep, tight	<ul style="list-style-type: none"> <li>• Liang Fu Wan + Zheng Qi Tian Xiang San</li> </ul>	ST37, ST25, ST36, SP6, LV3, ST27
	LI QI STAGNATION*	<u>Abdominal distension with pain</u> , constipation with <u>bitty stools</u> , irritability, aggravation of the condition according to mood, ① normal or slightly red on the sides, ② wiry at the third position on both sides	<ul style="list-style-type: none"> <li>• Chai Hu Shu Gan Tang</li> </ul>	RN6, GB34, ST25, SP15, ST37, SP6, UB25
EMPTY	LI DRYNESS	<u>Dry stools which are difficult to discharge</u> , dry mouth and throat, <u>thin body</u> , foul breath, dizziness, ① dry, either pale or red body with rootless coating, ② fine	<ul style="list-style-type: none"> <li>• Zeng Ye Tang</li> <li>• Qing Zao Run Chang T.</li> <li>• Wu Ren Wan</li> <li>• Tian Di Jian</li> <li>• Si Wu Ma Zi Ren Wan</li> <li>• Ma Zi Ren Wan</li> </ul>	ST36, SP6, RN4, KD6, ST25, SP15
	LI COLD*	<u>Loose stools</u> like duck droppings, <u>dull abdominal pain</u> , borborygmus, pale urine, <u>cold limbs</u> , ① pale, ② deep, weak	<ul style="list-style-type: none"> <li>• Liang Fu Wan</li> </ul>	ST25, RN6, ST36, ST37, UB25, UB20
	COLLAPSE OF LI*	Chronic diarrhea, <u>prolapse ani</u> , hemorrhoids, tiredness after bowel movements, cold limbs, no appetite, mental exhaustion, desire to drink warm liquids, desire to have the abdomen massaged, ① pale, ② deep- fine-weak.	<ul style="list-style-type: none"> <li>• Bu Zhong Yi Qi Tang</li> </ul>	RN6, ST25, ST36, SP3, UB20, UB21, DU20

## KIDNEY PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
EMPTY	<b>KD YANG DEFICIENCY</b>	<u>Lower backache</u> , dizziness, tinnitus, cold and weak knees, sensation of cold in the lower back, <u>feeling cold</u> , weak legs, bright-white complexion, tiredness, lassitude, <u>abundant clear urination</u> , urination at night, apathy, oedema of the legs, infertility in women, loose stools, depression, impotence, premature ejaculation, low sperm count, decreased libido, ① pale and wet, ② <u>deep-weak</u>	<ul style="list-style-type: none"> <li>You Gui Wan</li> <li>Jin Gui Shen Qi Wan</li> </ul>	UB23, DU4, RN4, RN6, KD3, KD7, UB52, Jing Gong
	<b>KD YIN DEFICIENCY</b>	Dizziness, tinnitus, poor memory, insomnia, soreness and weakness of the lumbar region and knee joints, <u>nocturnal emission</u> , dryness of the mouth, <u>afternoon fever</u> , malar flush, <u>night sweating</u> , yellow urine, constipation, ① red, little coating, ② thin, rapid	<ul style="list-style-type: none"> <li>Zuo Gui Wan</li> <li>Liu Wei Di Huang Wan</li> </ul>	RN4, KD3, KD6, KD10, KD9, SP6, RN7, LU7, KD6
	<b>KD QI NOT FIRM</b> =KD QI DEFICIENCY	Soreness and weakness of the lumbar region and knee joints, frequent urination with clear urine, weak-stream urination, <u>dribbling of urine after urination</u> , incontinence of urine, enuresis, urination at night, <b>IN ♂</b> : premature ejaculation, <u>spermatorrhea</u> , nocturnal emission without dreams, <b>IN ♀</b> : prolapse of the uterus, <u>chronic vaginal discharge</u> , ① pale with white coating, ② thin, weak	<ul style="list-style-type: none"> <li>You Gui Wan + Huang Qi, Qian Shi</li> <li>Jin Suo Gu Jing Wan</li> <li>Fu Tu Dan</li> <li>Sang Piao Xiao San</li> </ul>	UB23, DU4, KD3, UB52, RN4, Jing Gong, RN6, DU20, KD13, UB32
	<b>KD FAILING TO RECEIVE QI</b>	Asthmatic breathing, <u>S.O.B. and more exhalation than inhalation</u> all of which become worse on exertion, low voice, cold limbs, cold limbs after sweating, blue complexion, spontaneous sweating, incontinence of urine due to severe cough, swelling of the face, thin body, no spirit, mental listlessness, <u>soreness of the back</u> , ① pale tongue with thin coating, ② weak	<ul style="list-style-type: none"> <li>You Gui Wan + Dong Chong Xia Cao, Wu Wei Zi</li> <li>Shen Ge San</li> <li>Su Zi Jiang Qi Tang</li> <li>Du Qi Wan</li> </ul>	KD7, KD3, LU7, KD6, ST36, UB23, DU4, RN6, RN17, KD25, DU12, UB13, RN4, KD13
	<b>KD ESSENCE DEFICIENCY</b>	<b>CHILDREN</b> : <u>slow physical or mental development</u> , late or incomplete fontanel closure, or poor general skeletal development, <b>ADULTS</b> : premature aging or senility, bad teeth, poor memory, brittle bones, weakness of the knees and legs, soreness of the back, sexual dysfunction without appearance of Cold or Heat, <b>In addition</b> : many of the KD-specific signs would be seen, ① red, peeled, ② floating, empty	<ul style="list-style-type: none"> <li>Zuo Gui Wan</li> <li>He Che Da Zao Wan</li> </ul>	KD3, KD6, RN4, KD13, UB23, DU4, GB39, DU20, DU14, UB15, UB11, DU17, DU16
EMPTY + FULL	<b>KD YANG DEF.</b> → WATER↑*	<u>Edema especially of the legs and ankles</u> , cold feeling in the legs and back, fullness and distension of the abdomen, soreness of the lower back, feeling of cold, scanty clear urine, ① pale, swollen and wet with a white coat, ② deep, weak slow <ul style="list-style-type: none"> <li><b>Water overflowing to the HT</b>: the above symptoms plus <u>palpitations</u>, breathlessness and cold hands;</li> <li><b>Water overflowing to the LU</b>: the above symptoms plus <u>thin watery-frothy sputum</u>, cough, asthma and breathlessness on exertion</li> </ul>	<ul style="list-style-type: none"> <li>Jin Gui Shen Qi Wan</li> <li>Wu Ling San</li> <li>Zhen Wu Tang</li> </ul>	DU4, UB23, UB22, UB20, RN9, ST28, SP9, SP6, KD6 <ul style="list-style-type: none"> <li><b>Water→HT</b>: DU14, UB15</li> <li><b>Water→LU</b>: LU7, UB13, DU12</li> </ul>
	<b>KD YIN DEF.</b> → EMPTY-HEAT↑*	<u>Malar flush</u> , mental restlessness, insomnia, <u>night sweating</u> , low-grade fever, <u>afternoon fever</u> , <u>five-center heat</u> , <u>a feeling of heat in the afternoon or evening</u> , scanty dark urine, blood in the urine, dry throat especially at night, thirst with a desire to drink only small sips, dizziness, tinnitus, hearing loss or difficulty, lower back ache, nocturnal emissions with dreams, excessive sexual desire, dry stools, ① red body, red tip, cracked, no coating, ② floating, empty, rapid	<ul style="list-style-type: none"> <li>Liu Wei Di Huang Wan + Di Gu Pi, Zhi Mu</li> </ul>	KD3, KD6, KD10, KD9, RN4, KD2, SP6, HT5, LU7, LU10, HT6, DU24, LI11

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
COM-BINED	<b>KD &amp; LV YIN DEFICIENCY</b>	Dizziness, blurring of the vision, <u>dry eyes</u> , numbness of the limbs, dull occipital or vertical headache, propensity to outbursts of anger, <u>dry throat</u> , insomnia, dream-disturbed sleep, tinnitus, heat sensation in the chest, palms and soles, soreness and weakness of the lumbar region and knee joints, malar flush, <u>night sweating</u> , difficult dry stools, nocturnal emission, <u>scanty menstrual flow</u> , delayed cycle, female infertility, ① red tongue with <u>little coating</u> , ② thin, rapid	<ul style="list-style-type: none"> <li>• Zuo Gui Wan</li> <li>• Qi Ju Di Huang Wan</li> </ul>	KD3, KD6, LV8, RN4, UB23, KD13, SP6, UB10
	<b>KD &amp; HT NOT HARMONIZED</b>	Mental restlessness, insomnia, <u>palpitations</u> , poor memory, <u>dizziness</u> , <u>tinnitus</u> , dryness of the throat, soreness of the lumbar region, spermatorrhea with dreams, tidal fever, <u>night sweating</u> , scanty dark urine, ① red tongue with <u>little coating</u> , ② thin, rapid	<ul style="list-style-type: none"> <li>• Tian Wang Bu Xin Dan</li> <li>• Liu Wei Di Huang Wan + Jiao Tai Wan</li> </ul>	HT7, HT6, HT5, Yin Tang, UB15, RN15, DU24, KD3, KD6, KD10, KD9, RN4, SP6
	<b>KD &amp; LU YIN DEFICIENCY</b>	<u>Dry cough</u> which is worse in the evening, dry throat and mouth, thin body, breathlessness on exertion, lower backache, <u>night sweating</u> , <u>dizziness</u> , <u>tinnitus</u> , hardness of hearing, scanty urination, ① normal-coloured <u>without coating</u> or with rootless coating, ② floating-empty.	<ul style="list-style-type: none"> <li>• Ba Xian Chang Shou W.</li> <li>• Qing Jin Zhuang Shui W.</li> </ul>	KD3, KD6, LU7, KD6, RN4, KD13, LU9, LU1, SP6, UB43
	<b>KD &amp; SP YANG DEFICIENCY</b>	Pallor, <u>aversion to cold</u> , <u>cold limbs</u> , cold abdomen and legs, <u>soreness and weakness of the lumbar region</u> and knee joints, abundant or scanty clear urination, <u>loose stools</u> or diarrhea at dawn, diarrhea like water, edema of the abdomen and legs, facial puffiness and edema of the limbs, physical weakness, mental listlessness, phlegm in the throat, breathlessness, dislike to speak, desire to lie down, abdominal distension, poor appetite, borborygmus, ① pale swollen delicate tongue with thin white coating, ② <u>deep, weak</u>	<ul style="list-style-type: none"> <li>• Li Zhong Wan + Jin Gui Shen Qi Wan</li> <li>• Fu Zi Li Zhong Wan</li> </ul>	UB23, DU4, RN4, RN6, KD3, KD7, UB52, Jing Gong, RN12, ST36, SP3, UB20, UB21, RN9, ST37, ST25, UB25

## URINARY BLADDER PATTERNS

	PATTERN	SIGNS AND SYMPTOMS	FORMULA	POINTS
FULL	UB DAMP-HEAT	Frequent and urgent urination, <u>burning pain</u> in the urethra, dribbling urination or discontinuation of urination in midstream, turbid urine, deep yellow in color, <u>hematuria</u> or <u>stones in the urine</u> , possibly abdominal distension and fullness or lumbago, fever, thirst, ① <u>yellow sticky coating</u> , ② <u>rapid</u>	<ul style="list-style-type: none"> <li>• Ba Zheng San</li> </ul>	SP9, SP6, UB22, UB28, RN3, UB63, UB66, ST28
	UB DAMP-COLD*	Frequent and urgent urination, <u>difficult urination</u> (stopping in midstream), <u>a feeling of heaviness</u> in the hypogastrium and urethra, pale and turbid urine, ① <u>white sticky coating</u> at the root, ② <u>slippery, slow, and slightly wiry</u> at the left third position	<ul style="list-style-type: none"> <li>• Ba Zheng San</li> <li>• Si Wu San</li> </ul>	SP9, SP6, UB22, RN3, ST28, RN9, UB28
EMPTY	UB DEFICIENCY COLD*	Frequent and abundant <u>pale urination</u> , incontinence, enuresis, lower backache, dizziness, nocturia, white urethral discharge, a feeling of cold, ① <u>pale and wet</u> , ② <u>deep, weak</u>	<ul style="list-style-type: none"> <li>• Suo Quan Wan</li> <li>• Sang Piao Xiao Wan</li> <li>• Tu Si Zi Wan</li> </ul>	UB23, DU4, UB28, RN4, RN3, RN6, DU20

COM-BINED	INTERSTITIAL CYSTITIS*	<u>Uncomfortable bladder pressure, bladder pain, urinary frequency and urgency</u> , burning sensation, urinary hesitancy, suprapubic pain and distension, occasionally slight incontinence, nocturia <b>Zang Fu Patterns:</b> KD deficiency (KD Qi sinking) + UB Damp + LV Qi stagnation	<ul style="list-style-type: none"> <li>• Bi Xie Fen Qing Yin</li> </ul>	LU7, KD6, RN3, DU20, SP9, KD3, UB23, UB28
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