

| TCM SYNDROME              | DISEASE POSSIBILITIES   | ASSOCIATED SIGNS & SYMPTOMS/DDX   |
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| <b>Excess Conditions</b>  |   |   |
| - <i>EPIs (General)</i>   | <p>- <b>Vomiting (Ou Tu)</b></p> <p>- <b>Constipation (Bian Mi)</b></p> <p>- <b>Pulmonary Abscess (Fei Yong)</b></p>                              | <p>- <b>Wind-Heat, Wind-Cold, Damp-Cold</b> &gt; sudden onset with chills, fever, headache, epigastric pain; P: rapid</p> <p>- <b>Heat (Yang Ming fu or Qi fen)</b> &gt; dry stools, abdominal pain and fullness, red face, thirst, dry mouth, profuse sweating, high fever; T: red, thick, dry, yellow; P: full, rapid</p> <p>- <b>Early Stage</b> &gt; acute fever with chills, chest pain that worsens with coughing, sticky phlegm, painful respiration, lethargy; T: red tip, yellow fur; P: floating, slippery, rapid</p>   |
| - <i>Wind EPI</i>         | - <b>Apoplexy (Zhong Feng)</b>  | - (Potential) sudden fainting preceded by: numbness of skin, distortion of face, dysphasia, hemiplegia, aversion to cold; T: thin, white; P: rapid, floating  |
| - <i>Wind-Cold EPI</i>    | <p>- <b>Common Cold (Gan Mao)</b></p> <p>- <b>Cough (Ke Sou)</b></p> <p>- <b>Convulsions (Jing Zheng)</b></p> <p>- <b>Headache (Tou Tong)</b></p> | <p>- Aversion to cold, mild fever, lack of thirst, headache, stiff neck, body pain, malaise, nasal obstruction, cough, sneezing, watery nasal discharge, thin-whitish sputum; T: normal, thin white fur; P: floating, tense</p> <p>- Cough with thin white sputum, dyspnea, headache, nasal obstruction with clear discharge, neck soreness, aversion to cold, fever, lack of thirst; T: pale, thin white fur; P: floating, tense</p> <p>- <b>With damp</b> &gt; severe stiffness in neck and back, headache, aversion to cold, fever, heaviness in body; T: white, greasy; P: floating, tense</p> <p>- Stiffness in back and neck, tight-constricting pain in head</p>   |
| - <i>Wind-Heat EPI</i>    | <p>- <b>Common Cold (Gan Mao)</b></p> <p>- <b>Common Cold (Gan Mao)</b></p> <p>- <b>Cough (Ke Sou)</b></p> <p>- <b>Headache (Tou Tong)</b></p>    | <p>- Marked fever, slight aversion to wind and cold, sweating, distending pain in the head, cough with yellowish sputum, dry and painful throat, nasal obstruction with thick yellowish discharge, thirst with preference for cold drinks; T: normal or red tip, dry yellowish fur; P: floating, rapid</p> <p>- <b>Epidemic (severe influenza, febrile)</b> &gt; abrupt aversion to cold with trembling, high fever, general aching, acute headache, flushed cheeks, red eyes, lack of strength, congestion of throat, nausea, mild respiratory symptoms; P: rapid</p> <p>- <b>Lung invasion</b> &gt; frequent cough, sore throat, thick yellow sputum with difficulty expelling, slight thirst, fever, aversion to wind, sweating, yellow nasal discharge; T: thin, yellow fur; P: floating, rapid</p> <p>- Distending-throbbing pain (possibly of whole head)</p> |
| - <i>Wind-Dryness EPI</i> | - <b>Cough (Ke Sou)</b>   | - <b>Lung impairment</b> > dry cough, itching throat, little thick sputum with difficulty expectorating and maybe blood, dry throat, nasal obstruction, headache with mild fever, aversion to wind; T: red tip, dry thin yellow fur; P: wiry, superficial   |
| - <i>Wind-Damp EPI</i>    | - <b>Headache (Tou Tong)</b>  | - Pain as if head is being wrapped or feeling of head being really full   |
| - <i>Heat EPI</i>         | - <b>Spontaneous Sweating (Zi Han)</b>  | - <b>Stagnation</b> > incessant sweating, flushed face, restlessness, continual fever, bitter taste, yellow urine, dry stools; T: red, yellow fur; P: strong, rapid   |

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| <p><i>- Heat Toxin EPI</i></p>                       | <p><b>- Dysentery (Li Ji)</b></p> <p><b>- Jaundice (Huang Dan)</b></p> <p><b>- Pulmonary Abscess (Fei Yong)</b></p> <p><b>- Convulsions (Jing Zheng)</b></p> | <p><b>- Fulminant Dysentery - Epidemic</b> &gt; sudden onset, frequent discharge of bright purplish purulent stools, high fever, mental restlessness, mania, intense abdominal pain, tenesmus; T: crimson, yellow, dry; P: slippery, rapid</p> <p><b>- Yang Jaundice - Acute</b> &gt; sudden onset, golden colour, high fever, polydipsia, coma, delirium, bloody urine and nose; T: dark red, dry, yellowish; P: wiry, slippery, rapid</p> <p><b>- Middle Stage (Suppuration, Rupture Stage)</b> &gt; high fever with rigors (shaking), hacking and painful cough, copious expectoration of malodourous mucus, blood-streaked mucus, laboured breathing, sweating, dry mouth and throat, irritability malaise; T: red, greasy yellow fur; P: slippery, rapid</p> <p><b>- Extreme Heat Retention</b> &gt; Severe stiff neck and back, fever, trismus, opisthotonos, mania, delirium, spasms of extremities, dry throat and thirst; T: yellow, greasy; P: wiry, rapid</p> |
| <p><i>- Disharmony between Ying &amp; Wei Qi</i></p> | <p><b>- Spontaneous Sweating (Zi Han)</b></p>  | <p>- Persistent spontaneous perspiration, susceptibility to EPIs, aversion to wind, possible abrupt fever and chills, geographical sweating; T: thin whitish fur; P: moderate, superficial</p>   |
| <p><i>- Obstruction of Wind-Phlegm</i></p>           | <p><b>- Epilepsy (Xian Zheng)</b></p>  | <p><b>- Remission Stage: Grand Mal</b> &gt; frothy salivation, excessive phlegm, twitching/tics; T: white, greasy; P: wiry</p>   |
| <p><i>- Phlegm-Heat</i></p>                          | <p><b>- Epilepsy (Xian Zheng)</b></p> <p><b>- Cough (Ke Sou)</b></p>   | <p><b>- Attacking Stage: Yang seizure (Classic Grand Mal)</b> &gt; vigorous seizures; T: greasy; P: wiry, rapid, slippery</p> <p>- Cough, dyspnea, chest fullness, yellow sputum, flushed cheeks, fever, thirst; T: red, yellow fur; P: slippery, rapid</p>  |
| <p><i>- Retention of Phlegm-Fire</i></p>             | <p><b>- Epilepsy (Xian Zheng)</b></p> <p><b>- Insomnia (Bu Mei)</b></p> <p><b>- Mania and Depressive Psychosis (Dian Kuang)</b></p>                          | <p><b>- Remission Stage: Grand Mal</b> &gt; same as previous with fire signs, roaring during attacks; T: red, white, greasy; P: wiry, rapid</p> <p><b>- Retention of Phlegm-Heat</b> &gt; Restless sleep, unpleasant dreams, poor appetite, excessive sputum, fullness and oppression of chest, nightmares; T: greasy, yellow; P: slippery, rapid</p> <p><b>- Mania</b> &gt; sudden onset, loudness, full or rage and/or laughter; T: red, greasy yellow fur; P: slippery, rapid</p>   |
| <p><i>- Retention of Phlegm-Cold</i></p>             | <p><b>- Apoplexy (Zhong Feng)</b></p>  | <p>- Sudden fainting preceded by: facial distortion, pale complexion, profuse sputum, gurgling sound with breath; T: white, greasy; P: deep, slippery, moderate</p>  |
| <p><i>- Phlegm and Qi stagnation</i></p>             | <p><b>- Dysphagia (Ye Ge)</b></p> <p><b>- Tympanites (Gu Zheng)</b></p> <p><b>- Mania and Depressive Psychosis (Dian Kuang)</b></p>                          | <p>- Potentially aggravated by emotions, fullness in chest, hiccups, belching; T: thick, greasy, yellow tinge; P: wiry, slippery</p> <p>- Abdominal distention, soft upon palpation, distention and/or pain under ribs, distention worse with eating; T: red sides, white, greasy; P: wiry</p> <p><b>- Depressive Psychosis</b> &gt; depression following spell of anger or extreme, suspicion, irrational talk, insensible behavior; T: greasy; P: wiry, slippery</p>   |
| <p><i>- Phlegm stagnation</i></p>                    | <p><b>- Chest Bi (Xiong Bi)</b></p> <p><b>- Cough (Ke Sou)</b></p>   | <p>- Choking, oppressive pain in chest, phlegm, shortness of breath, heavy limbs, dizziness; T: swollen, greasy fur; P: slippery</p> <p><b>- With dampness</b> &gt; cough with sputum, fullness in stomach, nausea, vomiting, loose stools, poor appetite; T: greasy white fur; P: slippery</p>  |

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|                                     | <p>- <b>Syncope (Jue Zheng)</b></p> <p>- <b>Headache (Tou Tong)</b></p> <p>- <b>Dizziness and Vertigo (Yun Xuan)</b></p>  | <p>- Sudden fainting, laryngeal gurgling; T: white, greasy; P: slippery</p> <p>- Headache with dizziness, heaviness, head feels full, other signs of phlegm</p> <p>- Vertigo with heaviness in head, the feeling of head being “bound”</p>  |
| - <i>Food Stagnation/Retention</i>  | <p>- <b>Stomachache (Wei Tong)</b></p> <p>- <b>Vomiting (Ou Tu)</b></p> <p>- <b>Hiccup (E Ni)</b></p> <p>- <b>Diarrhea (Xie Xie)</b></p> <p>- <b>Constipation (Bian Mi)</b></p> <p>- <b>Abdominal Pain (Fu Tong)</b></p> <p>- <b>Abdominal Masses (Ji Ju)</b></p> <p>- <b>Syncope (Jue Zheng)</b></p> <p>- <b>Headache (Tou Tong)</b></p> | <p>- Fullness and distention, rebellious Stomach Qi, halitosis, relief by vomiting and belching; T: turbid</p> <p>- Vomiting sour and putrid content, belching, epigastric fullness, pain with pressure; T: thick, greasy; P: full, slippery</p> <p>- Loud acute hiccups immediately after eating, possibly acid reflex, belching, abdominal fullness; T: thick, greasy; P: slippery</p> <p>- <b>In Stomach and Intestine</b> &gt; stool with smell of rotten eggs, undigested food, acid reflex, halitosis; T: thick, greasy; P: slippery, full</p> <p>- Frequent belching with halitosis, abdominal distention that worsens after eating and improves with bowel movement; T: greasy; P: full, slippery</p> <p>- Abdominal pain with distention and tenderness, poor appetite, eructation with fetid odour, acid reflex, improvement of symptoms after bowel movement; T: greasy; P: slippery, full</p> <p>- <b>Qi Masses - With Phlegm retention</b> &gt; soft abdominal masses that may be strip-like in shape, abdominal distention, constipation or diarrhea, poor appetite; T: greasy; P: full, slippery</p> <p>- Syncope after crapulence, oppressed breath, abdominal distention; T: thick, greasy; P: slippery, full</p> <p>- <b>Acute</b> &gt; intense headache following eating, belching, abdominal distention, hiccups; T: thick fur; P: full</p> |
| - <i>Phlegm and Fluid Retention</i> | <p>- <b>Vomiting (Ou Tu)</b></p> <p>- <b>Regurgitation (Fan Wei)</b></p>  | <p>- Vomiting thin mucous-like fluid, epigastric fullness, dizziness, vomiting triggered by strong odours; T: white, greasy; P: slippery</p> <p>- Regurgitation of partially digested meal 12 hours after intake, vomiting thin mucous-like fluid, epigastric fullness, dizziness, triggered by strong odours; T: white, greasy; P: slippery</p>  |
| - <i>Fluid invading the Heart</i>   | <p>- <b>Palpitations (Xin Ji)</b></p>   | <p>- Palpitations with stuffiness in the chest and epigastrium, cold limbs, nausea, edema of lower extremities, thirst with no desire to drink; T: white, slippery fur; P: slippery</p>   |
| - <i>Cold-Damp</i>                  | <p>- <b>Diarrhea (Xie Xie)</b></p> <p>- <b>Dysentery (Li Ji)</b></p> <p>- <b>Jaundice (Huang Dan)</b></p>   | <p>- Thin loose watery stools, severe abdominal pain, borborygmi, chilliness; T: pale, white; P: moderate, slippery</p> <p>- Diarrhea with mucous and potentially some blood, epigastric oppression, cramping pain, heavy feeling of body and head; T: pale, white, greasy; P: slippery, slow</p> <p>- <b>Yin Jaundice</b> &gt; dark gloomy yellowish skin and sclera, poor appetite, fullness in epigastrium, loose stools; T: pale, greasy; P: deep, slow</p>   |

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|                                | - Tympanites (Gu Zheng)   | - <b>Blocking Spleen</b> > abdominal distention that is like water in a taut bladder, aversion to cold, listlessness, loose stools; T: white, greasy; P: slow, slippery  |
| - Cold                         | - Stomachache (Wei Tong)<br><br>- Abdominal Pain (Fu Tong)<br><br>- Chest Bi (Xiong Bi)<br><br>- Asthma (Xiao Chuan)  | - <b>EPI or Internal</b> > with EPI sudden onset, preference for warmth, cramping pain, Yang has been hindered; T: pale, white; P: tight<br><br>- Severe colicky pain aggravated by cold and relieved by warmth, copious clear urine; T: white coat; P: tight<br><br>- Chest pain aggravated by cold, cramping pain extending to scapula, palpitations, pale complexion, tightness/constriction in chest, cold limbs, dyspnea; T: pale, white fur; P: deep, tense<br><br>- <b>Acute attack</b> > wheezing and dyspnea, white sputum, lack of thirst or preference for hot drinks, headache; T: moist white fur; P: tense   |
| - Retention of Cold in Stomach | - Hiccup (E Ni)   | - Slow and strong sounding hiccup that can be alleviated by warmth and aggravated by cold; T: white, moist; P: slow  |
| - Damp-Heat                    | - Diarrhea (Xie Xie)<br><br>- Dysentery (Li Ji)<br><br>- Parasites (Chong Zheng): Ascariasis (Roundworms)<br><br>- Abdominal Pain (Fu Tong)<br><br>- Hypochondrium Pain (Xie Tong)<br><br>- Jaundice (Huang Dan)<br><br>- Jaundice (Huang Dan)<br><br>- Tympanites (Gu Zheng) | - Hurried discharge of yellow-brown foul smelling loose stools, burning sensation in anus; T: yellow, greasy; P: slippery, rapid<br><br>- Purulent & bloody stools, abd. pain with tenesmus, burning in anus, oliguria with deep-coloured urine; T: yellow, greasy; P: slippery, rapid<br><br>- <b>In Small Intestine with Qi stagnation</b> > intermittent abdominal pain around naval, vomiting or defecating of roundworms, itching in the nostril, teeth grinding, nighttime salivation, abdominal mass; P: slippery<br><br>- Abdominal fullness, pain worse with pressure, check distress, constipation or loose stools, dark urine; T: greasy, yellow; P: slippery, rapid<br><br>- <b>In Liver and Gall Bladder</b> > fullness, heaviness, burning, bitter taste, yellow eyes and urine; T: yellow, greasy; P: slippery, rapid<br><br>- <b>Yang Jaundice - Heat with Dampness</b> > bright yellow colour of skin and sclera, fever with thirst, bitter taste, dark urine; T: greasy, yellow; P: wiry, rapid<br><br>- <b>Yang Jaundice - Dampness with Heat</b> > yellowish colour skin and sclera but not bright, slight fever with heaviness of limbs, nausea and vomiting; T: thick, yellow; P: wiry, slippery, rapid<br><br>- Distending pain that is hard, dull percussion with splashing, abdominal fullness, bitter taste, dysphoria, dark urine; T: red, yellow, greasy; P: wiry, slippery, rapid |
| - Summer Heat and Dampness     | - Common Cold (Can Mao)   | - Fever, sl. aversion to wind, little sweat, lassitude in body, dizziness and distending pain in head, thick nasal discharge, cough with thick sputum, chest fullness, nausea; T: thick yellow, greasy fur; P: soft, floating, rapid   |
| - Heat                         | - Dysphagia (Ye Ge)<br><br>- Constipation (Bian Mi)   | - Burning sensation in chest, dry mouth and throat; T: red; P: rapid<br><br>- Dry dark stool, dark coloured urine, fever, halitosis; T: red, dry, yellow; P: rapid   |

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|                                 | - Asthma (Xiao Chuan)   | - <b>Acute attack</b> > dyspnea, loud rale, thick yellow sputum, dysphoria, frequent cough, fullness in chest and hypochondrium, restlessness; T: reddened, yellow greasy fur; P: slippery, rapid  |
| - Stomach Heat                  | - Regurgitation (Fan Wei)<br><br>- Headache (Tou Tong)<br><br>- Insomnia (Bu Mei)   | - Intermittent epigastric pain after eating followed by acidic/bitter regurgitation 12 hours later, sour and offensive vomitus, irritability, thirst, dry mouth, halitosis; T: red, dry, yellow; P: rapid<br><br>- Intense pain in forehead with acid reflux, dry throat, voracious appetite, halitosis; T: red, dry, yellow; P: rapid, full<br><br>- Restless dreams, frequent waking, halitosis, nightmares, regurgitation, eating before bed makes it worse; T: red, yellow fur; P: rapid   |
| - Stomach Fire                  | - Stomachache (Wei Tong)  | - <b>With Liver Fire</b> > burning epigastric pain, bitter taste, rebellious Qi, thirst for cold, excessive hunger; T: red, yellow coat; P: rapid, full  |
| - Stomach Fire rising           | - Hiccup (ENi)  | - Sonorous sounding continuous hiccup, halitosis, excessive thirst, deep coloured urine, mouth ulcers; T: yellow; P: slippery, rapid   |
| - Heart Fire                    | - Palpitations (Xin Ji)   | - Palpitations, thirst, tongue and mouth ulcers, mental restlessness, insomnia, red face, dark urine, hematuria, bitter taste; T: red tip, raised papillae, midline crack; P: full, rapid  |
| - Liver Fire                    | - Insomnia (Bu Mei)   | - Restless sleep, nightmares, dreaminess, irritability, red eyes, bitter taste; T: red, yellow fur; P: wiry, rapid   |
| - Liver Fire attacking the Lung | - Cough (Ke Sou)  | - Cough in alignment with emotional changes, chest and hypochondrium pain, little sputum, bitter taste; T: red, yellow fur; P: wiry, rapid   |
| - Liver Fire attacking Heart    | - Chest Bi (Xiong Bi)   | - Chest pain worse with emotions, palpitations, irritability, outbursts of anger, thirst, bloodshot eyes; T: red, red sides and tip, dry yellow fur; P: wiry, rapid  |
| - Liver Yang Rising             | - Syncope (Jue Zheng)<br><br>- Apoplexy (Zhong Feng)<br><br>- Headache (Tou Tong)<br><br>- Dizziness and Vertigo (Yun Xuan)   | - <b>Blood disorder</b> > sudden fainting associated with fury, dizziness, trismus, redness in eyes, reddish-purple lips; T: red; P: deep, wiry<br><br>- Sudden fainting preceded by: flushed face, fever, trismus, constipation, clenched fists, facial distortion; T: yellow, greasy; P: wiry, slippery, rapid<br><br>- <b>Or Liver Fire</b> > headache often accompanied by imbalanced emotional state, with dizziness, distending-throbbing-pounding pain at vertex, sides, or one side of head<br><br>- Vertigo worsened by anger, dizziness provoked by emotions   |
| - Liver Qi stagnation           | - Stomachache (Wei Tong)<br><br>- Regurgitation (Fan Wei)<br><br>- Hiccup (ENi)<br><br>- Hypochondrium Pain (Xie Tong)<br><br>- Abdominal Masses (Ji Ju)<br><br>- Chest Bi (Xiong Bi) | - Distending and wandering pain to hypochondrium, spasmodic, emotional stress; T: red sides; P: wiry<br><br>- Aggravated by emotions, heart burn indigestion, hypochondrium pain, anger; P: wiry<br><br>- Continuous hiccup aggravated by emotional upset, borborygmi; P: wiry<br><br>- Distending and wandering pain caused by emotions, worse before menses, often on right side, sighing and belching; P: wiry<br><br>- <b>Qi masses</b> > intermittent distending & wandering pain in abd., masses that come and go, influenced by emotions; T: normal, sl. red sides; P: wiry<br><br>- <b>With Heart Qi stagnation</b> > distending pain that moves around, hypochondrium pain; P: wiry |

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|  | - <b>Syncope (Jue Zheng)</b>           | - <b>Qi derangement</b> > sudden fainting after emotional irritation, trismus, cold limbs, clenched fists, loud respiration; P: wiry  |
| - <i>Liver Qi attacking Spleen</i>       | - <b>Diarrhea (Xie Xie)</b>            | - Related to emotions, alternating with constipation, distention in hypochondrium; P: wiry  |
| - <i>Liver Qi attacking Stomach</i>      | - <b>Vomiting (Ou Tu)</b>              | - Vomiting with acid reflex, belching, oppression in hypochondrium, related to emotions; P: wiry  |
| - <i>Qi stagnation</i>                   | - <b>Constipation (Bian Mi)</b>        | - Pebble-like stool, desire to defecate with no defecation, frequent belching, oppression of chest and hypochondrium; T: red on sides; P: wiry  |
| - <i>Qi stagnation with Blood Stasis</i> | - <b>Abdominal Pain (Fu Tong)</b>      | - <b>With Blood stasis</b> > dominant distending and wandering pain or dominant stabbing and fixed pain, aggravated by emotions, alternating constipation and diarrhea; P: wiry, choppy |
|  | - <b>Abdominal Masses (Ji Ju)</b>      | - <b>Blood Masses</b> > Soft or firm immoveable masses, abdominal distention; T: purple; P: wiry, choppy  |
| - <i>Blood stasis</i>                    | - <b>Epilepsy (Xian Zheng)</b>         | - <b>Remission Stage:</b> follows trauma, fixed sharp pain; T: dark purple spots; P: choppy, wiry   |
|  | - <b>Stomachache (Wei Tong)</b>        | - Local stabbing pain, more tenderness after eating, vomiting blood, hemafecia; T: purple; P: choppy  |
|  | - <b>Regurgitation (Fan Wei)</b>       | - Frequent epigastric distention; local stabbing pain, vomitus may have blood, purple lips; T: purple; P: choppy  |
|  | - <b>Dysphagia (Ye Ge)</b>             | - Difficulty swallowing or inability to swallow, localized sharp pain, dry skin; T: purple; P: choppy   |
|  | - <b>Hypochondrium Pain (Xie Tong)</b> | - Stabbing and fixed pain, aggravated at night, worse during menses; T: purplish; P: deep, choppy   |
|  | - <b>Jaundice (Huang Dan)</b>          | - Chronic dark or dull yellow jaundice, fixed stabbing hypochondrium pain, easy bruising, dry scaly skin; T: purple spots; P: choppy  |
|  | - <b>Abdominal Masses (Ji Ju)</b>      | - <b>Blood Masses - Chronic</b> > fixed and hard masses, dark and withered complexion, sharp pain, feeling of cold (d/t poor circulation), amenorrhea, painful menses                   |
|  | - <b>Tympanites (Gu Zheng)</b>         | - <b>Liver and Spleen</b> > distending pain that is hard, bulging vessels, stabbing pain in hypochondrium and abdomen; T: dark purple; P: choppy  |
|  | - <b>Headache (Tou Tong)</b>           | - Stabbing localized pain in head that endures  |
| - <i>Heart Blood stasis</i>              | - <b>Palpitations (Xin Ji)</b>         | - Palpitations with tightness in chest and sharp pains in Heart; T: dark purple with ecchymoses; P: choppy  |
|  | - <b>Chest Bi (Xiong Bi)</b>           | - Localized stabbing pain in the chest that is worse at night, intermittent palpitations; T: dark purple; P: deep, choppy   |
| - <i>Blood stasis in Intestines</i>      | - <b>Diarrhea (Xie Xie)</b>            | - Hemafecia, stabbing abd. pain worse with pressure; T: purple; P: choppy   |
|  | - <b>Dysentery (Li Ji)</b>             | - Chronic, purple-black or tarry stools, fixed and stabbing pain worse with pressure; T: purple; P: wiry, choppy  |

# Deficient Conditions

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| <p>- <i>Qi.xu</i></p>                    | <p>- <b>Constipation (Bian Mi)</b></p> <p>- <b>Abdominal Masses (Ji Ju)</b></p> <p>- <b>Common Cold (Gan Mao)</b></p> <p>- <b>Syncope (Jue Zheng)</b></p>   | <p>- Defecation with great effort, loose or thin stools, sweating, dyspnea, fatigue; T: pale; P: weak</p> <p>- <b>Blood Masses – Due to Blood Stasis</b> &gt; hard and painful mass with fixed position, emaciation, weakness, sallow and dark complexion; T: pale, purplish, no fur; P: weak, choppy</p> <p>- Marked aversion to cold, mild fever, lack of thirst, spontaneous sweating, weak cough with low voice, slight dyspnea aggravated by exertion; T: pale, large, thin whitish fur; P: weak, superficial</p> <p>- <b>Qi derangement</b> &gt; fainting due to dizziness, weak respiration, cold limbs with perspiration, fatigue prior to fainting; P: deep, weak</p>   |
| <p>- <i>Qi and Blood.xu</i></p>          | <p>- <b>Parasites (Chong Zheng): Ancylostomiasis (Hookworm)</b></p> <p>- <b>Dizziness and Vertigo (Yun Xuan)</b></p> <p>- <b>Insomnia (Bu Mei)</b></p>  | <p>- Pale or sallow skin, edema of face and feet, palpitations, dyspnea, fullness in Stomach, lassitude, dizziness; T: pale, swollen; P: weak</p> <p>- Vertigo aggravated by movement and worsened with fatigue</p> <p>- <b>Heart and Spleen</b> &gt; difficulty falling asleep, dreaminess, fatigue, dizziness, palpitations, poor appetite; T: pale; P: thready, weak</p>  |
| <p>- <i>Spleen Qi.xu</i></p>             | <p>- <b>Epilepsy (Xian Zheng)</b></p> <p>- <b>Dysentery (Li Ji)</b></p> <p>- <b>Parasites (Chong Zheng): Oxyuriasis/Enterobiasis (Pinworm)</b></p> <p>- <b>Jaundice (Huang Dan)</b></p> <p>- <b>Asthma (Xiao Chuan)</b></p> | <p>- <b>With Phlegm &gt; Remission Stage: Petit Mal</b> &gt; infrequent mild seizures, lethargy; T: pale, wet; P: soggy, soft</p> <p>- <b>Recurrent</b> &gt; chronic with blood and mucous, frequent relapse, poor appetite, lassitude; T: pale, greasy; P: feeble</p> <p>- <b>With Qi stagnation</b> &gt; itching anus at night, small white worms may be seen at anus, restless sleep</p> <p>- <b>With Blood xu</b> &gt; lusterless yellow and dullness of eyes, face, skin, fatigue, poor muscle tone, loose stools, poor appetite; T: pale, slightly swollen; P: deep, thready</p> <p>- <b>Remission</b> &gt; poor appetite, epigastric fullness, loose stools, lassitude, asthma induced by diet; T: pale, swollen, moist/glossy or greasy fur; P: weak</p> |
| <p>- <i>Spleen and Stomach Qi.xu</i></p> | <p>- <b>Diarrhea (Xie Xie)</b></p> <p>- <b>Parasites (Chong Zheng): Taeniasis (Tapeworm)</b></p>  | <p>- Loose stools and watery diarrhea, sallow complexion, lassitude, prolonged course, poor appetite, undigested food; T: pale; P: weak</p> <p>- <b>With Qi stagnation</b> &gt; distending pain in abdomen, defecation of white eggs, possibly diarrhea, itching anus</p>  |
| <p>- <i>Lung Qi.xu</i></p>               | <p>- <b>Cough (Ke Sou)</b></p> <p>- <b>Asthma (Xiao Chuan)</b></p> <p>- <b>Spontaneous Sweating (Zi Han)</b></p>  | <p>- Cough with dyspnea aggravated on exertion, spontaneous sweating, aversion to wind-cold; P: deep, weak</p> <p>- <b>Remission</b> &gt; Spontaneous sweating, aversion to wind, susceptibility to illness, faint wheezing, repeated attack due to climate changes, stuffy nose with clear discharge, low voice, pale complexion; T: pale, thin white fur; P: weak</p> <p>- Sweating, aversion to wind and cold, susceptibility to common cold, pale complexion, lassitude; T: thin whitish fur; P: weak</p>  |
| <p>- <i>Heart Qi.xu</i></p>              | <p>- <b>Chest Bi (Xiong Bi)</b></p>   | <p>- Dull pain in chest, palpitations, dyspnea aggravated by overexertion, lassitude, no desire to talk; T: pale; P: weak</p>  |

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|-------------------------------|---|---|
|                               | - Mania and Depressive Psychosis (Dian Kuang)   | - <b>With Spleen xu - Depressive Psychosis</b> > depression with Heart and Spleen-related signs, insomnia, poor appetite and concentration  |
| - Heart and Gallbladder Qi xu | - Palpitations (Xin Ji)<br><br>- Insomnia (Bu Mei)  | - Palpitations, susceptibility to fright, breathlessness, spontaneous sweating, dream-disturbed sleep, easy to wake; shortness of breath<br><br>- Waking early in the morning, timidity, dreaminess, easily frightened, lacking self-confidence, inability to make decisions; T: pale; P: weak  |
| - Kidney xu                   | - Asthma (Xiao Chuan)<br><br>- Headache (Tou Tong)  | - <b>Remission</b> > dyspnea aggravated by exertion, more difficulty inhaling than exhaling, dizziness, tinnitus, premature aging, weakness in loins and knees, spontaneous sweating; P: weak<br><br>- Feeling of emptiness in whole head accompanied by dizziness, tinnitus  |
| - Kidney Essence xu           | - Dizziness and Vertigo (Yun Xuan)  | - Kidney xu signs, dizziness with empty feeling in head   |
| - Yin and Yang Collapse       | - Apoplexy (Zhong Feng)   | - Sudden fainting with closed eyes and mouth open, cold limbs, preceded by: excessive thirst, body paralysis, urinary and fecal incontinence; T: flaccid; P: deep, weak   |
| - Yang xu                     | - Dysphagia (Ye Ge)   | - May only be able to ingest liquids, weight loss, emaciation, fatigue, edema; T: pale, swollen; P: weak  |
| - Heart Yang xu               | - Palpitations (Xin Ji)<br><br>- Chest Bi (Xiong Bi)<br><br>- Spontaneous Sweating (Zi Han)                   | - Palpitations accompanied by shortness of breath, chilliness, cold limbs, non-pitting edema; T: pale; P: deep, feeble<br><br>- Stuffiness and cold in chest, dyspnea, aversion to cold, cold limbs, sweating, lassitude, T: swollen, pale or dark purple; P: deep, weak<br><br>- <b>With Qi xu</b> > abrupt incessant sweating commonly following illness, palpitations, weakness, pitting edema, lassitude, dyspnea, cold limbs; T: pale, swollen; P: weak  |
| - Spleen and Stomach Yang xu  | - Stomachache (Wei Tong)<br><br>- Vomiting (Ou Tu)<br><br>- Regurgitation (Fan Wei)<br><br>- Hiccup (E Ni)    | - Chronic, dull continuous pain, preference for warmth, vomiting clear fluid, loose stools with undigested food; T: pale, no coating; P: weak, deep<br><br>- Vomiting immediately after eating unsuitable food, recurrent, clear and watery, cold limbs, loose stools; T: pale, thin white coat; P: deep, weak<br><br>- Vomiting immediately after eating unsuitable food, cold limbs, loose stools; T: pale, white, greasy; P: deep, weak<br><br>- Intermittent low and weak sounding hiccup, commonly seen in elderly; T: pale, white; P: deep, thready |
| - Spleen and Kidney Yang xu   | - Epilepsy (Xian Zheng)<br><br>- Diarrhea (Xie Xie)<br><br>- Dysentery (Li Ji)<br><br>- Tympanites (Gu Zheng) | - <b>Attacking Stage: Yin seizure (Petit Mal)</b> > chronic, deficient condition; mild with staring eyes; T: pale, thick, greasy; P: deep, slow<br><br>- Cock's crow diarrhea, intolerance of cold, soreness in loins; T: pale, wet, swollen with tooth marks; P: deep, weak<br><br>- Watery diarrhea with mucous, fecal incontinence, coldness of limbs; T: pale, thin, white; P: deep, thready, weak<br><br>- Abdominal distention that is worse at night, listlessness, aversion to cold, general edema in legs; T: pale, enlarged; P: weak            |
| - Spleen Yang xu              | - Abdominal Pain (Fu Tong)  | - Dull abdominal pain that comes and goes, worse with fatigue, better with pressure/warmth, desire for warm drinks, loose stools, poor appetite; T: pale; P: weak   |



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| - <i>Damp retention due to Spleen dysfunction</i> | - <b>Parasites (Chong Zheng): Ancylostomiasis (Hookworm)</b>  | - Sallow complexion with puffy face, great hunger, abdominal distention after eating, preference for eating raw rice tea, or charcoal, lassitude, weakness of limbs; T: pale, thin; P: weak  |
| - <i>Yin xu</i>                                   | - <b>Epilepsy (Xian Zheng)</b><br><br>- <b>Dysentery (Li Ji)</b><br><br>- <b>Constipation (Bian Mi)</b><br><br>- <b>Common Cold (Gan Mao)</b><br><br>- <b>Insomnia (Bu Mei)</b><br><br>- <b>Mania and Depressive Psychosis (Dian Kuang)</b> | - <b>Heart/Kidney/Liver &gt; Remission Stage: Petit Mal</b> > long history of attacks, insomnia, LBP, constipation, night sweats; T: red, dry; P: thready, rapid<br><br>- Diarrhea with purulent bloody stools, burning pain, straining with defecation; T: crimson, no fur; P: thready, rapid<br><br>- Dry pebble-like stools, dry mouth and throat, sore back and knees, night sweating; T: red, no coat; P: thready, weak<br><br>- Fever, slight aversion to wind and/or cold, little to no sweat or night sweats, dizziness, dry mouth, dry cough with little sputum; T: reddened, little fur; P: thready, rapid, floating<br><br>- <b>With Fire (Kidney and Heart not communicating)</b> > Frequent waking, excessive dreaminess during sleep, difficulty falling asleep, feverish sensation in chest, mental restlessness; T: red; P: rapid<br><br>- <b>With excessive Fire – Mania</b> > lasting mania, tiredness, chronic Yin xu signs |
| - <i>Lung Yin xu</i>                              | - <b>Cough (Ke Sou)</b><br><br>- <b>Pulmonary Abscess (Fei Yong)</b>  | - Dry cough, dry throat, little sputum, hemoptysis, hectic fever, night sweats, flushed face, insomnia; T: red, little fur; P: thready, rapid<br><br>- <b>Convalescent Stage (With Spleen Qi xu)</b> > lingering low fever that rises in the afternoon, cough with little sputum that is still purulent, spontaneous sweating, night sweats, fatigue, mild chest pain, dyspnea, poor appetite, dry mouth and throat irritability, insomnia; T: red, thin yellow fur; P: thready, rapid   |
| - <i>Lung and Kidney Yin xu</i>                   | - <b>Night Sweating (Dao Han)</b>   | - Night sweats, hectic fever, five centre heat, dry cough, lassitude in loins, nocturnal emissions; T: red, little fur; P: thready, rapid  |
| - <i>Heart Yin xu</i>                             | - <b>Palpitations (Xin Ji)</b><br><br>- <b>Chest Bi (Xiong Bi)</b>  | - Palpitations, irritability, insomnia, five-centre heat, dizziness; T: red, little fur; P: thready, rapid<br><br>- <b>With Kidney Yin xu</b> > Warm dull pain chest, night sweats, soreness of loins, palpitations, tinnitus, five centre heat T: red, little fur; P: rapid   |
| - <i>Stomach Yin xu</i>                           | - <b>Stomachache (Wei Tong)</b><br><br>- <b>Vomiting (Ou Tu)</b><br><br>- <b>Hiccup (E Ni)</b>  | - Dull and burning pain, inability to taste, long turn stomach pain; T: red, dry, no coat; P: deep, thready, weak<br><br>- Recurrent vomiting and dry retching<br><br>- Short and hasty sounding hiccups that have sudden onset and are reoccurring  |
| - <i>Liver and Kidney Yin xu</i>                  | - <b>Tympanites (Gu Zheng)</b><br><br>- <b>Apoplexy (Zhong Feng)</b>  | - Abdominal distention with protruding veins on abdomen, dry mouth, irritability, nose bleed, gingival hemorrhage; T: deep red, dry; P: thready, rapid<br><br>- Sudden fainting preceded by: dizziness, headache, tinnitus, dream-disturbed sleep, distortion of face; T: rigid, red, dry; P: wiry, thready, rapid   |
| - <i>Yin and Blood xu</i>                         | - <b>Convulsions (Jing Zheng)</b>   | - Stiffness of neck and back, spasm of limbs, dizziness, blurred vision; T: little fur; P: thready   |

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|---------------------------------|---|--|
| - <i>Liver Yin and Blood xu</i> | - <b>Hypochondrium Pain (Xie Tong)</b>  | - Vague pain aggravated with overwork, dry throat, worse after menses; T: red, little coat; P: thready, wiry, rapid  |
| - <i>Heart Yin and Blood xu</i> | - <b>Night Sweating (Dao Han)</b>   | - Night sweats, palpitations, five centre heat, pale complexion, dream-disturbed sleep, zygomatic flushing, weakness; T: pale or red, thin fur; P: thready, rapid  |
| - <i>Blood xu</i>               | - <b>Constipation (Bian Mi)</b><br><br>- <b>Syncope (Jue Zheng)</b><br><br>- <b>Syncope (Jue Zheng)</b><br><br>- <b>Headache (Tou Tong)</b><br><br>- <b>Insomnia (Bu Mei)</b> | - Dry and hard stools, pale complexion; T: pale; P: choppy<br><br>- <b>Chronic</b> > orthostatic hypotension, pale complexion, pale lips and nails, dizziness, palpitations, insomnia, numbness of extremities; T: pale; P: thready, weak<br><br>- <b>Acute</b> > fainting after bleeding, pale complexion, pale lips, shivering limbs, cold skin; T: pale; P: thready and weak, or hollow<br><br>- Headache with sensation of head being empty, dizziness, inability to focus, often at vertex of head<br><br>- <b>Heart and Liver</b> > difficulty falling asleep, dreaminess, visual disturbance, dizziness, forgetfulness; T: pale; P: thready and wiry, or choppy |
| - <i>Heart Blood xu</i>         | - <b>Palpitations (Xin Ji)</b>  | - Palpitations with dizziness, difficulty falling asleep, pale complexion, dream-disturbed sleep, forgetfulness; T: pale; P: thready or choppy   |

## TCM Disease Definitions:

- **Common Cold (Gan Mao):** a viral infectious disease of the upper respiratory system, caused primarily by rhinoviruses and coronaviruses; Common symptoms include a cough, sore throat, runny nose, and fever
- **Cough (Ke Sou):** a sudden and often repetitively occurring reflex that helps to clear the large breathing passages from secretions, irritants, foreign particles and microbes
- **Pulmonary Abscess (Fei Yong):** necrosis of the pulmonary tissue and formation of cavities (more than 2 cm) containing necrotic debris or fluid caused by microbial infection; the fluid expectorated is discoloured, malodorous, and purulent
- **Asthma (Xiao Chuan):** paroxysmal (sudden onset and reoccurring) dyspnea and wheezing
- **Spontaneous Sweating (Zi Han):** sweating at any time of the day without just cause
- **Night Sweating (Dao Han):** pathological recurrent night time sweating
- **Palpitations (Xin Ji):** an abnormality of heartbeat that causes a conscious awareness of its beating, whether it is too slow, too fast, irregular, or at its normal frequency
- **Chest Bi (Xiong Bi):** a disorder characterized by oppression and pain over the chest or back, and is accompanied by dyspnea
- **Syncope (Jue Zheng):** a disease marked by sudden fainting, loss of consciousness, and cold limbs
- **Apoplexy (Zhong Feng):** an apoplectic stroke resulting from cerebral bleeding or bleeding into an organ cavity (wind stroke)
- **Convulsions (Jing Zheng):** convulsive disease marked by stiffness of the neck and back, limb spasms and opisthotonos
- **Headaches (Tou Tong):** pain anywhere in the region of the head or neck
- **Dizziness and Vertigo (Yun Xuan):** dizziness refers to impairment in spatial sense and stability; vertigo describes the sensation of spinning or having one's surroundings spin about them
- **Insomnia (Bu Mei):** inability to maintain regular sleep; inadequate sleep
- **Mania and Depressive Psychosis (Dian Kuang):** mania is a mental condition characterized by excessive excitement, derangement and delusions; depressive psychosis is characterized by silence and sadness
- **Epilepsy (Xian Zheng):** a paroxysmal (sudden and reoccurring) neurological disorder characterized by episodic mental confusion, even sudden fainting and loss of consciousness, convulsive limbs, followed by return to normalcy after attack
  - > Grand Mal: full body convulsion from overstimulation of large areas of brain
  - > Petit Mal: recurrent minor seizures characterized by staring eyes and absence of awareness; may last from a few to ten seconds and occurs regularly
- **Stomachache (Wei Tong):** pain or ache in the epigastric region
- **Vomiting (Ou Tu):** preceded by nausea; ejecting matter from the stomach
- **Regurgitation (Fan Wei):** characterized by intermittent vomiting of mostly undigested food several hours or more following the previous meal; is not preceded by nausea
- **Hiccup (E Ni):** repeated, involuntary contractions of the diaphragm, followed by sudden closure of the glottis
- **Dysphagia (Ye Ge):** sensation of difficulty with swallowing with or without pain (the feeling of food getting stuck)
- **Diarrhea (Xie Xie):** discharge of the feces from the bowels frequently and in liquid form
- **Dysentery (Li Ji):** infectious disease of the intestines with violent discharge of stools with blood and/or mucous/pus, abdominal pain, and tenesmus (urgent sensation to go)
- **Constipation (Bian Mi):** difficulty in emptying the bowels, usually with hardened feces

**- Parasites (Chong Zheng):**

- > Ascariasis (Roundworm): migratory route to respiratory tract
- > Taeniasis (Tapeworm): longest size and duration, egg packets
- > Ancylostomiasis (Hookworms): through skin, cause anemia
- > Oxyuriasis/Enterobiasis (Pinworm): at the rectum, itchy anus

**- Abdominal Pain (Fu Tong)**: pain in the abdominal region

**- Hypochondrium pain (Xie Tong)**: pain in the hypochondrial region on one or both sides

**- Jaundice (Huang Dan)**: a condition manifested as icteric sclera, xanthochromia (yellow skin or CSF), and dark brown urine

**- Abdominal masses (Ji Ju)**: constant or fluctuating abdominal masses with pain and/or distention

**- Tympanites (Gu Zheng)**: a condition marked by abdominal distention that is drum-like (filled with gas and fluid)

**- Bleeding (Xue Zheng)**: the loss of blood or blood escape from the circulatory system; conditions include epistaxis (nosebleed), gingival hemorrhage (bleeding gums), hemoptysis (blood with cough), hematemesis (blood with vomit), hemafecia (blood in stools), hematuria (blood in urine), purpura (excessive/unnecessary bruising)

**- Edema (Shui Zhong)**: an abnormal accumulation of fluid beneath the skin or in one or more cavities of the body

**- Stranguria (Lin Zheng)**: frequent, painful and dripping urination, often with lower abdominal pain (painful urinary syndrome)

**- Urinary Retention (Long Bi)**: retention of urine, characterized by oliguria (low output of urine) or dribbling urination

**- Lumbago (Yao Tong)**: low back pain

**- Diabetes (Xiao Ke)**: disease marked by polyuria, polydipsia, and polyphagia

**- Painful Obstruction Syndrome (Bi Zheng)**: marked by soreness, numbness, and heaviness of muscles, tendons, bones and joints

**- Atrophy (Wei Zheng)**: illness marked by flaccidity of tendons and muscles; progressive weakness of four limbs

**- Fever due to Internal Injury (Nei Shang Fa Re)**: prolonged low-grade fever due to chronic febrile conditions

**- Consumptive Disease (Xu Lao)**: a disease/condition that leads to progressive weakness and atrophying of the body (emaciation)

Source:

Howard, Todd. *Internal Medicine Handbook: Winter 2011*. ACU 211/212 Internal Medicine I/II: Pacific Rim College. Jan – April 2011.