

TCM Patterns

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Toxic Heat

Pattern Discrimination:

General Descriptions:

This pattern is usually seen in the fastigium or later stage of externally contracted diseases. In this pattern, Evil Heat is exuberant, Body Fluids, yin and Blood are injured and functions of zang-fu organs are severely affected. It belongs to excessive Heat syndrome, but also has the aspect of injured yin.



Main Symptoms:

- High fever, fidget and thirst, skin eruptions;
- or various bleeding.

Clinical Manifestations:

- High fever, hot feeling of the skin, fidget and thirst with desire for drinks;
- irritability, insomnia or mania, unconsciousness;
- skin eruptions;
- hematemesis, or nose bleeding, or blood in the stool.
- Deep purplish tongue, wiry and rapid or fine and rapid pulse.

Tongue Pictures:

Pictures		
Tongue Body	dark and purplish, with tooth prints in the margins	deep-red and purplish, with scattered and multiple prickles
Tongue Coat	white, greasy and thick, obvious in the middle part	thin, white, with scanty fluids

Phlegm Heat

Pattern Discrimination:

General Descriptions:

This pattern is caused by coagulation of Phlegm and Heat. It can be seen in different stages of various diseases, such as each stage of externally contracted febrile diseases, or later stage of miscellaneous diseases. The pattern is usually of the Heat property and excess type.


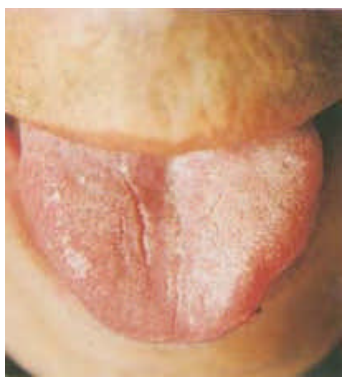
Main Symptoms:

- Vexation, thirst, cough with yellow and sticky sputum;
- or vomiting when drinking water, epigastric tenderness when pressing;
- or delirious speech and actions, irritability and insomnia.

Clinical Manifestations:

- Body fever, vexation, thirst, asthma, cough with yellow and sticky sputum;
- or sore throat, hoarse voice, thirst, vexation;
- or body fever and redness, thirst with desire for drinks but vomiting when drinking, epigastric tenderness when pressing;
- or hectic fever, constipation, accumulation and stagnation of sputum, asthma and shortness of breath;
- or irritability, insomnia, disturbed mind state, delirious speech and actions.
- Yellow and sticky or yellow and moist-glossy tongue coat, wiry pulse.

Tongue Pictures:

Picture		
Tongue Body	deep-red	slightly dark red, with cracks on the surface, more on the right side
Tongue Coat	thin, yellow, sticky and greasy	yellow, thick, moist and glossy

Phlegm Damp

Pattern Discrimination:

General Descriptions:

This pattern can be caused either by Spleen deficiency and retention of Water in the body due to over fatigue, improper diet, externally contracted pathogens, and internal injuries resulted from emotional disorders, or by generated Phlegm and Damp due to involved Spleen and Stomach in diseases of other *zang-fu* organs. It's usually of the Cold property and deficiency complicated with excess type.

Main Symptoms:



Feeling of fullness in the chest and epigastric region, nausea, and vomiting, copious sputum.

Clinical Manifestations:

Feeling of fullness in the chest and epigastric region;
poor appetite, nausea, vomiting;
vertigo;
cough with copious sputum;
heaviness of the body;
mental weariness.

Thick and greasy tongue coat, weak-floating and slippery pulse.

Tongue Pictures:

Pictures		
Tongue Body	dark and purplish	dark and purplish-red, with tooth prints in the margins and petechia
Tongue Coat	white, thick and greasy	white, thick and greasy, yellow in some parts

Stomach yin Deficiency

Pattern Discrimination:

General Descriptions:

In externally contracted febrile diseases, exuberant Heat Evil easily injures Fluids in the Stomach. In the later stage of febrile diseases, other symptoms will disappear while Fluid can't be restored within a short period. So Stomach yin deficiency is commonly seen in the later stage of febrile diseases. In chronic diseases, various prolonged Heat syndromes of Stomach will consume Stomach Fluid and result in Stomach yin deficiency, and this pattern is usually seen in the later stage of diseases. In clinic, the pattern is mostly complicated with other syndromes, and it's of the deficiency type of the Stomach and belongs to Heat syndrome.



Main Symptoms:

- Decreased intake of food, retching, red and bald tongue.

Clinical Manifestations:

- Decreased intake of food, poor appetite, epigastric upset or even stomachache after meals.
- Thirst with desire for drinks but won't relieve after drinking, retching or vomiting, dry and hard stools, emaciation, and lusterless complexion.
- Red tongue, without coat or with little fur, thin, wiry and rapid pulse.

Tongue Pictures:

Pictures		
Tongue Body	bright-red, with prickles in the tip	deep-red, with multiple longitudinal deep cracks, bright as mirror
Tongue Coat	thin	none

Formulations / Herbs:

Mai Men Dong Tang

- Mai Dong, Dang Shen, Ban Xia, Geng Mi, Da Zao, Gan Cao

Long term Stomach Yin Xu creates Spleen Yin Xu:

Yi Pi Tang

- Tai Zi Shen, Fu Ling, Bai Zhu, Jie Geng, Shan Yao, Gan Zi Rou, Y Yi Ren, Gan Shi, Bai Bian Dou, Shi Hu, Gu Ya, Zhi Gan Cao

Stomach Heat / Yin Vacuity

Pattern Discrimination:

General Descriptions:


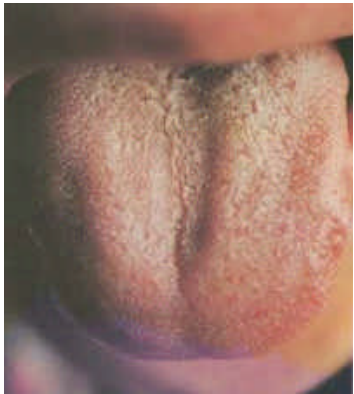
When Stomach Heat endures for a long time, it will injure the Yin of Kidney and Stomach.

Main Symptoms:

Toothache, loose teeth, bleeding gums, frontal headache, irritability and a low-grade fever with desire to drink cold drink.

Tongue: A dry red body with yellow coat

Pulse: Floating, empty and large

Pictures		
Tongue Body	Stomach Heat/Yin Xu: Dry red	Phlegm and water retention - Spleen Yin Xu: Red
Tongue Coat	Thin yellow in centre	yellow, greasy and curdy

Blood Stasis in Lower Jiao

Pattern Discrimination:

General Descriptions:

Evil Heat usually causes this pattern and Blood coagulate in the Intestine or Bladder after exogenous Evils invade Lower Jiao deeply. Evil Heat can also directly invade the Blood Room (Uterus) before menstruation or after delivery and block the channels to cause this pattern. Emotional disorders can result in dysfunction of zang-fu organs which may lead to abnormal functional activities of qi and stagnated Blood, and forms Blood stasis in the Lower Jiao. This pattern is of Heat property and excess type.



Main Symptoms:

- Pain in the lower abdomen which is relieved by cold and aggravated by warmth or pressing;
- Hot feeling of the skin;
- Irritability, or frantic mind state.

Clinical Manifestations:

- Fixed pain in the lower abdomen, which is aggravated by pressure and warmth and relieved by cold, hot feeling of the skin, dysphoric expression, mental weariness, or frantic mind state.
- Or blood in the stools or urine, or absence of menstruation, amenorrhea, uterine bleeding,
- Or hectic fever, emaciation, squamous and dry skin.
- Rapid or fine and rapid pulse, dark-red or purple-dark tongue body with possible petechia.

Tongue Pictures:

Pictures		
Tongue Body	Dark, with petechia	Bright-red, with petechia in the margins and red points in the tip
Tongue Coat	Thin and white	Thin and yellow

Formulations / Herbs: Shao Fu Zhu Yu Tang

- Xiao Hui Xiang, Gan Jiang (with internal cold), Yan Hu Suo, Dang Gui, Chuan Xiong, Mo Yao, Guan Gui, Chi Shao, Pu Huang, Wu Ling Zhi
- Add Dang Shen, Shu Di and E Jiao for enduring lower abdominal pain
- Add Mu Xiang and Bai Shao for sever menstrual pain

Blood Heat / Blood Stasis

Pattern Discrimination:

General Descriptions:


This pattern is due to Toxic Heat in the Blood (Xue) aspect. The Heat stews the Fluids and causes congelation and Blood Stasis.

Main Symptoms:

Vexation, restlessness and possible delirium. Various forms of bleeding

Tongue: Dry, crimson

Pulse: Fine and Rapid

Pictures		
Tongue Body	Dark, with petechia	
Tongue Coat	No coat	

Formulation / Herbs:

Qing Ying Tang Jia Jian

- Shui Niu Jiao, Sheng Di, Mai Men Dong, Jin Yin Hua, Lian Qiao, Huang Lian, Dan Zhu Ye, Dan Shen
- Add Sha Shen and Gou Qi Zi if Yin Fluids have been severely depleted
- Add Gou Teng, Di Long and Ling Yang Jiao if there is stirring of internal Wind with tremors and spasms.

Blood Stasis in Liver (qi Stagnation & Blood Stasis)

Pattern Discrimination:

General Descriptions:

This pattern is caused by stagnated qi; it's an excessive syndrome. Anything that can lead to qi stagnation and result in this pattern.



Main Symptoms:

- Distending, fullness and pain, which are unfixed in the chest, hypochondriac and epigastric regions, or the abdomen, while, fixed stabbing pain areas, which are aggravated by pressing, or masses.

Clinical Manifestations:

- Depressed mood, or irritability, pain in the chest, hypochondriac and epigastric regions, abdomen or breasts, which is unfixed or fixed stabbing pain, which is aggravated by pressing.
- Masses or swelling in the hypochondriac regions or abdomen.
- Amenorrhea, painful periods with dark menstrual blood with dark clots, premenstrual pain.
- Purple nails, dark face.
- Purplish and dark tongue especially on the sides, possible petechia, deep or uneven pulse.

Tongue Pictures:

Pictures		
Tongue Body	Dark and purplish	Dark and purplish
Tongue Coat	White, thick, greasy and dry, with cracks, peeled coat in the middle part	White and thick coat similar to sand grain

Formulation / Herbs:

Ge Xia Zhu Yu Tang plus Ben Tun Wan

- Wu Ling Zhi, Dang Gui, Chuan Xiong, Tao Ren, Dan Pi, Chi Shao, Wu Yao, Yan Hu Suo, Gan Cao, Xiang Fu, Hong Hua, Zhi Ke, Chuan Lian Zi, Fu Ling, Li Zhi He, Xiao Hui Xiang, Mu Xiang, Ju He

Liver Fire

Pattern Discrimination:

General Descriptions:

Liver Fire is the further development of Liver qi depression. Depressed Liver qi will transform into Fire and this Fire will flame up along the channel. In clinic, the main manifestations are hot symptoms of the head and face. In addition, over indulgence in tobacco and alcohol, or pungent, hot and greasy food will result in the internal accumulation of Damp and Heat Evils, which will transform into Fire.


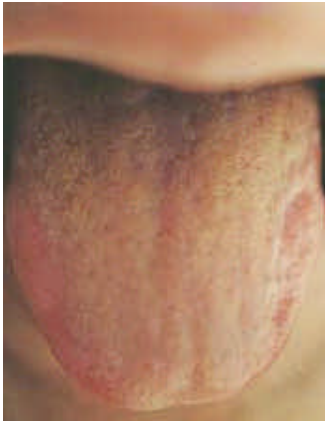
Main Symptoms:

- Headache, red eyes, irritability.

Clinical Manifestations:

- Headache, vertigo, tinnitus, red complexion, redness, pain and swelling of eyes, bitter taste, dry throat, dry mouth, thirst;
- Constipation, deep-colored urine;
- Irritability, insomnia, dream-disturbed sleep, pain in the hypochondriac regions with hot feelings;
- Haematemesis, nose bleeding, advanced menstruation with increased amount of bright menses;
- Mania.
- Red tongue with yellow and dry coat, wiry and rapid pulse.

Tongue Pictures:

Pictures		
Tongue Body	Red	Red
Tongue Coat	Yellow, dry and thick, with transverse cracks	Yellow, thick and dry, with transverse cracks

Formulation / Herbs:

Long Dan Xie Gan Tang, Huang Lian Jie Du Tang,

Damp-Heat in Lower Jiao

Pattern Discrimination:

General Descriptions:

This pattern refers to lingering Damp-Heat blocking in the Lower Jiao and result in the disorders of Large Intestine and Bladder. In some cases, Damp Heat Evils attack the Liver Channels and will flow into the private parts along the channels. This pattern is of interior and excessive Heat syndrome.


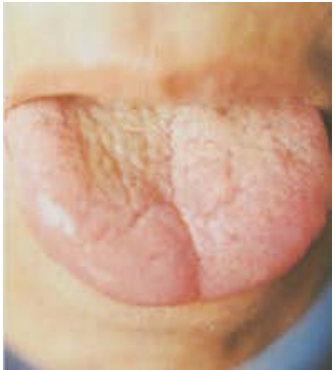
Main Symptoms:

- Body fever, hardness and fullness of the lower abdomen, constipation, thirst that will be relived by small amount of water.
- Scanty and deep-color urine, hot, difficult and painful urination.
- Oozing and itching in the private parts, hot and painful feeling of the testicles, or odorous vaginal discharge.

Clinical Manifestations:

- Lingering body fever, hardness and fullness of the lower abdomen, constipation, or difficult urination, thirst, which will be relieved by small amount of Water.
- Frequent, urgent and painful urination, scanty and deep-colored urine, distension and pain in the lower abdomen, possibly accompanied with lumbago and fever.
- Blood in the urine, or urinary calculus, or turbid urine.
- In severe cases, unconsciousness.
- Oozing and itching or skin rashes in the private parts, swelling, pain and hot feeling of the testicles, white or yellow or red sticky and odorous vaginal discharge.
- Red tongue with yellow and greasy coat, slippery and rapid pulse.

Tongue Pictures:

Pictures		
Tongue Body	Red	Red

Tongue Coat	Yellow, thick and greasy	Yellow, greasy and thick, obvious in the right and middle part
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Formulation / Herbs: Damp Heat in the uterus:

Qing Re Li Shi Tang

- Bi Xie, Qu Mai, Shan Zhi Zi, Huang Qin, Zhi Mu, Dan Pi, Ou Jie, Xian He Cao,
- Add Gui Ban for Yin Xu