

# Eight Principles

Differentiation of Syndromes Based on Excess or Deficiency

# Differentiation Based on Excess - Deficiency

- Differentiate based on the presence or absence of a pathogenic factor and the strength of the body's energies.
  - Strength of the evil vs. right.
  - Full condition are characterized by the presence of a pathogenic factor (exterior or interior).
  - Empty conditions are characterized by the weakness of the body's qi and the absence of pathogenic factors.
  - Mixed Full-Empty conditions are characterized by a combination of Emptiness and Fullness. This arises when there is a pathogenic factor but its influence is not strong and the body's qi is not reacting properly against it. It is characterized by a lingering pathogen.

# Excess (Full) Conditions Exterior

- Include exterior invasion of pathogenic factors which reside in the exterior.
- Exterior invasion is by nature an full condition.
- These were covered in differentiation based on exterior and interior patterns.

# Excess (Full) Conditions

## Interior

- Clinical manifestations depend on pathogenic factor present and organ affected, these are:
  - Cold
  - Heat
  - Dampness
  - Wind
  - Fire
  - Phlegm
  - Stagnation of Qi
  - Blood stasis
- Internal pathogenic factors are either internally generated or a transformation of and external pathogenic factor.

# Qi Stagnation

- Qi stagnation is a common pathogenic factor and is often caused by emotional strain, but also by irregular eating, excessive physical work, or lack of exercise.
- The chief symptom is distension and may cause pain associated with the distension.
- Symptoms often come and go, usually associated with the emotional state.
- Other signs and symptoms depend on the organ involved.
  - The Liver is the main organ affected.
  - The Heart, Lungs, Stomach and Intestines are also commonly affected.

# Blood Stasis

- Blood stasis cause pain which is typically stabbing, fixed or boring.
- Blood stasis is associated with purple or dark color (dark complexion, purple tongue, bleeding with dark colored blood (also menstrual blood with clots), etc.).
- The pulse quality associated with Blood stasis is Wiry or Choppy.
- Like Qi stagnation, the Liver is the most frequently affected organ.
  - The Heart, Lungs, Stomach, Intestines and Uterus are also commonly affected.
- Unlike Qi stagnation, Blood stasis can be the cause of serious disease such as heart disease, stroke, endometriosis, and cancer.
- Blood stasis is caused by:
  - Qi stagnation, Cold, Heat, Qi deficiency, Blood deficiency, Phlegm.
- Blood stasis may cause the following:
  - Heat, Dryness, Blood deficiency, Qi deficiency, bleeding.

# Internal Wind

- Characterized by involuntary movements and/or rigidity.
- Main manifestations are:
  - Tremors, tics, severe dizziness, vertigo, and numbness.
  - In severe cases – convulsions, unconsciousness, opisthotonos, hemiplegia, deviation of the mouth.
- Interior wind is always related to Liver disharmony and it can arise from the following:
  - Extreme Heat
  - Liver-Yang rising
  - Liver-Fire
  - Deficiency of Liver-Blood and Liver-Yin

# Internal Dampness

- Internal Dampness is extremely common. It is derived from:
  - Spleen-Qi deficiency or transformation of external Dampness.
- Internal Dampness is responsible for many illnesses, such as:
  - Many skin diseases, digestive diseases, urinary diseases, sinus problems, menstrual problems,
- Main manifestations are:
  - Feeling of fullness, heaviness, lethargy, turbid urine, excessive vaginal discharge, (dirty discharges as dampness is 'dirty'), muscle ache, sinus problems, sticky taste, sticky tongue coating, Slippery or soggy pulse. Other symptoms depend on the organ affected.



# Internal Cold

- Internal Cold is derived from Yang deficiency or from transformation of external Cold.
- Internal Cold causes pain of a cramping nature that is alleviated by heat, a feeling of cold, absence of thirst, thin clear discharge, cold limbs, bright-white complexion, pale tongue with white tongue coating, slow or tight pulse.
- Clinical manifestations of Full- and Empty-Cold are similar and tongue and pulse can help differentiate.
  - Full-Cold - acute onset, severe pain, thick white tongue coating, Full and Tight pulse.
  - Empty-Pulse – less severe pain, thin white tongue coating, Slow-Deep, Weak pulse.

# Phlegm

- Phlegm is a very broad and important pathogenic factor.
- It can be both a pathological condition and an etiological factor.
- The main cause is Spleen deficiency. The Lungs and Kidneys are also involved as these organs are part of the fluid processing of the body.
- Manifestation of Phlegm include:
  - Swollen tongue, sticky coating, Slippery or Wiry Pulse, feeling of oppression in the chest, nausea, a feeling of heaviness, muzziness of the head, dizziness.
  - Other signs are on pg. 387.

Two general categories of Phlegm (these categories are not independent)

- Narrowly defined phlegm and Broadly defined phlegm

# Two general categories of Phlegm (these categories are not independent)

- Narrowly defined phlegm (Substantial Phlegm)
  - This is phlegm which is a visible substance secreted by the Lungs and upper respiratory tract which can be coughed up, spat out or vomited up
  - Referred to as substantial phlegm

# Two general categories of Phlegm (these categories are not independent)

- Broadly defined phlegm
  - Consequence of internal disruption of the body's fluid metabolism, either through qi stasis, yang qi deficiency or similar reason
  - This phlegm is not obviously visible to the observer
  - Referred to as insubstantial phlegm
  - However, it is capable of producing very 'substantial' nodules

# Two general categories of Phlegm (these categories are not independent)

- Narrowly defined type of phlegm is responsible for the varied symptomology and conditions of phlegm disease
  - Under the skin
    - Takes the form of lumps under the skin (cysts, lipomas, neuromas)
    - Also swellings such as lymph nodes
  - In the channels
    - Causes numbness
    - Can lead to Wind-stroke
  - Misting the Heart
    - Can obstruct the Heart orifices and mist the mind
  - In the Gallbladder or Kidneys
    - Can cause gall or kidney stones
    - Due to steaming and brewing by Heat over a long period of time
  - In the joints
    - Leads to bone deformation that occurs in chronic arthritis

# Internal Heat and Fire

- Fire and Heat are similar pathogenic factors.
  - Fire can refer to physiological Fire
  - When pathogenic, Fire is strictly an internal pathogen, Heat can be either.
  - Heat is generally less severe
  - Fire is generally more severe and does the following:
    - Rises to the head
    - Dries fluids
    - Injures Blood and Yin
    - Causes bleeding
    - Causes Wind
    - Affects the mind
    - Causes ulcers with swelling

# Internal Heat and Fire

- Heart-Fire
  - Mental restlessness, insomnia, tongue ulcers, red tip of tongue
- Stomach-Fire
  - Mouth ulcers, thirst, thick, dry, dark yellow tongue coat, epigastric pain
- Liver-Fire
  - Irritability, anger outbursts, red, swollen, painful eyes, headache, bitter taste, tongue with red sides
- Fire in the Lungs
  - Coughing of blood, thick yellow sputum
- Fire in the Intestines
  - Constipation, dry stools, abdominal pain



# Full- vs. Empty Fire/Heat

- Face

- Full has Red face
- Empty has malar flush
- Red tongue with dry yellow coating
- Full-deep-rapid pulse

- Feeling of heat

- Full has present of feeling of heat
- Empty has late afternoon heat (tidal fever), 5 palm heat
- Red tongue with no coating
- Floating or thin rapid pulse

# Full Conditions

- Macioca list the following generalizations for an interior full condition
  - Acute disease
  - Restlessness
  - Irritability
  - A strong voice
  - Coarse breathing
  - Pain aggravated by pressure
  - High-pitched tinnitus
  - Scanty urination
  - Constipation
  - Full pulse
  - Many of the above manifestations can be seen in Empty conditions (constipation, for example)

# Empty Conditions

- *Tiredness*
- Loose stools
- *A weak voice*
- A desire to lie down
- Slightly pale tongue
- *Weak (empty) pulse*

# Empty Qi

- Pale face
- Weak voice
- Slight sweating (daytime)
- Slight shortness of breath
- Tiredness/fatigue
- Lack of appetite
- Empty pulse

# Empty Yang

- Qi is a part of Yang, Yang deficiency is an extension of Qi deficiency. In Qi deficiency it is the Qi's function of transformation that is mostly lacking. Yang deficiency includes a deficiency of Qi's warming and protecting aspects
- Clinical manifestations show signs of Qi deficiency with cold signs
  - Empty Qi manifestations
    - Pale face
    - Weak voice
    - Slight sweating (daytime)
    - Slight shortness of breath
    - Tiredness/fatigue
    - Lack of appetite
    - Empty pulse
  - Cold signs
    - Chilliness
    - Bright pale face
    - Cold limbs
    - Absence of thirst/Possibly a desire for hot drinks
    - Loose stools
    - Frequent urination
    - Pale and wet tongue
    - Weak pulse

# Empty Yang

- Organs most affected
  - Spleen
  - Kidney
  - Lungs
  - Heart
  - Stomach

# Empty Blood

- Deficiency
  - Tiredness
- Pale
  - Dull, pale face
  - Pale lips
  - Pale, thin tongue
- Dry (Yin moistens)
  - Dry hair
  - Scanty period/amenorrhea
  - Pale, thin tongue
  - Fine, choppy pulse
- Other blood deficiency manifestations
  - Blurred vision/floaters
  - Insomnia (deficiency falling asleep)
  - Poor memory
  - Numbness and tingling
- Organs most affected
  - Heart, Liver, Spleen
    - Liver
      - Blurred vision, numbness and tingling, scanty menstruation
    - Heart
      - Palpitations, anxiety, insomnia

# Empty Yin

- A further extension of Blood deficiency
  - Consists of Blood deficiency signs, but with further signs of damage to Yin and possibly Empty-Heat
- Deficiency of Yin manifestations
  - Feeling of Heat in the afternoon or evening/5 palm heat
- Dry (Yin moistens)
  - Dry throat at night
  - Thin body
  - Tongue with no coating/dry body
- Other Yin deficiency manifestations
  - Night sweating
  - Floating-empty pulse
- Deficient Heat manifestations
  - Low-grade fever
  - Feeling of heat in the evening
  - Five-palm heat
  - Red tongue
- Organs most affected
  - Kidneys, Lung, Heart, Liver and Stomach



# Mixed Full and Empty Conditions

- Characterized by a combination of Emptiness and Fullness
- Arise when there is a pathogenic factor but its influence is not strong and the body's qi is not reacting properly against it (characterized by a lingering pathogen)
- Examples
  - Kidney-yin deficiency or Liver-Blood deficiency with Liver-Yang rising
  - Kidney-Yin deficiency with flaring up of Heart Empty-Heat
  - Spleen-Qi deficiency with retention of dampness or phlegm
  - Kidney-Yang deficiency with Dampness
  - Deficiency of Qi or Blood with Blood Stasis