Qi, Blood and Body Fluids

Qi Patterns
Introduction

• Qi, Blood and Body Fluids is one of the many pattern identification systems.
  • Based on information gathered by the four examinations.
  • This information is combined with the physiological functions of qi, blood and body fluids.
  • This information is viewed through the lens of zangfu physiology and analysis of eight principles allows the clinician to categorize the disease and administer treatment.

• Qi, Blood and Body Fluids
  • These are the fundamental basis for the composition of the body
Qi Deficiency
Qi Deficiency
Etiology

• Constitutional - deficiency of prenatal qi deficiency
• Overwork
• Diet
• Illness or other disease damaging qi
Qi Deficiency
Organs Affected

• Primary
  • Lungs
    • Lung governs qi.
    • Lung governs skin and body hair and leads to spontaneous sweating.
  • Spleen
    • Spleen governs transformation and transportation of food and fluids.
  • Kidney
    • Kidney is the root of prenatal qi.

• When the qi is deficient, it fails to move the blood in the vessels forcefully and the pulse is empty.
Qi Deficiency Treatment

• Most often the Qi is tonified through the Spleen.
• Treatment principle is to tonify the Qi.
• Herbs
  • Si jun zi tang (four gentleman)
• Acupuncture
  • SP3, ST-36, LU-9
General Qi Deficiency

• Manifestations
  • Fatigue
  • Low Voice
  • Shortness of breath
  • Poor appetite
  • Loose stool
  • Spontaneous sweating

• Pulse: Empty
  • When the qi is deficient, it fails to move the blood in the vessels forcefully and the pulse is empty.

• Tongue: Pale

• General formula
  • Si jun zi tang
    • Ren shen
      • Strengthens the Spleen and supplements the yaun qi
    • Bai zhu
      • Strengthens the Spleen and dries damp
    • Fu ling
      • Strengthens the Spleen and leeches out damp
    • Zhi gan cao
      • Strengthens the Spleen and supplements qi
Qi Deficiency

Comments

• Qi is the basis of all the functional activity of the body.

• Insufficient qi leads to weak organ system function, poor circulation of qi and blood and insufficient energy to power the muscles and brain.

• The most important symptoms are lethargy and fatigue which are precipitated by activity and improve with rest.

• The Lungs and Spleen are responsible for postnatal qi, so treatment is mainly aimed at improving their function.
Qi Deficiency

Qi Deficiency Associated with Other Organ

• Other systems give variations of Qi deficiency associated with these organs, including:
  • Spleen
  • Lung
  • Kidney
  • Heart
Spleen Qi Deficiency

• Manifestations
  • Tiredness which is worse after eating, bowel movements, sustained mental activity with inability to concentrate,
  • Low appetite,
  • Abdominal distension,
  • Loose stool,
  • Muscles easily fatigued, poor muscle tone,
  • Slumped posture with difficulty holding the head upright,
  • Pulse: Empty
  • Tongue: Pale

• Formula
  • Si jun zhi tang
    • Ren shen - Strengthens the Spleen and supplements the yaun qi
    • Bai zhu - Strengthens the Spleen and dries damp
    • Fu ling - Strengthens the Spleen and leeches out damp
    • Zhi gan cao - Strengthens the Spleen and supplements qi

• Acupuncture
  • ST-36, SP-3, BL-20, BL-21, Du-20

• Biomedical conditions:
  • Chronic fatigue, chronic gastroenteritis, peptic ulcer, ITB, insulin intolerance (early stage Type 2 diabetes).
Spleen Qi Deficiency is often complicated by Damp

- **Manifestations**
  - Fatigue has slightly different quality,
  - Lack of energy and fatigue from qi deficiency is compounded by a sense of heaviness and sluggishness in the body due to the damp,
  - Patients will want to lie down and sleep a lot but will wake feeling worse,
  - Patients will find it hard to get started in the morning, will improve and get tired again during the afternoon,
  - Difficulty concentrating is more pronounced,
  - Tongue: Pale, swollen, scalloped, degree of coat thickness and greasiness will reflect amount of dampness present,

- **Formula**
  - Shen ling bai zhu tang
  - This is effectively si jun zi tang with herbs added to leech out dampness

- **Acupuncture:**
  - SP-9, SP-6, BL-20, BL-22, Ren-9, ST-36
Spleen Qi Deficiency can lead to Blood Deficiency

• Spleen is responsible for Blood production.

• Also, the Spleen qi holds the Blood in the vessels and, when weak, bleeding can occur which can cause Blood deficiency.

• Formulas
  • Gui pi tang (Restore the Spleen decoction)
  • Ba zhen tang (Eight treasures decoction)

• Acupuncture:
  • HT-7, SP-6
Spleen Qi Deficiency can manifest with Heat

• When the qi is extremely weak, it can create the illusion of heat.
• The patient will feel very weak and hot, especially in the morning.

• Formula
  • Bu zhong yi qi tang (Supplement the Middle to Augement Qi)
Lung Qi Deficiency

• Manifestations
  • Inability to exert oneself without becoming breathless and clammy.
  • Weak voice.
  • Weak immunity.
  • Slumped shoulders, collapsed chest.
  • Spontaneous sweating mostly associated with Lung qi deficiency
    • See notes on spontaneous sweating.
Lung Qi Deficiency

• Formulas
  - Yu ping feng san (Jade windscreen)
    • Augments the qi, stabilizes the exterior, and stops sweating.
    • For deficiency of the exterior with weak and unstable protective qi.
  - Sheng mai san
    • Augments the qi, generates fluids, preserves the yin, and stops excessive sweating.
    • This is concurrent deficiency of qi and yin, primarily of the Lungs.
  - Bu fei tang Tonify the Lung Decoction
    • Augments the qi and stabilizes the exterior.
    • This is Lung qi deficiency.

• Acupuncture:
  - Du-14, BL-13, BL-20, Ren-17, Ren-12, LU-9, ST-36

• Biomedical conditions:
  - Chronic bronchitis, asthma, weak immunity, emphysema
Lung Qi Deficiency
Notes on Spontaneous Sweating

• Spontaneous sweating occurs without the stimulus of environmental heat or physical exertion and it may be continuous or intermittent.

• However, it will have been occurring for a long time and is not associated with the sweating of a fever.

• Spontaneous sweating due to qi deficiency is associated with weakness of the protective qi which controls the opening and closing of the pores.

• The Spleen and Lungs are associated with the postnatal qi, and the Lungs in particular are associated with the skin (and pores), and distribution of wei qi.

• When the wei qi is weak, pathogens easily penetrate resulting in frequent illness, also fluids leak out resulting in potential yin deficiency over time.
Kidney Qi Deficiency

• Frequent urination
• Dull low back pain or back weakness when tired
• Other signs related to sexual function:
  • Premature ejaculation
  • Infertility, low libido, impotence
  • History of excessive sexual activity, many pregnancies

• Formulas
  • Da bu yuan jian (Great Supplement the Basal Decoction)
  • Ba wei di huang wan (Rehmannia Eight Formula)

• Acupuncture:
  • BL-23, Du-4, Ren-4, KID-3 (KID-7), SP-6

• Biomedical conditions:
  • Low back pain, lumbago, chronic disc disorder, chronic nephritis, osteoarthritis, sexual dysfunction
Heart Qi Deficiency

- Manifestations
  - Palpitations and tachycardia with activity
  - SOB with exertion
  - Anxiety and easily startled
  - Chest oppression
  - Intermittent or irregular pulse

- Formula
  - Yang xin tang (Nourish the Heart Decoction)

- Acupuncture:
  - BL-15, PC-5, HT-7, HT-5, Ren-14, ST-36, Ren-6

- Biomedical conditions:
  - May be seen with palpitations, sinus tachycardia, dysrhythmia, irregular heat beat, anxiety
Qi Patterns

Qi Sinking
Qi Sinking
Manifestations

• Qi sinking is an extension of Qi deficiency, includes Qi Deficiency signs:
  • Fatigue, Listlessness
  • Low Voice
  • Shortness of breath
  • Poor appetite
  • Loose stool
  • Spontaneous sweating
  • Pulse: Empty
  • Tongue: Pale
Qi Sinking

Other Manifestations

• Lumbar region may be sore and painful.
• Prolapse of organs (stomach, uterus, intestines, anus, vagina, bladder).
  • Can also include hemorrhoids, diarrhea, irregular uterine bleeding.
  • A function of the Spleen Qi is to control raising of Qi which is an extension of its ascending function
  • This is the force that holds the internal organs in place.
  • If the Qi associated with the Spleen is deficient, the ascending of clear Qi (Yang in nature - sometime referred to as Clear Yang) can be disturbed.
  • There will be Qi deficiency signs, but also sagging and distension of the abdomen and, in serious cases, organ prolapse.
• May be frequency and urgency of urination and menorrhagia.
  • This is due to the sinking of Qi and is more likely if there is deficiency of Kidney Qi.
• Mental depression.
• Clear yang (refined essence) is not sent up which means that the turbid yin is not sent down which causes it to obstruct the sensory organs.
  • Dizziness, unsteadiness, unclear vision, deafness, tinnitus.
Qi Sinking
Treatment Considerations

• Since this is an extension of Qi deficiency, treatment involves tonifying Qi.

• In addition, treatment must include raising qi.
Qi Sinking
Herbs that Raise Qi

• **Huang qi (Astragalus)**
  • Classified under Herbs that tonify Qi
    • Tonifies qi and blood
    • Tonifies the Spleen and raises the yang
    • Augments the protective qi and stabilizes the exterior
    • Promotes urination and reduces edema
    • Promotes the discharge of pus and generates flesh

• **Chai hu (Bupleuri Radix)**
  • Classified under Herbs that release the exterior
    • Resolves lesser yang disorders and reduces fever
    • Spreads Liver Qi and relieves constraint
    • Raises and lifts the yang qi

• **Sheng ma (Cimicifugae Rhizoma) - black cohosh**
  • Classified under Herbs that release the exterior
    • Discharges exterior conditions and vents measles
    • Clears heat and resolves toxicity
    • Raises the yang and lifts what has sunken

• **Chen pi (Citri reticulatae Pericarpium) - Aged citrus peel**
  • Classified under Herbs that Regulate the Qi
    • Regulates the Qi, adjusts the middle, and relieves the diaphragm
    • Dries dampness and transforms phlegm
    • Helps prevent stagnation (with use of tonifying herbs)
Qi Sinking
Herbs that Raise Qi

• Formula: Bu zhong yi qi tang (Tonify the Middle to Augment Qi Decoction).
  • Chief herb is huang qi.
  • In addition, has many of the same herbs as si jun zi tang (ren shen, bai zhu, zhi gan cao - no fu ling).
  • Also has chen pi.
    • Chen pi regulates the qi to facilitate the digestion of the tonifying herbs which can be cloying.
    • Also has a raising qi nature.

• Used for three different patterns (which might be coexisting):
  • Spleen/Stomach deficiency with inability to raise the clear.
    • Characterized by dizziness, unsteadiness, impaired or unclear vision, deafness, tinnitus, SOB, weak voice, low appetite, loose stool, pale tongue, empty pulse.
  • Qi deficient fever.
    • Usually an intermittent fever which worsens on exertion.
    • Also, spontaneous sweating.
  • Spleen qi sinking.
    • Characterized by above.
Qi Sinking
Acupuncture Points that Raise Qi

• Du-20 (Baihui)
  • Moxa can be applied

• Ren-6
  • Tonifies and raises Qi

• ST-21
  • Used for prolapse of the Stomach

• Du-1
  • Used for prolapse of the anus
Qi Patterns

Qi Stagnation
Qi Stagnation Manifestation

- Distension, Distending pain that moves from place to place, appears and disappears.
- Emotional symptoms.
- Mental depression – Irritability, A gloomy feeling, Frequent mood swings, Frequent sighing.
- Pulse: Wiry.
- Tongue: Normal color or red sides.
Qi Stagnation Manifestation

- Notes on Distension:
  - Distension is the chief symptom, it might be described as bloating, might affect the throat, hypochondrium, chest, breasts (for women), epigastrium, abdomen, hypogastrium, head.
  - Subjectively, patient feels distension, objectively, might feel distended and protruding (especially abdomen).
  - Distending pain that moves from place to place, appears and disappears. Qi sometimes gathers and sometimes disperses, thus distension is not constant or fixed.
  - Sighing, belching or passing gas can cause stagnation to temporarily move, temporarily relieving the distension.
  - Constraint of the ascent of Liver Qi - pain and distension in the chest and hypochondrium
  - Lower burner - can cause painful urinary dysfunction, bulging disorder, irregular menstruation or dysmenorrhea.
Qi Stagnation
Other signs and symptoms depend on the organ

• Liver is the main organ involved. It controls dredging and draining the channels, so qi stagnation affects this organ the most. Lungs govern qi and has a downward movement, the Spleen and Stomach govern raising the clear Qi and downbearing the turbid Qi. These 4 organs are the most affected.
Qi Stagnation
Other signs and symptoms depend on the organ

• Qi stagnation can lead to further functional problems:
• Qi stagnation can weaken the Spleen, leading to blood deficiency; Manifestations:
  • Liver qi stagnation, Alternation of constipation and diarrhea, Pulse: Wiry left, weak on right
  • Formula: Xiao yao san
• Qi stagnation can lead to the generation of heat; Manifestations:
  • Same as Liver qi stagnation with heat signs - Feeling of heat, irritability, Red face, Thirst, Red sides of tongue, Pulse becomes rapid
  • Formula: Jia wei xiao yao san (dan zhi xiao yao wan)
  • If the heat has damaged the yin fluids (or exists with a yin deficiency)
    • Formula: Yi guan jian (Linking decoction)
    • With Spleen qi deficiency and heat
      • Xiao chai hu tang
• Qi stagnation can cause fluids to congeal
  • Formula: Ban xia hou po tang
Qi Stagnation
Other signs and symptoms depend on the organ

• Other organs
  • Heart
    • Palpitations
    • Distension and oppression of the chest
    • SOB
  • Lungs
  • Stomach
    • Epigastric pain and distension
    • Rebellious ST Qi signs
      • Belching
      • Nausea
      • Vomiting
      • Hiccup
  • Intestines
    • Lower abdominal twisting pain
    • Abdominal distension and pain
    • Borborygmi
    • Flatulence
Qi Stagnation
Etiology

• Emotional strain is the most common cause of Qi stagnation, especially among Western patients.

• Emotions that directly cause Qi stagnation.
  • Anger, resentment, worry, pensiveness.
  • All emotion can lead to Qi stagnation, even those that deplete Qi, as Qi stagnation will often follow.

• Other causes:
  • Irregular eating
  • Excessive physical work or repetitive movements
  • Lack of exercise
Qi Patterns

Rebellious Qi
Rebellious Qi

• Involves flow of Qi in the wrong direction.
• Normal direction varies from organ to organ, so manifestations depend on organ system involved.
• Primarily affects the Lung, Liver and Stomach and often is associated with upward rebellion.
Rebellious Qi
Review of Normal Qi Mechanism (Lung)

- Lung Qi has a downwards (towards the Kidneys), When Lung Qi descends, breathing is normal. Lung Qi also descends and communicates with the Bladder.

- If Lung Qi fails to descends and rebels upward it manifests:
  - Cough
  - Breathlessness
  - Asthma
  - Urinary retention (especially in elderly)

- Note: Lung Qi also ascends to carry wei qi to the space between the skin and muscles, can fail to ascend and wei qi can be deficient.

- Formula
  - Zhi sou san
    - Stops cough, transforms phlegm, disperses the exterior, and disseminates the Lung qi
    - This treats cough that occurs as the sequela to externally-contracted wind-cold

- Acupuncture:
  - LU-5
Rebellious Qi
Review of Normal Qi Mechanism (Kidney)

• Kidney Qi descends to the Bladder to promote urination. Kidney Qi descending also grasps Lung Qi and helps with breathing

• If Kidney Qi rebels it can cause the following manifestations:
  • Urinary retention
  • Asthma

• Kidney Qi also ascends to send fluids back up to Lungs. If this fails, there will be a dry cough.

• Formula
  • Su zi jiang qi tang (Perilla Fruit Decoction for Directing Qi Downward)
    • Treat abundance above (excessive pathogenic qi obstructing the downward decent of Lung qi
      • Interferes with normal circulation of qi and blood. Lung qi becomes restrained and rebels upward and fluid transforms to phlegm. Manifests as coughing and wheezing with copious, watery sputum.
    • Treats deficiency below (Deficiency of Kidney's grasping of Lung Qi.
      • Manifests as wheezing with SOB, May also involve back pain.
Rebellious Qi
Review of Normal Qi Mechanism - Liver

• Normal direction, Free flow in all directions (to assist the other organs)
  • If Liver Qi rebels and excessively rises, it causes the following manifestations:
    • Headache, Dizziness, Vertigo, Tinnitus, Irritability, outbursts of anger.
    • Formula
      • Tian ma gou teng yin (Gastrodia and Uncaria Decoction)
  • If the Liver Qi rebels horizontally it can affect the Stomach, Spleen or Intestines
    • To Stomach
      • Rebellious Stomach Qi signs
      • Formula
        • Si mo tang
    • To Spleen
      • Diarrhea (often alternating with constipation)
    • To Intestines
      • Dry Stool
  • If the Liver Qi rebels downward it can affect the Bladder causing burning urination.
Rebellious Qi
Review of Normal Qi Mechanism - Stomach

• Normal direction, Downwards
• Pathological direction
  • Upwards
  • Stomach sends turbid Qi down to Intestines
  • If it fails to descend
• Manifestations:
  • Belching
  • Nausea
  • Vomiting
  • Acid reflux
  • Hiccup
• Stomach also is strongly tied to the Spleen, and rebellious Stomach Qi disrupts the production of Qi and Blood and can lead to deficiency (especially affecting the limbs)
Rebellious Qi
Review of Normal Qi Mechanism - Spleen

• Normal direction, Upwards (to Heart and Lungs)
• Pathological direction
  • Downwards
  • Spleen Qi is no longer able to send food-qi to chest and combine with qi from the lungs
  • Production of Qi is disrupted and can lead to Spleen-Qi deficiency signs
• Manifestations
  • Diarrhea
  • Prolapse
Rebellious Qi
Review of Normal Qi Mechanism - Heart

• Normal direction, Downwards, to meet with Kidney water. This is a Fire-Water balance.
  • Kidney is fundamentally yin natured and likened to water
  • The heart is relatively yang natured and is likened to fire
  • When sovereign fire becomes either excess of deficient, kidney essence acts to regulate it
    • Balance compared to as spinning magnet, when magnet spins too slow, fire is added to speed up. When too fast, water is added to cool down and regulate .
    • When in balance, they are smooth and coordinated. Out of balance, heart-kidney disharmony develops (usually involves a deficiency of kidney yin which leads to heat in the heart)

• If Heart Qi ascends instead of descends the following manifestations occur
  • Mental restlessness
  • Anxiety
  • Insomnia