

Metal Disease Patterns: Lung & Large Intestine

(from: Wiseman & Feng, 1998; Flaws & Finney, 1996; Ross, 1995; Cheng, 1987; Larre & Rochat, 1992; Maciocia, 1989c; Feit & Zmiewski, 1990).

List of Lung Disease Patterns

Simple Patterns

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 Damp-Heat Obstructing the Lung (shi re zu fei)
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 Lung Qi and Yin Vacuity (fei qi yin xu)
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 Kidney Failing to Absorb Qi (shen bu na qi)
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List of Large Intestine Disease Patterns

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Large Intestine Cold Bind (da chang han jie)
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Large Intestine Excessive Fire (da chang duo huo)
Large Intestine Heat Bind (da chang re jie)
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List of Yang Ming [Yang Brightness] Patterns

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Yang Ming [Yang Brightness] Channel Pattern (yang ming jing zheng)
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Many Metal Disease Patterns Described

(edited from: Wiseman & Feng, 1998)

Lung Simple Patterns

Dryness Evil Invading the Lung (zao xie fan fei)

Synonym: dryness qi damaging the lung. Damage by the dryness evil, usually in autumn. Dryness is one of the six excesses. In autumn, the weather (in China) is dry, and dry air entering the lung can cause damage to the liquid of the lung. The chief signs are dry cough without phlegm or with scant sticky phlegm that is not easily expectorated. Other signs include dry lips, tongue, pharynx, and nose. In some case, there is generalized heat [effusion] and aversion to cold, or chest pain and expectoration of blood. The tongue is red with yellow or white fur. The pulse is rapid. Analysis: When dryness evil damages lung liquid, the lung is deprived of moisture, and diffusion and depuration break down, hence the dry cough without phlegm or with scant sticky phlegm that is not easily expectorated. "When dryness prevails, there is aridity," hence the dry lips, tongue, pharynx, and nose. Lung qi reaches the skin and [body] hair, and when the lung is assailed by dryness, heat effusion and aversion to cold are observed together. If the dryness evil transforms into fire and scorches the network vessels of the lung, there is chest pain and expectoration of blood. Dryness evil damages liquid, and when liquid is damaged, yang becomes hyperactive. Hence the tongue is usually red. When dryness evil assails the exterior, the tongue fur is usually white; when it assails the lung, the tongue fur is usually yellow. Dryness-heat damaging the lung makes the pulse rapid. Treatment principle: Clear dryness and moisten the lung; suppress cough and transform phlegm. Acupuncture: Base treatment mainly on LU,

LI, and KI. Select BL-13 (fei shu, Lung Transport), LU-5 (chi ze, Cubit Marsh), LU-7 (lie que, Broken Sequence), and LI-4 (he gu, Union Valley). Needle with drainage and supplement KI-6 (zhao hai, Shining Sea). For generalized heat [effusion] and aversion to cold, drain BL-12 (feng men, Wind Gate), GB-20 (feng chi, Wind Pool), and BL-11 (da zhu, Great Shuttle). Comparison: Wind-heat invading the lung: Dryness evil invading the lung is characterized by cough without phlegm or with scant phlegm and by dry lips, tongue, pharynx, and nose. Wind-heat invading the lung is marked by pronounced heat effusion and mild aversion to cold. Lung yin vacuity: Cough and scant sticky phlegm that is not easily expectorated are observed in both dryness evil invading the lung and in lung yin vacuity. However, lung yin vacuity has effulgent yin vacuity fire signs such as postmeridian tidal heat [effusion], and vexing heat in the five hearts. Dryness evil is marked by exterior signs such as aversion to cold with heat effusion.

Dryness Heat Damaging the Lung (zao re shang fei)

Synonym: dryness-heat invading the lung. DRYNESS-HEAT evil wearing lung liquid and making lung qi unable to diffuse and downbear. Dryness-heat damaging the lung is characterized by dry cough without phlegm or with scant sticky phlegm, red tongue with little liquid, a dry thin white tongue fur, and a fine rapid floating pulse that may be large at the left inch position. These signs are often accompanied by tidal heat [effusion], headache, and constipation. Treatment principle: Diffuse with lightness and moisten dryness.

Heat Evil Congesting the Lung (re xie yong fei)

Synonym: heat evil obstructing the lung. HEAT EVIL upsetting lung function. Heat evil congesting the lung is characterized by heat effusion, cough with thick yellow sticky phlegm possibly streaked with blood, a tongue that is red at the tip and margins with a dry yellow fur, and a rapid surging or rapid string-like pulse. In severe cases, there may be hasty rapid breathing and chest and rib-side pain. This condition is more severe than the more common WIND EVIL INVADING THE LUNG, and is attributed to phlegm-heat that arises when external evils invade the lung, where they then lie depressed and transform into heat, which damages the liquid of the lung and condenses it to form phlegm that obstructs the network vessels of the lung. WMB: bronchitis; pneumonia; concurrent infections in emphysema and in bronchial asthma. Treatment principle: Clear and drain lung heat. Acupuncture: Base treatment mainly on LU and LI. Select BL-13 (fei shu, Lung Transport), LU-7 (lie que, Broken Sequence), LU-5 (chi ze, Cubit Marsh), LI-4 (he gu, Union Valley), LI-11 (qu chi, Pool at the Bend), LU- 10 (yu ji, Fish Border), GV-14 (da zhui, Great Hammer), and ST-40 (feng long, Bountiful Bulge); needle with drainage, and prick LU-11 (shao shang, Lesser Shang) to bleed.

Impaired Depurative Downbearing of the Lung

(fei shi su jiang, fei shi qing su)

A patho-mechanism involving a disturbance of the lung's functions of governing depurative downbearing and regulation of the waterways. The lung governs the qi of the whole body. If, for any reason, lung qi is inhibited, there may be signs such as cough, nasal congestion, and counterflow qi,

and if the movement and distribution of water is affected, causing inhibited urination, puffy swelling and panting and cough may be observed.

Lung Qi Vacuity (fei qi xu)

A disease pattern most commonly attributable to repeated impairment of lung qi diffusion and downbearing over a long period of time, although it may also be caused by general qi vacuity. The chief signs are forceless cough and panting and shortness of breath. Other signs include a pale white or bright white facial complexion, fatigue and lack of strength, rapid breathing on exertion, spontaneous sweating, susceptibility to the common cold, laziness to speak, and low timid voice.

Analysis: When qi is vacuous, depurative downbearing is impaired, hence the forceless cough and panting. At the same time the production of ancestral qi is insufficient, hence shortage of qi that causes shortness of breath and rapid breathing on exertion. Qi vacuity is also reflected in laziness to speak, spontaneous sweating, and a pale white or bright white facial complexion. Qi vacuity makes external defense insecure and the interstices unsound, hence the susceptibility to colds. The lung is the upper source of water, and when lung qi is vacuous, the distribution of fluids is impaired, water collects in the lung and ascends counterflow with qi, hence copious thin phlegm. The pale tongue with white fur and the vacuous pulse are also qi vacuity signs. Since lung qi has its root in the kidney, and ancestral qi penetrates the heart and vessels to drive respiration, when lung qi vacuity reaches a certain degree, it can cause HEART-LUNG QI VACUITY, KIDNEY FAILING TO ABSORB QI, or HEART-KIDNEY YANG VACUITY. Treatment principle: Lung qi vacuity is treated by boosting lung qi.

Secure the defensive exterior. Acupuncture: Base treatment mainly on back transport points, LU, SP, and CV. Select from BL-13 (fei shu, Lung Transport), BL-43 (gao huang shu, Gao Huang Transport), LU-9 (tai yuan, Great Abyss), BL-20 (pi shu, Spleen Transport), SP-3 (tai bai, Supreme White), CV-6 (qi hai, Sea of Qi), and ST-36 (zu san li, Leg Three Li); needle with supplementation and moxa.

Lung Yang Vacuity (fei yang xu)

A disease pattern that arises when enduring cough damages lung qi, and detriment to qi affects yang, or when lung qi is damaged in patients usually suffering from yang vacuity. Lung yang vacuity is characterized by forceless cough and panting, bright white facial complexion, and physical cold and cold limbs. Treatment principle: Warm and supplement lung yang. Acupuncture: Use the same points as for LUNG QI VACUITY, and use large amounts of moxa.

Lung Yin Vacuity (fei yin xu)

A disease pattern of lung vacuity with heat signs. Lung yin vacuity is mostly the result of damage caused by long-lingering lung heat, which frequently develops in patients suffering from either general debilitation from an enduring illness or from impaired lung downbearing. It sometimes arises as a result of invasion of the lung by dryness evil. The chief signs are cough without phlegm or with scant sticky phlegm, and tidal heat [effusion]. Other signs include emaciation, dry throat and mouth, postmeridian tidal heat [effusion], vexing heat in the five hearts, and night sweating. Sometimes the phlegm is flecked with blood or the voice is hoarse. The tongue is red with little liquid. The pulse is

rapid and fine. Lung yin vacuity frequently affects kidney yin, resulting in LUNG-KIDNEY YIN VACUITY. WMB: Pulmonary tuberculosis. Analysis: When lung yin is insufficient and vacuity fire burns internally, the lung is steamed by the heat and qi dynamic ascends counterflow, hence the cough. When liquid is scorched by heat and condensed to form phlegm, there is scant sticky phlegm. If the heat scorches the network vessels of the lung, the phlegm may be flecked with blood. When lung yin is depleted, the throat and mouth become dry. When the throat is not kept moist by yin liquid, it is sweltered by vacuity fire, hence the voice becomes hoarse. Lung yin vacuity also means that the body is not properly nourished, hence the emaciation. Intense internal vacuity fire gives rise to postmeridian tidal heat [effusion], and vexing heat in the five hearts. When heat harasses construction-yin, there is night sweating, and when vacuity heat flames upward, the cheeks redden. The red tongue with little liquid, and the rapid fine pulse are further signs of effulgent yin vacuity fire. Treatment principle: Moisten the lung and suppress cough; enrich yin and downbear fire. Comparison: Heart yin vacuity. Lung yin vacuity and heart yin vacuity share manifestations of effulgent yin vacuity fire such as dry mouth, scant urine, absence of sweating, dry stool, tidal heat [effusion], and night sweating. Lung yin vacuity is marked by cough with scant phlegm that may be flecked with blood, while heart yin vacuity is characterized by heart palpitations and insomnia. Dryness evil invading the lung: Lung yin vacuity is like dryness evil invading the lung in that both are characterized by lung dryness signs such as dry cough, dry skin, and dry mouth. However, lung yin vacuity develops slowly and includes signs of effulgent yin vacuity fire, such as tidal heat [effusion] and night sweating. Dryness evil invading the lung is of rapid onset and is marked by the absence of effulgent yin vacuity fire signs. Base treatment mainly on back transport points, LU, and KI. Select BL-13 (fei shu., Lung Transport), BL-43 (gao huang shu, Gao Huang Transport), LU-5 (chi ze, Cubit Marsh), and KI-6 (zhao hai, Shining Sea); needle with supplementation. For lung-kidney yin vacuity, add BL-23 (shen shui Kidney Transport), KI-3 (tai xi, Great Ravine), and SP-6 (san yin jiao, Three Yin Intersection).

Non-diffusion of Lung Qi (fei qi bu xuan)

Lung governs diffusion, (fei zhu xuan san): One aspect of LUNG GOVERNS QI. The lung is responsible for ensuring the movement of qi out toward the body surface. Under normal circumstances, lung qi diffuses outward. When external evil (wind-heat, wind-cold) invades the lung, causing cough with scant or copious phlegm, nasal congestion, runny nose, itchy throat, or hoarse voice, usually accompanied by exterior signs. The resulting pattern is called non-diffusion of lung qi. In severe cases of evil heat, there may be high fever with flaring nostrils, rough panting, with thick yellow phlegm, and if external evil stirs existing cold-rheum, there may be foamy white phlegm-drool and a frog rale in the throat.

Phlegm-Damp Obstructing the Lung (tan shi zu fei)

Disturbance of diffusion and downbearing of lung qi attributed to phlegm-damp congesting the lung. The lung is the receptacle that holds phlegm, whereas the spleen is the source of phlegm formation. When splenic movement is impaired, dampness gathers and forms phlegm, which affects the lung. Phlegm-damp obstructing the lung manifests as cough and panting exacerbated by physical

movement, phlegm-drool congestion, thin white phlegm that is easily expectorated, fullness and oppression in the chest and diaphragm, a slimy or glossy white tongue fur and a moderate soggy pulse. WMB: This pattern is observed in chronic bronchitis and bronchial asthma. Acupuncture: Base treatment mainly on LU, SP, and ST. Select BL-13 (fei shu, Lung Transport), LU-5 (chi ze, Cubit Marsh), ST-40 (feng long, Bountiful Bulge), CV-22 (tian tu, Celestial Chimney), LI-4 (he gu, Union Valley), CV-17 (shan zhong, Chest Center), PC-6 (nei guan, Inner Pass), LU-9 (tai yuan, Great Abyss), SP-3 (tai bai, Supreme White), and ST36 (zu san li, Leg Three Li); needle with supplementation and moxa, if appropriate. Comparison: PHLEGM TURBIDITY OBSTRUCTING THE LUNG is similar, but associated with thick sticky phlegm.

Phlegm-Heat Obstructing the Lung (tan re zu fei)

Synonym: phlegm-heat congesting the lung. A disease pattern arising when phlegm-heat congests the lung and gives rise to panting and cough. External evils that have invaded become depressed in the lung and transform into heat. The heat damages lung liquid and condenses it to form phlegm, which in turn binds with the heat. The resultant combination of phlegm and heat then congests the network vessels of the lung. The chief signs of phlegm-heat obstructing the lung are cough and panting, thick yellow phlegm, and vigorous heat [effusion]. Other signs include thirst, vexation and agitation, flaring nostrils, expectoration of blood, spontaneous external bleeding, oppression in the chest, coughing up of purulent phlegm and blood with fishy smell, dry bound stool, and short voidings of reddish urine. WMB: This pattern is observed in acute bronchitis, pneumonia, pulmonary emphysema with infection, and bronchial asthma with infection. Analysis: When phlegm heat congests in the lung, it causes lung qi to ascend counterflow, hence cough. The heat condenses humor into phlegm, hence the thick yellow phlegm. When depuration is hampered, there is labored breathing and flaring nostrils. When phlegm-heat scorches yin liquid, there is thirst, short voidings of reddish urine, and dry bound stool. When phlegm-heat harasses the heart spirit, there is vexation and agitation. When it damages the network vessels of the lung, blood spills out, and there is nosebleed or expectoration of blood. When phlegm-heat obstructs the network vessels of the lung, causing qi stagnation and blood congestion, there is oppression in the chest. Bad blood and putrid flesh suppurate, hence the coughing up of fishy-smelling purulent phlegm. The red tongue with yellow slimy fur and the slippery rapid pulse are both signs of phlegm-heat congesting internally. Treatment principle: Clear and drain phlegm-heat. Acupuncture: Base treatment mainly on LU, LI, and ST. Select BL-13 (fei shu, Lung Transport), LU-7 (lie que, Broken Sequence), LI-4 (he gu, Union Valley), LI-11 (qu chi, Pool at the Bend), CV-17 (shan zhong, Chest Center), LU-5 (chi ze, Cubit Marsh), ST-40 (feng long, Bountiful Bulge), ST-36 (zu san li, Leg Three Li), and KI-6 (zhao hai, Shining Sea); needle with drainage and prick LU-11 (shao shang, Lesser Shang) and LI-1 (shang yang, Shang Yang) to bleed. Comparison: Phlegm turbidity obstructing the lung: Phlegm-heat congesting the lung and phlegm turbidity obstructing the lung involve phlegm obstructing the network vessels of the lung and impaired depurative downbearing of lung qi that cause cough, panting, and rapid breathing. However, phlegm-heat is marked by thick yellow phlegm and vigorous heat [effusion], whereas phlegm turbidity obstructing the lung is characterized by copious white sticky phlegm that is easy to expectorate. Liver fire invading the lung:

Phlegm-heat congesting the lung and liver fire invading the lung share signs of cough, panting, and generalized heat [effusion]. However, phlegm-lung congesting the lung is marked by thick yellow phlegm that is not easy to expectorate, whereas liver fire invading the lung is characterized by distention and fullness in the chest and rib-side, vexation, agitation and irascibility, as well as red face and eyes.

Phlegm Turbidity Obstructing the Lung (tan zhuo zu fei)

A disease pattern arising when phlegm turbidity congests the airways and impairs lung qi diffusion and depuration. The main signs are cough with copious sticky white phlegm that is easily ejected. Other signs include oppression in the chest and panting and phlegm rale in severe cases. The tongue is pale with white slimy fur. The pulse is slippery. Treatment principle: Transform phlegm turbidity; depurate the lung and suppress cough. Analysis: When phlegm turbidity obstructs the lung, lung qi ascends counterflow, hence cough with copious sticky white phlegm that is easily expectorated. Phlegm turbidity is a tangible evil; when it obstructs the lung, it affects the upward, downward, inward and outward movement of qi, hence the oppression in the chest, panting, and phlegm rale. The pale tongue with white slimy fur, and the slippery pulse are both signs of phlegm turbidity causing internal obstruction. Comparison: Yang vacuity water flood: The main signs of phlegm turbidity obstructing the lung are copious phlegm, cough, and panting. The chief signs of yang vacuity water swelling are water swelling, fear of cold, and cold limbs. Phlegm turbidity obstructing the lung is a repletion pattern. Yang vacuity water swelling is a vacuity pattern complicated by repletion. Welling-abscess (yong) of the lung: Phlegm turbidity obstructing the lung is marked by copious phlegm, cough, and panting. Welling-abscess (yong) of the lung is marked by chest pain, generalized heat [effusion], and expectoration of fishy-smelling pus and blood. The two are easily distinguished.

Water-Cold Shooting into the Lung (shui han she fei)

A pattern that occurs in patients suffering from phlegm-rheum or water swelling when they contract cold evil. Cold evil stirs the water-rheum and both evils rise into the lung counterflow, causing non-diffusion of lung qi. The chief signs are cough, hasty panting with inability to lie down and puffy swelling of the lower limbs. Other signs include copious thin white phlegm-drool, fullness and oppression in the chest and rib-side, distention and fullness in the lesser abdomen, cold pain in the lumbar region, cold knees and lower legs, and scant urine. In some cases, there may be aversion to cold with heat effusion, absence of sweating, and generalized pain. The tongue fur is thin, white, and glossy, or white and slimy. The pulse is tight and floating or tight and string-like. Treatment principle: Warm the lung and transform rheum; assist yang and disinhibit water. Acupuncture: Base treatment mainly on LU, ST, CV, and back transport points. Select BL-13 (fei shu, Lung Transport), LU-9 (tai yuan, Great Abyss), ST-40 (feng long, Bountiful Bulge), LI-4 (he gu, Union Valley), CV-12 (zhong wan, Center Stomach Duct), ST-36 (zu san li, Leg Three Li), and CV-17 (shan zhong, Chest Center), to warm the lung and transform rheum, and select CV-9 (shui fen, Water Divide), CV-6 (qi hai, Sea of Qi), BL-23 (shen shu, Kidney Transport), BL-20 (pi shu, Spleen Transport), BL-22 (san jiao shu,

Triple Burner Transport), and SP-9 (yin ling quan, Yin Mound Spring) to assist yang and disinhibit water; needle with supplementation and moxa.

Wind-Cold Fettering the Lung (feng han shu fei)

Wind-cold invading the lung and causing non-diffusion of lung qi. The main signs are cough and aversion to cold. Other signs include nasal congestion and runny nose with clear snivel, itchy throat, and thin white phlegm. In some cases there may also be aversion to cold and slight heat effusion without sweating. The tongue fur is thin and white. The pulse is tight and floating. Treatment principle: Effuse and dissipate wind-cold; diffuse the lung and suppress cough. Acupuncture: Base treatment mainly on GB, LU, and LI. Select BL-13 (fei shu, Lung Transport), GB-20 (feng chi, Wind Pool), LU-7 (lie que, Broken Sequence), LI-4 (he gu, Union Valley), and TB-5 (wai guan, Outer Pass). Needle with drainage. Analysis: Externally contracted wind-cold affects the skin and [body] hair and then the lung. It causes non-diffusion of lung qi, which manifests as cough. The nose is the orifice of the lung and the throat is its gate, and when wind-cold impairs the lung's diffusion and depuration, there is nasal congestion with runny nose and clear snivel, and an itchy throat. When the evil settles in the lung defense, defensive yang is obstructed, hence there is aversion to cold, and because of right qi's attempt to resist the evil, the ensuing fight between right and evil produces a slight heat effusion. The thin white tongue fur is a sign of evil invading the skin and [body] hair. The floating pulse is associated with the exterior, and a tight pulse is associated with cold. Hence a tight floating pulse indicates a wind-cold exterior pattern. Comparison: Wind-heat invading the lung: Wind-cold fettering the lung and wind-heat invading the lung are both external contractions. Wind-cold is characterized by pronounced aversion to cold and mild heat effusion, a thin white tongue fur, tight floating pulse, runny nose with clear snivel, and cough with thin clear white phlegm. Wind-heat is characterized by pronounced heat effusion with mild aversion to cold and wind, cough with thick yellow phlegm, nasal congestion with turbid yellow snivel, dry mouth, sore throat, a red-tipped tongue, white or yellow tongue fur, and a rapid floating pulse. Wind-cold fettering the exterior: Wind-cold fettering the lung and wind-cold fettering the exterior both involve wind-cold affecting the skin and [body] hair and the interstices. They differ by emphasis. Wind-cold fettering the exterior has cough as the main sign attended by exterior signs. Wind-cold fettering the exterior is marked principally by exterior signs, and has cough as a possible secondary sign.

Wind-Heat Invading the Lung (feng re fan fei)

Externally contracted wind-heat entering the lung and hampering its normal diffusion and depuration. The chief signs are cough with thick yellow phlegm and slight aversion to wind and cold. Other signs include nasal congestion with runny nose and yellow turbid snivel, dry mouth and throat, red eyes, slight thirst, and generalized heat [effusion]. The tongue is red (or red at the tip) with a thin yellow tongue fur. The pulse is floating and rapid. There may be pronounced heat and pronounced sore throat. Acupuncture: Base treatment mainly on LU, LI, and TB. Select BL-13 (fei shu, Lung Transport), LI-4 (he gu, Union Valley), LI-11 (qu chi, Pool at the Bend), LU-5 (chi ze, Cubit Marsh), TB-5 (wai guan, Outer Pass), and LU-10 (yu ji, Fish Border); needle with drainage. Selection of

points according to signs: For nasal congestion, add LI-20 (ying xiang, Welcome Fragrance) and GV-23 (shang xing, Upper Star). For sore swollen throat, prick LU-11 (shao shang, Lesser Shang) to bleed. Analysis: When wind-heat fetters the lung, it impairs diffusion and downbearing, hence the cough. Wind-heat scorches lung liquid to form phlegm, hence the phlegm is thick and yellow. The lung opens at the nose, and when lung qi fails to diffuse, the nasal orifices are inhibited, and the fluids are damaged by the wind-heat, hence nasal congestion with runny nose and yellow turbid snivel. When wind-heat evil harasses the upper body and damages the fluids, there is dry mouth and sore pharynx, slight thirst, and red eyes. When lung defense is affected by evil, defensive yang resists evil, hence heat effusion. At the same time, because defensive qi is depressed, there is slight aversion to wind and cold. Heat makes the tongue red. Wind-heat invading the exterior makes the tongue fur thin and yellow. The floating pulse is an exterior sign, while a rapid pulse indicates heat. Comparison: Wind-cold fettering the lung: Wind-heat invading the lung and wind-cold fettering the lung are both external contractions. Wind-heat invading the lung is marked by pronounced heat effusion and mild aversion to cold, a thin yellow tongue fur, and a rapid floating pulse. Wind-cold fettering the lung is characterized by pronounced aversion to cold and mild heat effusion, with a thin white tongue fur, and a tight floating pulse. Dryness evil invading the lung: Wind-heat invading the lung is marked by cough with thick yellow phlegm, generalized heat [effusion], aversion to cold, a red tongue with yellow fur, and a rapid floating pulse. Dryness evil invading the lung is characterized by dry cough with scant sticky phlegm, dry mouth and throat, aversion to cold and heat effusion, a red tongue with white fur, and a rapid pulse. Heat evil congesting the lung: Both windheat invading the lung and heat evil congesting the lung have cough as the main sign. However, heat evil congesting the lung is marked by panting as well as cough, and high fever and much more pronounced heat signs.

Lung Combined Patterns

Dual Vacuity of the Lung and Kidney (fei shen liang xu)

Simultaneous vacuity of both the lung and kidney. Distinction is made between lung-kidney yin vacuity and lung qi vacuity with kidney yang vacuity. Lung-kidney yin vacuity is characterized by cough, night sweating, vexing heat in the five hearts, tidal heat [effusion], and seminal emission. Lung qi vacuity with kidney yang vacuity is characterized by cough, shortness of breath, spontaneous sweating, fear of cold, cold limbs, and in some cases swelling. Lung-kidney yin vacuity, or lung qi vacuity with kidney yang vacuity may be present. Acupuncture: For lung-kidney yin vacuity, base treatment mainly on back transport points, LU, and KI. Select BL-13 (fei shu, Lung Transport), BL-23 (shen shu, Kidney Transport), BL-43 (gao huang shu, Gao-Huang Transport), LU-5 (chi ze, Cubit Marsh), KI-3 (tai xi, Great Ravine), and KI-6 (zhao hai, Shining Sea); needle with supplementation. For lung qi vacuity with kidney yang vacuity, base treatment mainly on back transport points, LU, KI, and CV. Select BL-13 (fei shu, Lung Transport), BL-23 (shen shu, Kidney Transport), BL-43 (gao huang shu, Gao-Huang Transport), GV-4 (ming men, Life Gate), CV-6 (qi hai, Sea of Qi), CV-4 (guan yuan, Pass Head), LU-9 (tai yuan, Great Abyss), KI-3 (tai xi, Great Ravine), and ST-36 (zu san li, Leg Three Li); needle with supplementation and large amounts of moxa.

Exuberant Lung-Stomach Heat (fei wei re sheng)

In warm disease, a qi-aspect heat pattern manifesting in classic signs of wind warmth: high fever, cough, rapid breathing, thirst, and yellow tongue fur. Treatment principle: clear heat and diffuse the lung. Supplementation with heat-clearing toxin-resolving medicinals may be required. Acupuncture: Base treatment mainly on LU, ST, and LI. Select LU-10 (yu ji, Fish Border), LU-5 (chi ze, Cubit Marsh), LI-11 (qu chi, Pool at the Bend), ST-44 (nei ting, Inner Court), ST-36 (zu san li, Leg Three Li), and LI-4 (he gu, Union Valley); needle with drainage. Prick LU-11 (shag skinny, Lesser Shang) or LI-1 (shang yang, Shang Yang) to bleed.

Heart-Lung Qi Vacuity (xin fei qi xu)

A disease pattern arising when enduring cough and panting causes LUNG VACUITY that affects the heart, or when INSUFFICIENCY OF HEART QI causes LUNG QI VACUITY. The chief signs are heart palpitations, shortness of breath, cough, and panting on exertion. Other signs include pale white lusterless facial complexion, lassitude of spirit with lack of strength, coughing of thin clear phlegm, stifling oppression in the heart and chest, low timid voice, and spontaneous sweating. The tongue is pale with thin white fur. The pulse is fine and weak. Treatment principle: Supplement the heart and lung. Acupuncture: Base treatment mainly on back transport points, CV, and LU. Select BL-15 (xin shu, Heart Transport), BL-13 (fei shu, Lung Transport), CV-14 (ju que, Great Tower Gate), BL-43 (gao huang shu, Gao Huang Transport), CV-4 (guan yuan, Pass Head), CV-6 (qi hai, Sea of Qi), LU-9 (tai yuan, Great Abyss), and ST-36 (zu san li, Leg Three Li); needle with supplementation and moxa.

Heart-Lung Yang Vacuity (xin fei yang xu)

A disease pattern characterized by signs of both HEART YANG VACUITY and LUNG YANG VACUITY. The main signs are stifling oppression and pain in the heart and chest. Other signs include heart palpitations, forceless cough and panting, fear of cold, lack of warmth in the hands and feet, and dark purple lips. The tongue is dark in color and enlarged. The tongue fur is white and glossy. The pulse is sunken, slow, and forceless. Analysis: The lung inhabits the upper burner and governs the qi of the whole body. The heart governs the vessels. Hence, when the yang of the chest is devitalized, causing qi stagnation and blood stasis, there is stifling oppression and pain in the heart and chest. When heart yang is vacuous, its pumping power is reduced; hence there are heart palpitations. Lung qi vacuity gives rise to forceless cough and panting; insufficiency of yang qi causes fear of cold, cold limbs, and green-blue or purple lips. The dark, enlarged tongue with white glossy fur and the forceless slow sunken pulse are all indications of yang vacuity. Treatment principle: Boost qi and assist yang; loosen the chest and relieve pain. Acupuncture: Base treatment mainly on back transport points, CV, GV, and LU. Select BL-15 (xin shu, Heart Transport), BL-13 (fei shu, Lung Transport), CV-14 (ju que, Great Tower Gate), LU-9 (tai yuan, Great Abyss), CV-6 (qi hai, Sea of Qi), CV-4 (guan yuan, Pass Head), GV-4 (ming men, Life Gate), and ST-36 (zu san li, Leg Three Li); needle with supplementation and large amounts of moxa.

Heart-Lung Yin Vacuity (xin fei yin xu)

A disease pattern characterized by signs of both HEART YIN VACUITY and LUNG YIN VACUITY. The chief signs are dry cough, heart palpitations, and tidal heat [effusion]. Other signs include cough with scant sticky phlegm that is not easy to expectorate, heart vexation, reduced sleep, profuse dreaming, dry lips, dry throat, scant urine, postmeridian tidal heat [effusion], vexing heat in the five hearts, and night sweating. The tongue is red and dry with scant fur. The pulse is fine and rapid. Lung yin vacuity with fire that scorches the liquid causes counterflow qi and dry cough or cough with scant sticky phlegm that is difficult to expectorate. Heart yin vacuity with blood failing to nourish the heart and depriving the spirit of nourishment explains the reduced sleep and sleeplessness. The dry lips, dry throat, scant urine, postmeridian tidal heat [effusion], vexing heat in the five hearts, and night sweating are all signs of effulgent yin vacuity fire. Yin vacuity explains the dry scant tongue fur and fine pulse; vacuity fire flaming upward explains the red tongue and rapid pulse. Treatment principle: Enrich vacuity and downbear fire; moisten the lung and quiet the spirit. Acupuncture: Base treatment mainly on back transport points, HT, LU, and KI. Select BL-15 (xin shu, Heart Transport), BL-13 (fei shu, Lung Transport), BL-17 (ge shu, Diaphragm Transport), BL-43 (gao huang shu, Gao Huang Transport), LU-5 (chi ze, Cubit Marsh), SP-6 (san yin jiao, Three Yin Intersection), PC-6 (nei guan, Inner Pass), HT-7 (shen men, Spirit Gate), KI-3 (tai xi, Great Ravine), and KI-6 (zhao hai, Shining Sea); needle with supplementation.

Kidney Failing to Absorb Qi (shen bu na qi)

Synonym: vacuous kidney failing to absorb qi. Kidney qi vacuity preventing the absorption of lung qi (air breathed in). The kidney failing to absorb qi is characterized by shortness of breath, panting, rapid breathing at the slightest movement, spontaneous sweating, and a forceless fine pulse or a vacuous floating pulse without root. WMB: chronic cardio-pulmonary failure.

Liver Fire Invading the Lung (gan huo fan fei)

Liver channel qi fire ascending counterflow to invade lung and disturbing the lung's depurative downbearing. Liver fire invading the lung most commonly arises as a result of anger damaging the liver or heat evil invading the inner body. It is often called "wood fire tormenting metal." The chief signs are cough with yellow phlegm, and scorching pain in the chest and rib-side. Other signs include scant sticky phlegm, cough that in severe cases brings ejection of fresh blood, rashness, impatience, and irascibility, dizzy head and red eyes, red face, and a bitter taste in the mouth. In addition, there may be short voidings of red urine and constipation. The tongue is red with dry yellow fur. The pulse is string-like and rapid or string-like, fine, and rapid. Analysis: When liver fire invades the lung, it scorches the lung and disturbs depurative downbearing, hence the cough. When fire damages the network vessels of the lung, blood spills out, hence the coughing of fresh blood. When liquid is scorched by fire, it is condensed into phlegm, hence the scant sticky yellow phlegm. When liver channel repletion fire lies depressed, it gives rise to scorching pain in the chest and rib-side, rashness, impatience, and irascibility. When liver fire flames upward, there is dizziness, red eyes, and bitter taste in the mouth. The red tongue with yellow fur and the rapid string-like pulse are signs of exuberant liver fire scorching lung liquid. Treatment principle: Clear heat and drain fire; moisten the lung and

transform phlegm. Acupuncture: Base treatment mainly on LU and LR. Select BL- 13 (fei shu, Lung Transport), LU-10 (yu ji, Fish Border), LR-2 (xing jian, Moving Between), and GB-34 (yang ling quan, Yang Mound Spring); needle with drainage.

Lung-Kidney Yin Vacuity (fei shen yin xu)

A condition comprising signs of LUNG YIN VACUITY and KIDNEY YIN VACUITY. Signs of lung yin vacuity include emaciation and marked ill health, dry cough with little phlegm (sometimes streaked with blood), dry mouth and throat, low hoarse voice, and rapid breathing. Signs of kidney yin vacuity include night sweating, lumbar pain, and seminal emission. Lung and kidney yin vacuity is further characterized by reddening of the cheeks and steaming bone tidal heat [effusion], red tongue, and rapid fine pulse. Treatment principle: Enrich and nourish the lung and kidney.

Large Intestine Disease Patterns

Large Intestine Cold Bind (da chang han jie)

Constipation due to cold qi in the large intestine and accompanied by dull abdominal pain, bland taste in the mouth, white tongue with scant fur, and a string-like sunken pulse. Treatment principle: Warm yang and free the stool. Acupuncture: Base treatment mainly on alarm, lower uniting, and back transport points of LI, and on CV and SP. Select BL-25 (da chang shu, Large Intestine Transport), ST-25 (tian shu, Celestial Pivot), ST-37 (shang ju xu, Upper Great Hollow), TB-6 (zhi gou, Branch Ditch), SP-6 (san yin jiao, Three Yin Intersection), CV-4 (guan yuan, Pass Head), CV-6 (qi hai, Sea of Qi), and CV-8 (shen que, Spirit Gate Tower); needle with supplementation or with even supplementation and drainage, and add large amounts of moxa.

Large Intestine Damp-Heat (da chang shi re)

Synonym: damp-heat pouring down into the large intestine; downpour of damp-heat into the large intestine. A disease pattern generally characterized by abdominal pain and diarrhea with ungratifying defecation and foul-smelling stool. An alternative pattern is dysentery characterized by frequent defecation and blood and pus in the stool, abdominal pain, tenesmus, and a burning sensation in the rectum. In both cases, general signs include heat effusion, bitter taste in the mouth, and a slimy yellow tongue fur. WMB: colitis, dysentery. Treatment principle: Clear heat and disinhibit dampness; resolve toxin. Acupuncture: Base treatment mainly on LI and ST. Select BL-25 (da chang shu, Large Intestine Transport), LI-4 (he gu, Union Valley), LI-11 (qu chi, Pool at the Bend), ST-25 (tian shu, Celestial Pivot), ST-37 (shang ju xu, Upper Great Hollow), and ST-44 (nei ting, Inner Court); needle with drainage and add moxa as appropriate.

Large Intestine Heat Bind (da chang re jie)

EVIL HEAT in the large intestine causing the stool to become dry and hard; characterized by constipation, abdominal pain that refuses pressure, dry yellow tongue fur, and a sunken replete pulse. Large intestinal heat bind is seen in externally contracted heat (febrile) disease manifesting as yang brightness bowel repletion patterns (corresponding to qi-aspect patterns in the warm disease school). Acupuncture: Base treatment mainly on alarm, back transport, and lower uniting points of LI, and on ST and LI. Select BL-25 (da chang shu, Large Intestine Transport), ST25 (tian shu, Celestial Pivot), ST-37 (shang ju xu, Upper Great Hollow), LI-4 (he gu, Union Valley), LI-11 (qu chi, Pool at the Bend), SP-14 (fu jie, Abdominal Bind), and KI-6 (zhao hai, Shining Sea); needle with drainage.

Large Intestine Humor Depletion (da chang ye kui)

Synonyms: intestinal humor depletion; large intestinal liquid depletion; large intestinal yin vacuity dryness bind. A disease pattern of the large intestine caused by general lack of liquid and blood in the body. Large intestinal humor depletion is observed in postpartum blood vacuity, liquid depletion in the aged, and in enduring and severe diseases. It may also occur in externally contracted heat (febrile) disease prior to replenishment of the fluids. Signs comprise dry hard stool and difficult defecation. Generally, no pronounced abdominal distention or pain is observed. The patient is in a weak state of

health. Acupuncture: Base treatment mainly on back transport points, SP, ST, and KI. Select BL-17 (ge shu, Diaphragm Transport), BL-20 (pi shu, Spleen Transport), BL-21 (wei shu, Stomach Transport), BL-25 (da chang shu, Large Intestine Transport), SP-6 (san yin jiao, Three Yin Intersection), ST-36 (zu san li, Leg Three Li), and KI-6 (zhao hai, Shining Sea); needle with supplementation, and moxa, if necessary. For large intestinal humor depletion occurring in externally contracted heat (febrile) disease, add LI-4 (he gu, Union Valley), LI-11 (qu chi, Pool at the Bend), and GV-14 (da zhui, Great Hammer).

Large Intestine Vacuity Cold (da chang xu han)

Vacuity cold affecting the large intestine's governing of conveyance. Large intestinal vacuity cold is usually associated with spleen/kidney yang vacuity, and is characterized thin diarrhea, reduced food intake, cold of the limbs, aching lumbus, aversion to cold, thin tongue fur, and a fine sunken pulse. WMB: This pattern is often observed in chronic enteritis or chronic dysentery. Acupuncture: Base treatment mainly on alarm, back transport, lower uniting points of LI, and on CV and ST. Select BL-25 (da chang shu, Large Intestine Transport), ST-25 (tian shu, Celestial Pivot), ST37 (shang ju xu, Upper Great Hollow), CV-12 (zhong wan, Center Stomach Duct), LR-13 (zhang men, Camphorwood Gate), ST-36 (zu san li, Leg Three Li), and CV-6 (qi hai, Sea of Qi); needle with supplementation and moxa. For spleen-kidney yang vacuity, add BL-20 (pi shu, Spleen Transport), BL-23 (shen shu, Kidney Transport), CV-4 (guan yuan, Pass Head), and GV-4 (ming men, Life Gate). Comparison: Spleen and stomach and the large and small intestine are all part of the digestive tract. Spleen/stomach yang vacuity and large intestinal vacuity cold are similar, but slightly different. The stomach is the sea of the grain and water; when spleen/stomach yang fail to take in food, decompose, move and transform it, the stool is sloppy and thin and contains undigested food; at the same time there is poor appetite, glomus and oppression in the stomach duct and abdomen after eating, signs that the disease is in the center burner. In large intestinal vacuity cold, by contrast, the disease is in the lower burner; diarrhea and rumbling intestines are pronounced, and there may be constipation instead of diarrhea. There is no reduction in appetite and no oppression in the stomach duct after eating.

Yang Ming [Yang Brightness] Disease Patterns

Yang Ming [Yang Brightness] Blood Amassment (yang ming xu xue)

A disease pattern in which yang brightness (yang ming) evil heat binds with pre-existing static blood. Signs include forgetfulness and hard black stool that is easily passed. On Cold Damage (shang han lun) states, "In yang brightness patterns, when the patient has forgetfulness, there must be blood amassment, the reason for this being the presence of enduring static blood; hence there is forgetfulness and stool that, though hard, is nevertheless easily passed, and that must be black.

Yang Ming [Yang Brightness] Bowel Pattern (yang ming fu zheng)

A disease pattern arising when in externally contracted febrile disease, evil enters the yang brightness (yang ming) channel, causing tidal heat [effusion], delirious speech, a hard, full, distended abdomen with pain that refuses pressure, constipation, burnt yellow or old yellow tongue fur, and a strong, sunken, replete pulse. This is often referred to as HEAT BINDING IN THE STOMACH AND INTESTINES or HEAT BIND. Treatment principle: Treat by draining precipitation using cold bitter precipitants to flush the gastrointestinal heat accumulation.

Yang Ming [Yang Brightness] Channel Pattern (yang ming jing zheng)

A disease arising when externally contracted evil enters the yang brightness (yang ming) channel, causing great heat [effusion], great sweating, pronounced agitation, and a large, surging pulse. The four signs are collectively known as the four greatnesses. Treatment principle: Clear heat and drain fire to safeguard liquid. Ginseng (ren shen) may be added to medicinals to boost qi and engender liquid in cases of damage to both qi and yin.

Yang Ming [Yang Brightness] Disease (yang ming bing)

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 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. The tongue fur is usually dry and old yellow in colour. The pulse is generally surging and large, slippery and rapid, or sunken, replete, and forceful. Yang brightness disease occurs in the exuberant heat effusion stage of externally contracted heat (febrile) diseases, and manifests, in terms of the eight principles, as interior heat or interior repletion. Yang brightness disease is divided into channel and bowel patterns depending on the presence of constipation. In yang brightness channel 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). 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.

Yang Ming [Yang Brightness] Headache (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. Acupuncture: Select LI-4 (he gu, Union Valley) and ST-42 (chong yang, Surging Yang); needle with drainage.
2. HEADACHE on the pathway of the yang brightness (yang ming) channel, i.e. on the forehead and sometimes stretching into the eyeballs. Acupuncture: Select Hall of Impression (yin tang), ST-8 (tou wei, Head Corner), LI-4 (he gu, Union Valley), and ST-44 (nei ting, Inner Court).