

## Spleen Disease Patterns Summary Tables

### Spleen: Simple Patterns

| Pattern  | Signs & Symptoms   | Other Information   | Tongue, Body & Coating   | Pulse Image   |
|--|--|---|--|---|
| <b>Centre Qi Fall</b><br>(zhong qi xia xian)<br><br><b>Spleen Qi Downward Fall</b><br>(pi qi xia xian) | Fatigue, dizziness upon standing, lack of strength, scanty appetite, possible loose stools, distension and sagging in the lower abdomen, distension after eating, sinking effects such as prolapse of the anus, rectum or uterus, gastropptosis, chronic haemorrhoids, habitual abortion, varicose veins, possibly enduring diarrhea.  | Insufficiency of spleen yang qi in which its uplift is diminished and that manifests in sinking effects. Damage resulting from diet or taxation fatigue, enduring illness or prolonged standing can cause spleen qi to fall.                                  | pale, enlarged body with thin white coating  | short, not reaching the 'cun' position<br>OR<br>vacuous, rootless in ST/SP position |
| <b>Cold-Damp Encumbering the Spleen</b><br>(han shi kun pi)  | Distention and fullness in the stomach duct and abdomen, heavy-headedness, fatigue, torpid intake, upflow nausea and desire to vomit, bland taste in the mouth without thirst, sloppy stool, inhibited urination. In women, there may be a thin white fishy-smelling vaginal discharge.  | Impairment of splenic movement arising when excessive consumption of cold food and drinks or of gourds and fruits, or spleen-yang vacuity allows dampness to invade.  | grey-white glossy coating  | slow or moderate, may be soggy  |
| <b>Damp-Heat Brewing in the Spleen</b><br>(shi re yun pi)  | Low-grade fever, epigastric fullness and oppression, abdominal distension, nausea, vomiting, fatigue, lack of strength, eyes, face or whole body bright yellow, slight abdominal fullness, thirst, urination.  | This pattern may arise from external attack by Damp-Heat which forces bile out of the gallbladder.  | slimy yellow coating   | deep, rapid and slippery  |
| <b>Spleen Failing to Manage the Blood</b><br>(pi bu tong xue)  | Blood in the stool, easy bruising, uterine bleeding, early menstruation, excessive menstrual flow that is pale coloured watery blood, menstrual dribbling and dripping that will not stop, abnormal vaginal discharge, flooding and spotting with a somber white or withered-yellow complexion, dizziness due to blood loss, weakness and fatigued spirit, dizziness, heart palpitations, and shortness of breath. | Impairment of the spleen's function of managing the blood resulting in bleeding. This is the failure of qi to contain the blood. This pattern is commonly due to over-taxation, aging, enduring disease, or excessive thinking and worry damaging the Spleen. | pale body<br>OR<br>pale, enlarged body with teeth indentations on sides and a thin white coating | fine and soggy<br>OR<br>fine and weak<br>OR<br>faint                                |

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| <b>Spleen Qi Vacuity</b><br>(pi qi xu)                         | <p>1) abdominal distention, torpid intake, rumbling intestines, diarrhea, and other signs of poor digestion.</p> <p>2) sombre white complexion or a yellowish face with little luster, pale or dark lips, diminished appetite, abdominal distention after eating, dizziness, low faint/lethargic voice, shortness of breath, fatigue and lack of strength of the four extremities, and sloppy/ loose stool. If there is stomach pain, it is relieved by pressure.</p> <p>3) sinking effects such as prolapse of the anus, enduring diarrhea, prolapse of the uterus, or, in infants, depressed fontanel.</p> <p>4) bleeding</p> | <p>A condition arising when irregular eating or worry and anxiety, overthinking, under-eating, over-eating raw chilled foods, and taxation fatigue damage the spleen and stomach. It may take different forms depending on the aspect of spleen function affected.</p> | <p>pale body, with a slightly slimy, thin, white coating,<br/>OR<br/>tender-soft body with thick coating.</p>                       | <p>relaxed, vacuous<br/>OR<br/>deep, slow</p>   |
| <b>Spleen Vacuity with Damp Encumbrance</b><br>(pi xu shi kun) | <p>Edema, dizziness, headache, bodily fatigue, chest and epigastric fullness and oppression, a slimy sweet taste in the mouth, diarrhoea possibly containing white mucus, urinary difficulty, reduced food intake, fullness and oppression in the stomach duct, sloppy diarrhea, cumbersome fatigued limbs that may be swollen. There may be a sticky sensation in the mouth and absence of thirst or thirst with desire for warm drinks. In severe cases, there may also be nausea and vomiting.</p>   | <p>In spleen vacuity, movement and transformation breaks down, and as a result, water-damp gathers and stagnates, further weakening movement and transformation. Thus spleen Qi is insufficient to transport and transform fluids, which allows damp accumulation.</p> | <p>enlarged body with thick slimy coating<br/>OR<br/>enlarged, pale body with teeth indentations and a thin slimy white coating</p> | <p>moderate<br/>OR<br/>soggy, fine<br/>OR<br/>wiry, fine<br/>OR<br/>slippery, relaxed</p> |

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| <b>Spleen Vacuity with Food Damage</b><br>(pi xu jia shi)  | <p>Bloating after eating and sloppy stool containing untransformed food. In general, there is no abdominal pain.</p> <p>Signs such as no thought of food and drink and no pleasure in eating indicate prominence of stomach vacuity, while non-transformation of ingested food indicates prominence of spleen vacuity.</p> <p>Yellow face, emaciation, and rapacious appetite with non-movement of ingested food indicate a strong stomach and weak spleen. Some patients may have little thought of food and drink or thin sloppy stool due to non-transformation of ingested food.</p> | <p>Non-transformation of ingested food attributable to spleen-stomach vacuity. There may be spleen-stomach vacuity with food stagnation.</p>  | <p>may be normal</p>   |   |
| <b>Spleen Vacuity with Qi Stagnation</b><br>(pi xu qi zhi) | <p>Abdominal distension and fullness relieved by warmth and pressure, torpid food intake, fatigue, lack of strength.</p>   | <p>This pattern may result from excessive sweating which damages Spleen Qi, impairing transformation and transportation.</p>  | <p>pale body with a thin white coating</p>   | <p>deep, slow</p>   |
| <b>Spleen Yang Vacuity</b><br>(pi yang xu)                 | <p>Fatigue, lack of appetite, lack of strength, loose stools, dull pain in the abdomen, oedema, abdominal distension and fatigue after eating, a cold body with chilled extremities. It is differentiated from spleen qi vacuity by the presence of a bright white facial complexion, fatigued spirit, physical cold, abdominal pain relieved by warmth and pressure, and diarrhea containing untransformed food.</p>  | <p>This pattern may evolve from enduring Spleen Qi Vacuity, or result from chronic disease, aging, or over-consumption of raw, chilled food. It commonly co-exists with Kidney Yang Vacuity. It is a development of spleen qi vacuity with pronounced cold signs in addition to spleen vacuity signs.</p> | <p>pale body with white coating<br/>OR<br/>a pale enlarged body, possibly with teeth indentations, and a thin white slightly slimy coating</p> | <p>sunken, weak<br/>OR<br/>faint, relaxed, maybe slow</p> |

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| <b>Spleen Yin Vacuity</b><br>(pi yin xu) | <p>Dry mouth, readily quenched thirst, low-grade fever, burning heat in the epigastrium, difficulty digesting food consumed, quickly full after eating a small quantity, loss of taste, dry lips and possibly sores in the mouth, loss of facial luster, emaciation and wasting of flesh, alternating constipation and diarrhoea, fatigue and lack of strength of limbs and body, vexatious heat in the hands and feet, abdominal distention and sloppy stool.</p> <p>Insufficiency of stomach yin, which may be a cause or result of spleen yin vacuity, may result in hunger with no desire for food and drink, torpid intake, or dry retching and hiccough, and vacuity heat signs such as dry mouth and tongue.</p> | <p>This pattern may develop when enduring disease causes Spleen vacuity and Stomach heat.</p> <p>Stomach Yin Vacuity tends to manifest in cases of recent onset, Spleen Yin Vacuity in cases of longer duration.</p> <p>This pattern may also be a manifestation of the spleen failing to distribute essence. This is dual vacuity of spleen qi and yin. It most often results from enduring illness or from wear on the yin humor of the stomach and spleen in febrile disease. The non-distribution of essence is reflected in emaciation.</p> | <p>red body with scant coating, maybe peeled in the centre</p> | <p>fine, rapid and forceless</p> |
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### Spleen: Combined Patterns

| Pattern  | Signs & Symptoms   | Other Information  | Tongue, Body & Coating  | Pulse Image   |
|--|--|--|---|---|
| <b>Dual Vacuity of the Heart and Spleen</b><br>(xin pi liang xu) | <p>The chief signs are heart palpitations or fearful throbbing, insomnia forgetfulness and profuse dreaming, reduced eating (poor appetite), fatigue, lassitude of spirit, chronic bleeding, abdominal distention, and sloppy stool. Other signs include withered-yellow lusterless facial complexion, and dizziness and flowery vision. In some cases, there may be purple macules under the skin. In women, there may be menstrual irregularities, menstrual block, or flooding and spotting.</p> <p>Two general patterns may be identified;</p> <p>A) palpitations, poor memory, insomnia, night sweats, feverishness, diminished appetite, bodily fatigue, a sallow yellow facial complexion</p> <p>B) haemafecia, uterine bleeding, early periods, excessive menstrual flow but pale coloured blood, menstrual dribbling and dripping that will not stop, abnormal vaginal discharge.</p> | <p>A pattern characterized by signs of heart blood vacuity and spleen qi vacuity.</p> <p>Dual vacuity of the heart and spleen arises through excessive thinking, worry or anxiety, excessive taxation damage (overwork), enduring illness, improper nourishment, and excessive loss of blood. These damage the spleen which then fails to engender and transform Qi and Blood.</p> | <p>pale tender body, maybe with a moist white coating<br/>OR<br/>pale enlarged body with a thin white coating</p> | <p>fine, forceless, relaxed<br/>OR<br/>slow, weak, fine</p> |

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| <b>Dual Vacuity of the Liver and Spleen</b><br>(gan pi liang xu) | The main signs are dizzy head and flowery vision, torpid intake and sloppy stool. Other signs may include numbness of the limbs, dry eyes, pale white lips, fatigue and lack of strength, lusterless nails, pale white or withered-yellow facial complexion, abdominal distention after eating, and scant pale menstrual flow. | Dual vacuity of the liver and spleen can arise when the spleen is vacuous, and either the source of qi and blood is reduced or the spleen fails to manage blood.   | a pale white lusterless body                            | fine, weak<br>OR<br>fine, soggy |
| <b>Dual Vacuity of the Spleen and Lung</b><br>(pi fei liang xu)  | Cough, shortness of breath, (copious) clear watery phlegm, a somber white facial expression, spontaneous sweating, dislike of wind, scanty appetite, torpid intake, loose/sloppy stools, abdominal distension, superficial oedema of the face and four limbs.  | Chronic recurrent cough due to Lung Qi vacuity may eventually weaken the Spleen. The Spleen's ability to transport and transform fluids is affected.   | a pale body with teeth indentations and a white coating | soggy, weak                     |
| <b>Greater Yin Disease</b><br>(tai yin bing)                     | Abdominal fullness with periodic pain, vomiting, diarrhoea, non-movement of ingested food, absence of thirst.<br>Thus failure of movement and transformation of the food, resulting from devitalization of spleen yang, manifests as vomiting and diarrhea.  | Greater yin disease is a digestive tract disease, but presents as vacuity rather than as repletion.<br>This pattern rarely occurs naturally in the progression of externally contracted heat diseases, but may arise when incorrect treatment of yang diseases damages spleen yang. It may also occur when, owing to a regular spleen qi vacuity, cold evil enters the greater yin directly. This a direct strike on greater yin.<br>It is said, "greater yin disease is associated with vacuity, and yang brightness disease is associated with repletion." |   | Weak, moderate                  |
| <b>Greater Yin Headache</b><br>(tai yin tou tong)                | Heavy-headedness, copious phlegm, generalized heaviness, and in some cases abdominal pain and fullness.  | Headache attributed to phlegm-damp encumbering the spleen and preventing the normal upbearing of clear yang.   |   | moderate, sunken                |

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| <b>Heart-Spleen Blood Vacuity</b><br>(xin pi xue xu)   | The main signs are heart palpitations and insomnia. Other signs may include fearful throbbing, forgetfulness, profuse dreaming, lusterless complexion, pale lips, and pale scant menstrual flow.   | This is a disease pattern of Heart Blood Vacuity and Spleen Vacuity (splenic transformation failure and the spleen failing to manage the blood, or spleen qi vacuity and insufficient formation of qi and blood), in which abdominal signs are absent.                  |   | fine, bound<br>OR<br>fine, intermittent |
| <b>Heart-Spleen Qi Vacuity</b><br>(xin pi qi xu)       | The main signs are heart palpitations, reduced eating, and abdominal distention. Other signs include white facial complexion, spontaneous sweating, fatigue and lack of strength, and shortness of breath with rapid breathing on exertion.  | A disease pattern of spleen qi vacuity and heart qi vacuity.  | a pale possibly enlarged body with a white coating      | vacuous, forceless                      |
| <b>Heart-Spleen Yang Vacuity</b><br>(xin pi yang xu)   | Chief signs are stifling oppression and pain in the heart and chest and thin sloppy stool. Other signs include heart palpitations, reduced eating, rumbling intestines, somber white facial complexion, shortage of qi and laziness to speak, spontaneous sweating, lassitude of spirit, somnolence, and physical cold and cold limbs. | Heart-spleen yang vacuity is similar to heart-spleen qi vacuity, but is more severe and characterized by pronounced exterior cold signs.  | body is pale or dark and purplish, with a white coating | weak                                    |
| <b>Liver Qi Invading the Spleen</b><br>(gan qi fan pi) | Headache, irascibility, bitter taste in the mouth, oppression in the chest and rib-side, glomus and fullness after eating, abdominal distension, sloppy diarrhea.  | A form of Liver- Spleen Disharmony in which liver free coursing is excessive and liver qi moves cross counterflow and affects the spleen.<br>This pattern differs from Liver Qi Invading The Stomach by a predominance of spleen signs such as distention and diarrhea. |   | moderate, string-like                   |
| <b>Liver-Spleen Disharmony</b><br>(gan pi bu he)       | A generic term for Liver Qi Invading the Spleen, and Spleen Vacuity and Liver Depression.  |   |   |   |

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| <b>Spleen Dampness and Liver Depression</b><br>(pi shi gan yu) | <p>The main signs are distention and pain in the chest, rib-side, stomach duct, and abdomen, and torpid intake with sloppy stool. Other signs include constrained affect-mind, vexation, agitation, and irascibility, rib-side pain and distention, nausea, lassitude of spirit and lack of strength, fatigued cumbersome limbs, withered-yellow facial complexion, short voidings of scant urine, in severe cases with puffy swelling, and yellowing of the eyes and skin.</p>   | <p>A disease pattern arising when persistent dampness encumbering the spleen and stomach affects the liver's free-coursing function.</p>  | <p>coating is yellow and slimy<br/>OR<br/>thick and slimy</p>   | <p>soggy, moderate<br/>OR<br/>fine, string-like</p>  |
| <b>Spleen Dampness Invading the Lung</b><br>(pi shi fan fei)   | <p>Excessive white-coloured phlegm which is easily expectorated, chest and diaphragm glomus and oppression, nausea and vomiting, fatigue of body and limbs, possible vertigo and palpitations, oedema, loss of appetite.</p>  | <p>In this pattern dampness in the Spleen accumulates in the Lung where it manifests as phlegm.</p>   | <p>a white moist coating</p>  | <p>slippery</p>  |
| <b>Spleen-Kidney Yang Vacuity</b><br>(pi shen yang xu)         | <p>The chief signs are cold pain (soreness) or weakness in the lumbus and knees, physical cold and cold limbs, enduring diarrhea, aching and heaviness of the extremities, fatigued spirit, and puffy face and swollen limbs. Other signs include bright white facial complexion, (lower) abdominal cold pain, polyuria, nocturia, generalised oedema, dizziness, a heavy sensation in the head, palpitations, coughing, vomiting. In some cases, there is fifth watch (before daybreak) diarrhea, clear-food diarrhea, inhibited urination, or drum-like abdominal distention.</p> | <p>Spleen yang vacuity and kidney yang vacuity are mutually conducive, and often develop when enduring illness damages yang. In most cases, the spleen yang vacuity is the root.</p>  | <p>pale enlarged body with white glossy coating<br/>OR<br/>a pale or dark enlarged body with teeth indentations and a white slimy coating</p> | <p>sunken, fine, slow &amp; weak<br/>OR<br/>faint, fine<br/>OR<br/>deep, fine, forceless</p> |
| <b>Spleen-Stomach Damp-Heat</b><br>(pi wei shi re)             | <p>Glomus and oppression in the stomach duct, torpid intake, nausea, sloppy stool, and yellow urine, and heavy cumbersome limbs. Other possible signs include: yellowing of the skin, fluctuating heat effusion unabated by sweating.</p>   | <p>A disease pattern that results when damp-heat arises in the center burner or is externally contracted, and brews in the spleen, disturbing normal movement and transformation.</p> | <p>enlarged, maybe red, body with teeth indentations and a yellow slimy coating</p>   | <p>soggy<br/>OR<br/>wiry, rapid</p>  |

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| <b>Spleen-Stomach Disharmony</b><br>(pi wei bu he)  | Fatigue, scanty appetite, lack of strength, abdominal distension and poor transformation of food, loose stools, borborygmus, flatulence, distension and fullness in the epigastrium, oppression and continuous pain in the stomach duct exacerbated by hunger, bad breath, burping and belching, acid regurgitation, hiccough, vomiting, diarrhoea, a liking for pressure and warmth. | In this pattern there is a combination of Spleen Vacuity and food stagnation in the Stomach Duct.   | a pale body with teeth indentations and a thin white coating<br>OR<br>a pale body with a thick slimy coating | forceless, sunken and fine<br>OR<br>sunken, moderate<br>OR<br>slippery, relaxed |
| <b>Spleen-Stomach Vacuity</b><br>(pi wei xu ruo)<br><br><b>Spleen-Stomach Vacuity Cold</b><br>(pi wei xu han) | Dull pain in the epigastric or abdominal region which is aggravated by cold and relieved by warmth and pressure, vomiting of watery fluids, abdominal distension, fatigue, chilled limbs.   | Spleen-Stomach Vacuity is essentially the same as Spleen Qi Vacuity. Spleen-Stomach Vacuity Cold is very similar to Spleen Yang Vacuity but with Cold emphasised in the pattern.  | pale body  | deep, slow  |
| <b>Spleen-Stomach Yang Vacuity</b><br>(pi wei yang xu)  | Reduced food intake, vomiting, diarrhea, cold limbs, fatigue, withered-yellow facial complexion, dizziness,   | This pattern describes vacuity of spleen-stomach yang qi of the center burner with poor digestion. Spleen-stomach yang vacuity differs from stomach vacuity cold by the presence of diarrhea, which is a spleen sign. It differs from spleen yang vacuity by the presence of vomiting, which is a stomach sign. | pale soft enlarged body, with a thick turbid coating   | large, vacuous  |
| <b>Spleen Vacuity Reaching the Lung</b><br>(pi xu shu fei)  | Shortness of breath, cough on exertion or talking, panting and wheezing, expectoration of thin white phlegm, spontaneous perspiration, fatigue, poor appetite, possible loose stools  | Both Spleen Vacuity and Lung Vacuity signs and symptoms are found in this pattern.  | a pale body with a thin, possibly slightly slimy white coating   | faint<br>OR<br>vacuous, large   |
| <b>Spleen Vacuity with Heart Palpitations</b><br>(pi xu xin ji)   | Heart palpitations and restlessness, lassitude of spirit, shortness of breath, cold and sore extremities, lusterless complexion, reduced appetite.  | This pattern arises when an attack by external Cold occurs with a concurrent/pre-existing Spleen vacuity.   | a moist white coating  | slow, weak  |

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| <b>Spleen Vacuity with Liver Depression</b><br>(pi xu gan yu) | Irritability, mental depression, thoracic and abdominal distension and oppression, rib-side pain, breast distension, menstrual irregularity, fatigued spirit, reduced appetite, aversion to food, loose stools, fatigued limbs, lack of strength, maybe diarrhoea.            | A form of Liver-Spleen Disharmony in which binding depression of liver qi gives rise to or exacerbates impairment of splenic movement and transformation. Hence emotional imbalance causes stagnant Liver Qi which then weakens the Spleen. This pattern is relatively common in clinical practice. | a pale somewhat darkish body, typically with teeth indentations on the sides, and a thin white coating | wiry, fine   |
| <b>Spleen Vacuity with Stomach Heat</b><br>(pi xu wei re)     | Epigastric fullness and distension, possible nausea, vomiting or acid regurgitation, borborygmus, diarrhoea.  | This pattern is relatively common in contemporary 'western' society. It is due to over-consumption of hot peppery foods, greasy fatty and fried foods, and raw chilled foods.   | enlarged body with teeth indentations on the sides, and a yellow slimy coating                         | wiry, rapid  |
| <b>Yang Vacuity Water Flood</b><br>(yang xu shui fan)         | Low-back and knee soreness or weakness, cold feet, severe edema, urinary strangury, possibly chest and lateral-costal fullness, vertigo, palpitations, possible shortness of breath and coughing, possibly progressive emaciation, edema in chronic nephritis, cardiac edema. | Water Swelling or Phlegm-Rheum arising when spleen-kidney yang vacuity, especially kidney yang (life gate fire) vacuity fails in its warming and moving function and causes water to accumulate.  | a pale body with a thin white moist (maybe slimy) coating  | deep, fine, possibly tight<br>OR<br>wiry, slippery |

## Stomach Disease Patterns Summary Tables

### Stomach: Simple Patterns

| Pattern  | Signs & Symptoms  | Other Information  | Tongue, Body & Coating | Pulse Image |
|--|---|--|------------------------|-------------|
| <b>Food Stagnating in the Stomach Duct</b><br>(shi zhi wei wan (guan)) | Distention and oppression in the stomach duct (epigastrium) with pain in severe cases, belching and swallowing of upflowing acid, bad breath (esp. pediatric), retching, vomiting of sour putrid matter, nausea, loss of appetite, relief from distention and pain by vomiting, loose stool or constipation. There may be (frequent) passing of flatus and thin stool that is putrid, sour, or foul-smelling. | Food stagnating in the stomach duct arises when food is not decomposed in the stomach and is attributed to dietary irregularities such as voracious eating and drinking (habitual or episodic). Spleen-stomach vacuity with impaired movement and transformation is a predisposing factor. | thick slimy coating    | slippery    |

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| <b>Stagnation of Blood in the Stomach</b><br>(wei xue yu)                                      | Stabbing, piercing pain in the Stomach Duct (epigastrium), abdominal distension, pain worse with pressure, tar-like black stools, a darkish complexion  | Enduring Qi stagnation causes Stomach Blood stagnation.<br>This pattern may correlate with either a bleeding ulcer or cancer of the upper gastrointestinal tract in WMB.   | dark body with spots or macules, and a thin yellow coating | wiry, choppy  |
| <b>Stomach Fire Hyperactivity</b><br>(wei huo kang)  | Bright red swollen painful gums, sores in the mouth, bad breath, dry mouth and a desire for chilled drinks, possible red eyes, frontal headache, easy anger, heart vexation, reddish urine, constipation  | This pattern results from over-consumption of acrid, hot, peppery foods, greasy fatty foods, fried and grilled foods, and alcohol. Stomach Fire may attack the Lung.   | red, dry body with a thick yellow coating                  | surging, large<br>OR<br>slippery, rapid                         |
| <b>Stomach Heat</b><br>(wei re)<br><br><b>Stomach Heat with Yin Vacuity</b><br>(wei re yin xu) | Scorching stomach duct pain, clamoring stomach with swallowing of upflowing acid, bitter taste in the mouth, dry bound stool, toothache, loose teeth, bleeding gums, frontal headache, irritability, low-grade fever, short voidings of reddish urine, dry mouth and a desire for chilled drinks.<br>In some cases, there is immediate vomiting of ingested foods or thirst with desire for cold drinks with swift digestion and rapid hungering. When stomach fire flames upward, signs are observed such as sore swollen and even ulcerated gums, spontaneous bleeding of the gums, and bad breath. | Stomach heat, is the manifestation of intense fire heat in the stomach attributable to a) a predilection for hot spicy or rich fatty foods that engender fire, b) constrained emotions giving rise to depressed qi, which then transforms into fire, or c) heat evil invading the inner body. Stomach heat which endures for some time will eventually consume yin.  | red, dry body with a yellow coating                        | floating, slippery, vacuous and large<br>OR<br>slippery, rapid  |
| <b>Stomach Vacuity Cold</b><br>(wei yang xu)   | General cold signs include lusterless complexion, aversion to cold, lack of warmth in the extremities. These are not usually sudden in onset, are of lengthy duration, and characterized by a prominence of vacuity signs.<br>Vacuity cold gives rise to signs of stomach qi disharmony such as belching and acid upflow. Stomach qi vacuity cold is characterized by stomach duct pain that may be exacerbated by contraction of external cold. Vomiting of clear cold sour fluid is sometimes observed.   | A disease pattern characterized by stomach signs such as stomach pain and vomiting, and vacuity cold signs. It can be the result of damage to stomach qi by excessive consumption of raw and cold foods or other dietary irregularities. It may also occur when constrained emotions cause liver qi to invade the stomach and, in time, damages its qi. The stomach pain usually occurs on an empty stomach, and is relieved by eating or by pressure. | a pale enlarged body                                       | soggy, but may become string-like or tight during pain attacks. |

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| <b>Stomach Repletion Cold</b><br>(wei shi han)               | <p>The chief signs are acute cold pain in the stomach duct that is exacerbated by exposure to cold and relieved by warmth. Secondary signs include glomus and distention in the stomach duct, nausea with vomiting that relieves pain, as well as physical cold and cold limbs.</p>  | <p>A disease pattern caused by cold evil invading the stomach. This may be the result of excessive consumption of cold raw foods or external cold (External Cold Invading the Stomach).</p>  | <p>white coating</p>  | <p>string-like<br/>OR<br/>tight, sunken</p>   |
| <b>Stomach Qi Ascending Counterflow</b><br>(wei qi shang ni) | <p>Nausea, vomiting, dry retching, burping and belching, hiccough, difficulty swallowing, choking sensation in throat, morning meal vomited in evening, and evening meal vomited in morning, can result from a number of causes including: cold, heat, phlegm, foul turbidity, food stagnation, and gastrointestinal qi stagnation; which have slightly different presentations:</p> <p><u>Cold</u>: Counterflow occurring in a cold pattern is usually characterized by a pale tongue, white face, vomiting of clear fluid, or vomiting in the evening of food ingested in the morning.</p> <p><u>Heat</u>: Where heat is present, signs include red tongue with yellow fur, vomiting of sour or bitter fluid, and immediate vomiting of ingested food.</p> <p><u>Phlegm</u>: If phlegm is the cause, a slimy tongue fur, repeated ejection of phlegm-drool, and occasionally dizziness are observed.</p> <p><u>Foul Turbidity</u>: foul turbidity usually occurs in hot weather, is sudden in onset, and is characterized by abdominal pain, ungratified desire to vomit, and agonizing distention and oppression in the stomach duct.</p> <p><u>Food Stagnation</u>: a result of food stagnation, there is usually a history of food damage, and signs such as sour, putrid vomitus, with improvement brought about by vomiting.</p> <p><u>GIT Qi Stagnation</u>: gastrointestinal qi stagnation is characterized by glomus in the chest, abdominal pain, and belching.</p> | <p>Stomach qi ascending counterflow, is the chief manifestation of impaired harmonious downbearing of the stomach. In this pattern there is often some accumulation of heat in the Liver, which then affects the Stomach, causing counterflow.</p> | <p><u>Cold</u>: pale body<br/><u>Heat</u>: tender, red body possibly with a yellow coating<br/><u>Phlegm</u>: slimy coating</p> | <p>Varies with the Pattern.<br/>e.g. for Heat: thready, rapid<br/>OR<br/>vacuous, rapid</p> |

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| <b>Stomach Yin Vacuity</b><br>(wei yin xu)                       | Dull pain or burning in the stomach duct (epigastrium), no desire to eat much even when hungry, dry lips mouth and throat, difficulty swallowing, acid regurgitation, hiccup, vomiting, clamouring stomach, reduced food intake, constipation, dry bound stool, desire for fluids, short voidings of scant urine. In some cases, there may be glomus in the stomach duct, dry retching or hiccough. | Stomach yin vacuity, is the manifestation of stomach yin depletion that occurs in enduring illness or in advanced stages of febrile disease, or that arises from a predilection for hot spicy or fried foods and alcohol, constrained emotions, or depressed qi transforming into heat. It may be due to consumption of yin in older patients Stomach Yin Vacuity tends to manifest in cases of recent onset, Spleen Yin Vacuity in cases of longer duration. | dry red body with scant coating or glossy, mirror-like coating. Possibly a dry crimson area in the center of the tongue. | fine, rapid           |
| <b>Stomach Yin Vacuity with Damp-Heat</b><br>(wei yin xu shi re) | Swollen gums, sores in the mouth and on the tongue, possibly red painful eyes, low-grade fever, constipation, abdominal distension, thirst but no great desire to drink, constant hunger but abdominal discomfort after eating, possible urinary strangury, possible yellowing of the skin and eyes.  | This pattern is due to enduring dampness and heat in the Liver and Stomach. Chronic candidiasis may be present.   | red body with scant, slimy, yellowish coating  | fine, rapid, slippery |

### Stomach: Combined Patterns

| Pattern  | Signs & Symptoms   | Other Information   | Tongue, Body & Coating       | Pulse Image     |
|--|--|---|------------------------------|-----------------|
| <b>Exuberant Heart-Stomach Fire</b><br>(xin wei huo sheng) | The chief signs are vexation and insomnia, red face, thirst, mouth sores, scorching pain in the stomach duct, swallowing of upflowing acid, and swift digestion and rapid hungering. Other signs include mania and delirious speech, red urine with inhibited voidings and stinging pain, bloody urine, immediate vomiting of ingested food, bad breath, bleeding gums, sore swollen gums, and constipation. | A disease pattern arising when, in intense heart fire, evil heat invades the stomach. | red body with yellow coating | slippery, rapid |

|   |   |  |                                       |   |
|---|---|--|---------------------------------------|---|
| <b>Gastrointestinal Accumulation</b><br>(wei chang ji)      | Shares the basic characteristics of Food Damage (aversion to food, nausea, vomiting or belching (with putrid smelling vomitus or gas), diarrhea or constipation, foul-smelling stool and flatus, relief from pain and distention after defecation or the passing of flatus. However, gastrointestinal accumulation is usually more severe than most cases of food damage, especially with the addition of palpable accumulation lumps in the abdomen, painful distention that refuses pressure, diarrhea with ungratifying defecation, or tenesmus. | Accumulation of food in the stomach and intestines. Causes include excessive consumption, especially of cold, raw, fried, rich, or fatty foods, and ingestion of unclean foodstuffs.   | slimy coating either thick or yellow  | slippery, full                                      |
| <b>Gastrointestinal Heat Bind</b><br>(re jie wei chang)     | Heat Bind is heat gathering and binding in a particular location. When heat binds in the stomach and intestines, there is dry bound stool; in severe cases, there may be tidal heat [effusion] and delirious speech.  | Synonym: Heat Binding in the Stomach and Intestines.   |                                       | sunken, full  |
| <b>Liver Fire Invading the Stomach</b><br>(gan huo fan wei) | Epigastric pain, hematemesis, acid eructation   | Liver fire damages the network vessels of the Stomach.   | a red body with a yellow coating      | rapid, wiry   |
| <b>Liver Qi Invading the Stomach</b><br>(gan qi fan wei)    | General signs include epigastric and lateral costal distension and pain, nausea, vomiting, hiccup, burping and belching. Stomach signs include stomach duct pain, vomiting of sour fluid, torpid stagnant stomach intake, aversion to food, abdominal distention, and diarrhea. Liver signs include dizziness, rib-side pain, irascibility, smaller-abdominal distention.   | Volatile or prolonged emotional imbalance damages the Liver. This causes loss of harmony of Stomach Qi. Hence there is excessive free coursing of liver qi affecting the stomach. In many cases there may be elements of Spleen vacuity, dampness or phlegm. This condition differs from Liver Qi Invading the Spleen by a predominance of stomach signs such as vomiting of sour fluid and torpid intake. If the condition persists, it may develop into Liver-Spleen Disharmony. | normal body with a thin white coating | string-like (wiry) especially in the ST/SP position |

|  |  |  |                              |                 |
|--|--|--|------------------------------|-----------------|
| <b>Liver-Stomach Disharmony</b><br>(gan wei bu he)                 | Distending pain in both rib-sides, belching, glomus and fullness in the upper abdomen, torpid intake, stomach duct pain, swallowing of upflowing acid, and clamoring stomach.  | This pattern arises when binding depression of the liver causes imbalance between the liver and spleen and causes counterflow and derangement of stomach qi. It differs from Liver-Spleen Disharmony in the predominance of stomach signs as opposed to spleen signs.  |                              |                 |
| <b>Liver-Stomach Heat and Counterflow</b><br>(gan wei re shang ni) | Lateral costal pain, gnawing hunger, epigastric focal distension, nausea, vomiting, hiccup, belching, acid regurgitation.  | Stress leads to stagnant Liver Qi which may invade the Stomach causing counterflow of Stomach Qi. Heat is also present, and there may be a degree of Spleen vacuity.   | red body with yellow coating | wiry, rapid     |
| <b>Strong Stomach and Weak Spleen</b><br>(wei qiang pi ruo)        | Scorching pain in the stomach duct, thirst with a liking for fluids, frequent short voidings of urine, and hard stool that is difficult to pass. Other signs include swallowing of upflowing acid, immediate vomiting of ingested foods, and bad breath. In some cases, there may be sore swollen gums or bleeding gums. | A disease pattern of stomach heat scorching the fluids on the one hand and of spleen vacuity with little liquid and dryness of the intestinal humor on the other. It results from factors such as exuberant stomach yang, depressed fire due to affect-mind internal damage, and excessive consumption of hot spicy foods. | red body with yellow coating | slippery, rapid |

## Yang Ming [Yang Brightness] Disease Patterns Summary Tables

| Pattern  | Signs & Symptoms   | Other Information  | Tongue, Body & Coating                                    | Pulse Image                                    |
|--|--|--|---|--|
| <b>Yang Ming [Yang Brightness] Blood Amassment</b><br>(yang ming xu xue) | Signs include forgetfulness and hard black stool that is easily passed. Possible masses in the abdomen or hypochondriac region, possible chronic fixed piercing pain – worse with pressure, visible abdominal masses when supine, subcutaneous varicose veins in abdominal wall. | A disease pattern in which yang brightness (yang ming) evil heat binds with pre-existing static blood. | dark red or purplish body, with possible spots or macules | deep, choppy<br>OR<br>wiry, and fine or choppy |

|  |  |   |   |  |
|--|--|---|---|--|
| <b>Yang Ming</b><br><b>[Yang Brightness]</b><br><b>Bowel Pattern</b><br>(yang ming fu zheng)     | Tidal heat [effusion], delirious speech, a hard full distended abdomen with pain that refuses pressure, constipation.  | A disease pattern arising when in externally contracted febrile disease/ evil enters the yang brightness (yang ming) channel. Yang brightness bowel patterns are so named because they arise when an evil binds with food accumulation or dry waste in the stomach or intestines, causing repletion heat. | burnt yellow or old yellow coating              | strong, sunken, full   |
| <b>Yang Ming</b><br><b>[Yang Brightness]</b><br><b>Channel Pattern</b><br>(yang ming jing zheng) | Great heat [effusion], great sweating, pronounced agitation, and a large, surging pulse. These four signs are collectively known as the 'four greatnesses'.  | A disease arising when externally contracted evil enters the yang brightness (yang ming) channel. In these patterns, the stomach liquid is damaged by exuberant heat, although there is no heat bind in the yang brightness bowels (the stomach and large intestine).                                     | dry (old) yellow coating                        | large, surging   |
| <b>Yang Ming</b><br><b>[Yang Brightness]</b><br><b>Disease</b><br>(yang ming bing)               | Characterized by generalized heat [effusion], sweating and aversion to heat, agitation, and thirst, or in more severe cases, abdominal fullness and pain, constipation, and in severe cases, delirious mania.  | A disease arising when externally contracted evil enters the yang brightness (yang ming) channel and exterior signs such as aversion to wind and cold give way to pronounced heat signs. Yang brightness disease is divided into channel and bowel patterns depending on the presence of constipation.    | coating is usually dry and old yellow in colour | surging and large, slippery and rapid,<br>OR<br>sunken, replete, and forceful. |
| <b>Yang Ming</b><br><b>[Yang Brightness]</b><br><b>Headache</b><br>(yang ming tou tong)          | 1). Headache occurring in yang brightness (yang ming) disease in cold damage, which is accompanied by generalized heat [effusion] with aversion not to cold but to heat.<br>2). Headache on the pathway of the yang brightness (yang ming) channel, i.e. on the forehead and sometimes stretching into the eyeballs. |   |   |  |