Qi, Blood and Body Fluids

Blood Patterns
Blood Patterns

Blood Deficiency
Blood Deficiency Manifestations

• Dull, white, sallow complexion
  • When deficient, Blood unable to rise and luxuriate

• Dizziness
  • Brain lacks nourishment

• Poor memory
  • Brain lacks nourishment

• Numbness and tingling
  • Blood not nourishing
  • Might also have dry nails, tendon pain

• Blurred vision
• Insomnia
• Pale lips
• Scanty periods or amenorrhea
• Depression
• Slight anxiety
  • Heart blood deficiency
• Tongue: Pale, dry tongue
• Pulse: Choppy or Fine pulse
Blood Deficiency
Pathodynamic

• The following organs are involved with the production of Blood:
  • Spleen/Stomach, Liver, Heart

• Pathodynamic
  • Spleen, Stomach deficiency
  • Disease damaging Blood
  • Stagnation not allowing new blood to be engendered
Blood Deficiency
Specific Zangfu Patterns

• Liver-Blood deficiency can affect the Heart
  • Above manifestations are a mixture of these organs
  • Specific manifestations related to organs
    • Liver
      • Numbness and tingling
      • Blurred vision
      • Dizziness
      • Scanty periods
      • Formula: Si wu tang
    • Heart
      • Sallow complexion
      • Poor memory
      • Insomnia
      • Depression
      • Slight anxiety
      • Formula: Gui pi tang
Blood Deficiency
Specific Zangfu Patterns

• Liver-Blood deficiency is a frequent cause of Liver-Yang rising which gives rise to internal Wind
  • Vertigo
  • Tremors
  • Formula: Tian ma gou teng yin
Blood Deficiency
Specific Zangfu Patterns

• Blood is a part of Yin, therefore there are dry symptoms with Blood deficiency
  • Dry tongue
  • Dry skin
  • Dry hair
  • Dry, withered nails
• Deficiency of Blood can combine with Dryness and can be the cause of many skin conditions
  • Characterized by dry and itchy skin
Blood Patterns

Blood Stasis
Blood Stasis

• Manifestations
  • Dark complexion
  • Purple lips
  • Pain that is boring or stabbing
  • Abdominal masses (do not move)
  • Purple nails
  • Bleeding with dark blood and dark clots
  • Painful periods with dark clots
  • Purple tongue
  • Wiry, firm, choppy pulse

• Blood stasis can involve specific organs and manifestations will be specific for these organs. Organs involved are:
  • Liver
  • Heart
  • Lungs
  • Stomach
  • Intestines
  • Uterus
Blood Stasis
Specific Organs

• Liver Manifestations
  • Painful periods with dark clots
  • Premenstrual pain
  • Purple tongue esp. on sides

• Heart Manifestations
  • Stabing or prikling pain in the chest
  • Mental restlessness
  • Purple tongue on sides and towards front
  • Purple and distended veins under tongue

• Lungs Manifestation
  • Feeling of oppression of the chest
  • Coughing up blood
  • Purple tongue sides and towards front
  • Purple distended veins under tongue

• Stomach Manifestations
  • Epigastric pain
  • Vomiting dark blood, dark blood in stool
  • Purple tongue in center
Blood Stasis
Specific Organs

• Intestines Manifestations
  • Severe abdominal pain, dark blood in stool

• Uterus Manifestation
  • Painful periods, premenstrual pain
  • Menstrual blood with clots
  • Fixed abdominal mass
Blood Stasis
Causes

• Blood stasis results from the following causes:
  • Qi stagnation
    • Qi moves Blood, if Qi stagnates, Blood stagnates
  • Qi deficiency
    • Qi becomes too weak to move Blood - Xiao yao wan (plus tao ren, hong hua)
  • Heat in the Blood
    • Heat condenses Blood and causes to stagnate - Mu dan pi tang
  • Blood deficiency
    • Blood deficiency will induce Qi deficiency and stasis of Blood due to impairment of Qi function
      - Tao hong si wu tang
  • Interior cold
    • Slows down circulation and congeals Blood - Dang gui si ni tang
  • Phlegm
    • Aggravates Blood stasis due to obstruction
Blood Patterns

Blood Loss
Blood Loss
Causes

• Blood should move within the path of the channels and vessels.

• Causes of it leaving the pathways:
  • Spleen qi not holding the blood
    • Blood is pale red, can be heavy loss and prolonged
  • Heat causing blood to move recklessly
    • Blood is deep red, heavy loss
    • Heat in the Blood manifestations include feeling of heat, skin diseases with red eruptions, thirst, bleeding, a red tongue, and a rapid pulse. Other symptoms are based on which organ is involved (Heart-anxiety, mental restlessness, mouth ulcers; Liver-skin diseases with itching, heat and redness; Intestines- blood in the stool)
  • Blood stasis
    • Blood is dark purple and contains clots
  • Trauma
Blood Loss
Manifestations

• Manifestations depend on cause and region:
  • Coughing blood
  • Vomiting blood
  • Nosebleed (epistaxis)
  • Blood in urine
  • Blood in stool
  • Heavy periods or spotting between
  • Trauma
Blood Patterns

Review for Test
Blood Deficiency

• Differentiate Liver-Blood and Heart-Blood deficiency
  • Know general Blood deficiency signs
    • Fatigue, Pale lips, Tongue: Pale, dry tongue, Pulse: Choppy or Fine pulse.
  • Liver-Blood
    • Numbness and tingling, Blurred vision, Dizziness, Scanty periods
    • Formula: Si wu tang
  • Heart-Blood
    • Sallow complexion, Poor memory, Insomnia, Depression, Slight anxiety
    • Formula: Gui pi tang
• Know that Liver-Blood deficiency is a frequent cause of Liver-Yang rising which gives rise to internal Wind. This includes Vertigo, Tremors and the Formula: Tian ma gou teng yin
Blood Stasis

• Know the Manifestations:
  • Dark complexion
  • Purple lips
  • Pain that is boring or stabbing
  • Abdominal masses (do not move)
  • Purple nails
  • Bleeding with dark blood and dark clots
  • Painful periods with dark clots
  • Purple tongue
  • Wiry, firm, choppy pulse

• Differentiate which organ is involved by specific manifestations. The organs involved are:
  • Liver
  • Heart
  • Lungs
  • Stomach
  • Intestines
  • Uterus
**Blood Stasis**  
**Specific Organs**

- **Liver Manifestations**
  - Painful periods with dark clots
  - Premenstrual pain
  - Purple tongue esp. on sides

- **Heart Manifestations**
  - Stabbing or prickling pain in the chest
  - Mental restlessness
  - Purple tongue on sides and towards front
  - Purple and distended veins under tongue

- **Lungs Manifestation**
  - Feeling of oppression of the chest
  - Coughing up blood
  - Purple tongue sides and towards front
  - Purple distended veins under tongue

- **Stomach Manifestations**
  - Epigastric pain
  - Vomiting dark blood, dark blood in stool
  - Purple tongue in center
Blood Loss

• Know the causes and manifestations of Blood leaving the channels and vessels. These are:
  • Spleen qi not holding the blood
    • Blood is pale red, can be heavy loss and prolonged
  • Heat causing blood to move recklessly
    • Blood is deep red, heavy loss
    • Review manifestations of Blood-Heat
  • Blood stasis
    • Blood is dark purple and contains clots
  • Trauma