

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