

# 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

# 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 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

- 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 Augment 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 heart 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 descend 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 or 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