Diagnostic Skills (II) of Chinese Medicine

Song Luo
Diagnostics II

Including:

• Eight principles
• Zangfu syndromes
• Six stages
• Four levels
• Clinical studies
Our focus today

• Eight principles
• Exterior-Interior syndromes;
• Cold-Heat syndromes
Differentiation of Syndromes

- **Differentiation of syndromes** is the method in traditional Chinese medicine of recognizing and diagnosing disease.

- Relationship with **diseases-differentiation**

- Case: hypertension-disease
  - Liver yang rising up?
  - Yin Deficiency in LV.&KD?
  - Phlegm Accumulated in Middle Jiao?
Differentiation of Syndromes

- Differentiation according to
  - Eight principles *(basic method)*
  - Qi and blood theory
  - Zangfu theory
  - Meridians & collaterals theory
  - .......
Eight Principles

• The eight principles refer to eight basic categories of syndromes, namely, yin and yang, exterior and interior, cold and heat, and deficiency and excess.

• These eight categories are applied in analyzing various pathological manifestations determined by applying the four diagnostic methods.
Eight Principles

• **Yin-yang**: the chief principle
• **Exterior-interior**: location and stage of a disease
• **Cold-heat**: nature and stage of a disease
• **Deficiency-excess**: the relative strength of pathogens and antipathogenic qi

• Inseparable and interconnected relationships among them
• Introduction to exterior and interior diagnosis
Exterior and Interior

- **Exterior:**
  1. location - skin, hair, muscles and their interspaces, superficial portion of meridians and collaterals
  2. stage of a disease

- **Interior:**
  1. location: five zang and six fu organs
  2. stage of a disease

- Applications
  - Determine the depth of diseased area
  - Generalize the direction of the development of a disease
Exterior syndromes

• Exterior syndromes refer to a group of pathological conditions resulted from the invasion of the superficial portion of the body by exogenous pathogenic factors.

• A group of symptoms

• Causes: the invasion of exogenous pathogenic factors.

• Locations: the superficial portion of body
Exterior syndromes

- Natures:
  - sudden onset of symptoms
  - short duration
  - early stage of exogenous diseases
Exterior syndromes

- Chief manifestations:
  - Intolerance to cold (wind)/chill?
  - Fever?
  - Thin tongue coating
  - Superficial pulse
Exterior syndromes

- Accompanying symptoms and signs:
  - headache
  - general aching
  - nasal obstruction/discharge
  - sneezing
  - cough
Exterior syndromes

- Clinical manifestations:
  - Exterior cold syndrome
  - Exterior heat syndrome
  - Exterior excess syndrome
  - Exterior deficiency syndrome
Exterior syndromes

• Treatment principle:

Expel exogenous pathogens
Exterior syndromes

- Acupuncture:
- Open the meridians and expel exogenous pathogens
- Symptoms:-points of yang meridians, head, arm, back (upper)
Exterior syndromes

- Cupping
- Expel exogenous pathogens
- Shoulder, Back (upper)
Exterior syndromes

• Herbs: clear exogenous pathogens
• Symptoms:-Leaves, twig (belonging to the ends of plants)
• Jiyinhua, bohe, guizhi, xixin……
Interior syndromes
Interior syndromes

• Interior syndromes refer to pathological conditions resulted from the transmission of exogenous pathogenic factors to the interior of the body to affect zang-fu organs, or from the functional disturbances of zang-fu organs.
Interior syndromes

- **Causes:**
  - Transmission of persistent pathogens from the exterior to the interior of the body to invade zang-fu organs
  - Direct attack on zang-fu organs by exogenous pathogens
  - Drastic emotional changes, improper diet and overstrain and stress, which affect zang-fu organs directly, leading to functional disturbances.

- **Locations:** zang-fu
Interior syndromes

- Natures:
  - Chronic
  - Longer duration
  - Middle or late stage of diseases
Interior syndromes

• **Symptoms**
  
  • mainly appeared in the trunk/zangfu
  • Such as constipation, stomachache, heart palpitation, diarrhea......

• **Tongue:** changed a lot
  • coating: yellow, black
  • texture: slippery, greasy
  • body: purplish, pale, trembling, deviated......

• **Pulse:** deep, slippery, wiry, choppy......
Interior syndromes

• Clinical manifestations:
  • interior cold
  • interior heat
  • interior deficiency
  • interior excess
Treatment

- Interior: setup the treatment principles according to real conditions

- **Acupuncture:**
  - Points: chest, back, leg, foot
  - Mu-points
  - Back-shu points
  - Lower-he points
  - Source points
Treatment

- Herbs: setup the treatment principles according to real conditions
- Root, seed, trunk of plants
- Sanqi, Shangjisheng, Maziren…
• Differentiation of Exterior and Interior syndromes
Differentiation of Exterior and Interior syndromes

- **Exterior syndromes**
  - Fever accompanied by aversion to cold
  - Thin white tongue coating
  - Superficial pulse

- **Interior syndromes**
  - Fever with no aversion to cold, or aversion to cold with no fever
  - Abnormal qualities of tongue coatings
  - Deep pulse
Relationship b/w Exterior--Interior syndromes

• 1. Pathogens transmitted from the exterior to the interior

Slight aversion to cold and fever
No aversion to cold but aversion to heat with thirst and dark urine, tongue coating? Pulse?

• Weakened body resistance to diseases
• Hyperactivity of pathogens
• Improper care
• Incorrect or delayed treatment
• Prognosis: not good
• 2. Pathogens transmitted from the interior to the exterior

• Symptoms ?
  • Correct treatments
  • good care
  • strengthened resistance to diseases

• Prognosis: good
• Cold and Heat syndromes
Cold and Heat

• Cold and heat are the two principles used to differentiate the nature of a disease.

• Neijing: predominance of yang gives rise to heat, and predominance of yin gives rise to cold.
Cold syndromes

• Cold syndromes are pathological conditions resulted from exposure to exogenous pathogenic cold or from deficiency of yang in the interior of the body.
Cold syndromes

• Natures
• Belong to Yin
• Area affected: exterior / interior
• Duration: short / long
Cold syndromes

- **Symptoms**
  - Aversion to cold
  - Preference for warmth
  - Tastelessness in the mouth
  - Absence of thirst
  - Pallor
  - Cold limbs
  - Loose stools
  - Clear urine which is increased in volume
  - Pale tongue, white and moist coating
  - Slow or tense pulse
Cold syndromes

• Clinical manifestations:
  • Exterior cold syndrome
  • Interior cold syndrome
  • Excess cold syndrome
  • Deficiency cold syndrome
Cold syndromes

• Treatment:

• Exterior cold syndrome: expel cold
• Interior cold syndrome: warm
• Excess cold syndrome: expel cold
• Deficiency cold syndrome: warm
Cold syndromes

• Acupuncture:
  • Exterior/excess cold syn.: reducing method
  • Interior/deficiency cold syn.: reinforcing method
Cold syndromes

- Warming needling method
- Moxibustion
- Interior/deficiency cold syn
Cold syndromes

- Cupping method
- Exterior/excess cold syn.:
Cold syndromes

- Herbs:
  - Exterior/excess cold syn.: expel cold pathogen
    - mahuan, guizhi, xixin, fangfeng…
  - Interior/deficiency cold syn.: warm and expel cold pathogen
    - fuzi, rougui, ginger, xiaohuixiang…
Heat syndromes

• Heat syndromes are pathological conditions caused by invasion of exogenous pathogenic heat or by deficiency of yin in the interior of the body.
Heat syndromes

• Natures:
  • Belong to yang
  • Acute, urgent if caused by exogenous heat
  • Chronic if caused by deficiency (yin, yang, qi, blood)
• Area affected: exterior or interior
• Duration: short or long
Heat syndromes

• Symptoms

Fever
Preference for coolness
Thirst with preference for cold drink
Redness of face and eyes
Irritability
Restlessness
Constipation
Dark-yellow and scanty urine
Red tongue with yellow and dry coating
Rapid pulse
Heat syndromes

- Clinical manifestation
- Exterior heat syndrome
- Interior heat syndrome
- Excess heat syndrome
- Deficient heat syndrome
Heat syndromes

- Treatments:
  - Exterior heat syndrome: expel heat pathogen
  - Interior heat syndrome: clear heat
  - Excess heat syndrome: expel heat
  - Deficiency heat syndrome: tonify yin and clear heat
Heat syndromes

- Acupuncture:
  - Exterior/excess heat syn.: reducing method
  - Interior heat syn.: reinforcing+reducing
  - Deficient heat syn.: reinforcing method
Heat syndromes

• Plum-blossom needle
• Three-edged needle

• Exterior/excess heat syn.:
Heat syndromes

• Cupping method

• Exterior heat syn. (excess) :
• Interior heat syn. (excess) :
Heat syndromes

- **Herbs**
  - **Exterior heat syndrome**
    - clear exterior heat pathogen: shuanghua, lianqian, banlangen
  - **Interior heat syndrome**
    - clear interior heat: huanglian, huangqin...
  - **Excess heat syndrome**
    - expel heat: huanglian, niuhuan...
  - **Deficient heat syndrome**
    - tonify yin: shengdi, maidong...
Relationship b/w cold and heat syndromes
Relationship b/w cold--heat syndromes

• **Cold** → **heat**
  • The cold syndrome occurs first and gradually changes into a heat syndrome

• Example: an exterior cold syndrome produces such symptoms and signs as fever, aversion to cold, general aching, no sweating, white tongue coating and superficial and tense pulse-------

• Then aversion to cold will subside but fever persists and other heat signs such as irritability, thirst and yellow tongue and so on.
• Heat → cold,
  • the heat syndrome occurs first and gradually changes into a cold syndrome.

• Example: abrupt appearance of cold limbs, pallor, a deep and slow pulse into the patient with high fever, profuse sweating, thirst, irritability, surging and rapid pulse

• General speaking, constitutional deficiency of yang, or exhausting of yang qi during the course of a disease
Syndromes

- Exterior+ Interior+ Cold+ Heat
Combination of exterior, interior and cold, heat syndromes

• Exterior cold syndrome
• Exterior heat syndrome
• Interior cold syndrome
• Interior heat syndrome
Exterior cold syndrome

- A group of syndrome cause by exogenous cold pathogens attacking the superficial portion of body
- Very aversion to cold
- Fever
- General aching
- No sweating
- Thin, moistening tongue coating
- Superficial and tense pulse
Exterior heat syndrome

- A group of syndrome cause by exogenous heat pathogens attacking the superficial portion of body

- Fever
- Slightly aversion to wind and cold
- Headache
- Dry sensation in the mouth
- Slightly thirsty
- Or sweating
- Red tongue tip and edges
- Superficial and rapid pulse
<table>
<thead>
<tr>
<th>Ext.</th>
<th>cold</th>
<th>Chill&gt;fever, bland taste, no thirst, thin and white coating, superficial and tight pulse</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>heat</td>
<td>Fever&gt;chill, slight thirsty, red sides and tip of tongue with thin and yellow coating, floating and rapid pulse</td>
</tr>
</tbody>
</table>
Interior cold syndrome

- A group of syndrome cause by cold pathogens attacking the zang-fu organs directly, or deficiency of yang qi

- Cold limbs
- Pallor
- No thirst, no desire to drink or prefer to warm drink
- Sluggish
- Clear and big amount of urine
- Loose stool
- White and moistening coating
- Deep and slow pulse

By Dr. Song Luo
Interior heat syndrome

• A group of syndrome cause by exogenous pathogens transmitted to the interior and changed into heat, or heat pathogens attacking the zang-fu organs directly

• Redness of face
• Hot feeling
• Irritability
• Thirst, prefer to cold drink
• Restless, talkative
• Dark-yellow urine
• Dry stool or constipation
• Red tongue, yellow coating
• Rapid pulse
<table>
<thead>
<tr>
<th>Int.</th>
<th>cold</th>
<th>Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>xu cold</td>
<td>shi cold</td>
</tr>
<tr>
<td>Fatigue, shortness of breath, pale face, cold limbs, abdominal cold pain prefer for pressure, loose stool, profuse and clear urine, pale tongue, deep, slow and weak pulse</td>
<td>Cold limbs and prefer for warmth, pale face, abdominal pain getting worse with pressure, loose stool, bland taste with profuse saliva, clear urine, pale tongue, white coating deep slow and tight pulse</td>
<td></td>
</tr>
<tr>
<td>Malar flush, thin body, night sweating, palm and sole fever, thirst and dry throat, red tongue, less coating, thin and fast pulse</td>
<td>High fever and prefer for cold drinks, red face and eyes, irritability, delirium, abdominal distention getting worse with pressure, constipation, scanty and red urine, red tongue, yellow and dry coating, flooding, slippery and fast pulse.</td>
<td></td>
</tr>
</tbody>
</table>
## True/False Cold and Heat

<table>
<thead>
<tr>
<th></th>
<th>True Heat + False Cold</th>
<th>True Cold + False Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>thirst</td>
<td>yes, like cold drinks</td>
<td>yes, like warm drink</td>
</tr>
<tr>
<td>covering</td>
<td>no</td>
<td>yes</td>
</tr>
<tr>
<td>face</td>
<td>pale</td>
<td>red</td>
</tr>
<tr>
<td>body</td>
<td>hot</td>
<td>cold</td>
</tr>
<tr>
<td>throat</td>
<td>dry</td>
<td>not dry</td>
</tr>
<tr>
<td>limbs</td>
<td>cold</td>
<td>hot</td>
</tr>
<tr>
<td>stools</td>
<td>dry</td>
<td>loose</td>
</tr>
<tr>
<td>urine</td>
<td>scanty &amp; reddish</td>
<td>clear &amp; profuse</td>
</tr>
<tr>
<td>tongue</td>
<td>deep red, dry-yellow fur</td>
<td>pale, white-moist fur</td>
</tr>
<tr>
<td>pulse</td>
<td>deep-forceful</td>
<td>large-weak</td>
</tr>
</tbody>
</table>
Summarization

By Dr. Song Luo
<table>
<thead>
<tr>
<th>symptoms</th>
<th>EXTER.</th>
<th>INTER.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fever, aversion to cold, pain in limbs,</td>
<td>High fever, no aversion to cold. irritability,</td>
</tr>
<tr>
<td></td>
<td>sweating/no sweating</td>
<td>vomiting, thirst, constipation or diarrhea,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>delirium, coma</td>
</tr>
<tr>
<td>tongue</td>
<td>Thin white fur</td>
<td>Yellow fur</td>
</tr>
<tr>
<td>pulse</td>
<td>floating</td>
<td>deep</td>
</tr>
<tr>
<td>acupoint</td>
<td>GB20, LI-11,LI-4,Du-16</td>
<td>Tonify/reduce…</td>
</tr>
<tr>
<td>needle tech.</td>
<td>Insert superficially. withdraw quick</td>
<td>Insert deeply, remain longer</td>
</tr>
<tr>
<td></td>
<td>By Dr. Song Luo</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>COLD</strong></td>
<td><strong>HEAT</strong></td>
</tr>
<tr>
<td>----------------</td>
<td>----------------------------------------</td>
<td>---------------------------------------</td>
</tr>
<tr>
<td>cold/heat</td>
<td>aversion to cold/prefer heat</td>
<td>aversion to heat/prefer cold</td>
</tr>
<tr>
<td>thirst</td>
<td>no</td>
<td>yes/cold drink</td>
</tr>
<tr>
<td>face</td>
<td>pale</td>
<td>red</td>
</tr>
<tr>
<td>limbs</td>
<td>cold</td>
<td>hot</td>
</tr>
<tr>
<td>stools</td>
<td>loose</td>
<td>dry</td>
</tr>
<tr>
<td>urine</td>
<td>clear &amp; profuse</td>
<td>scanty &amp; reddish</td>
</tr>
<tr>
<td>tongue</td>
<td>pale tongue, white-greasy fur</td>
<td>red tongue, yellow fur</td>
</tr>
<tr>
<td>pulse</td>
<td>slow/ tight</td>
<td>fast</td>
</tr>
</tbody>
</table>
## EXTERIOR

<table>
<thead>
<tr>
<th></th>
<th>Ext cold</th>
<th>Ext heat</th>
<th>Ext xu</th>
<th>Ext shi</th>
</tr>
</thead>
<tbody>
<tr>
<td>fever</td>
<td>mild</td>
<td>sever</td>
<td>mild</td>
<td>mild</td>
</tr>
<tr>
<td>chills</td>
<td>severe</td>
<td>mild</td>
<td>mild</td>
<td>severe</td>
</tr>
<tr>
<td>sweating</td>
<td>no</td>
<td>yes</td>
<td>Spont.</td>
<td>no</td>
</tr>
<tr>
<td>thirst</td>
<td>no</td>
<td>yes</td>
<td>no</td>
<td>no</td>
</tr>
<tr>
<td>tongue</td>
<td>mild red</td>
<td>red</td>
<td>pale</td>
<td>mild red</td>
</tr>
<tr>
<td>coating</td>
<td>thin white</td>
<td>Thin yellow</td>
<td>thin/none</td>
<td>thin white</td>
</tr>
<tr>
<td>pulse</td>
<td>floating tight</td>
<td>floating rapid</td>
<td>floating-weak</td>
<td>floating strong</td>
</tr>
<tr>
<td>Ext.</td>
<td>cold</td>
<td>No sweating, headache and body pain, floating and tight pulse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------</td>
<td>----------------</td>
<td>---------------------------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>heat</td>
<td>Fever &gt; chill, slight thirsty, red sides and tip of tongue with thin and yellow coating, floating and rapid pulse</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>xu</td>
<td>Frequently spontaneous sweating, caught cold easily, pale face, shortness of breath, dyspnea with exertion, poor appetite, fatigue, loose stool, pale tongue, thin and weak pulse</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>shi</td>
<td>No sweating, headache and body pain, floating and tight pulse</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CHARACTERISTICS</td>
<td>TONGUE</td>
<td>PULSE</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>-------------------------------------------------------------------------------</td>
<td>----------</td>
<td>----------</td>
<td></td>
</tr>
<tr>
<td>Int. Cold</td>
<td>Cold limbs, aversion to cold, preference for heat, no thirst, abd. pain, loose stool, clear urine</td>
<td>White</td>
<td>Deep-slow</td>
<td></td>
</tr>
<tr>
<td>Int. Heat</td>
<td>High fever, red eyes &amp; lips, irritability, thirst yellow &amp; red urine</td>
<td>Red</td>
<td>Deep-fast</td>
<td></td>
</tr>
<tr>
<td>Int. Xu</td>
<td>Low voice, less talking, poor appetite. Lassitude, dizziness, palpitation</td>
<td>Pale, swollen</td>
<td>Deep-weak</td>
<td></td>
</tr>
<tr>
<td>Int. Shi</td>
<td>High fever, hoarse breathing, constipation mental restlessness</td>
<td>Yellow-old coating</td>
<td>Deep-exc.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>xu cold</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>------------------------</td>
<td>-----------------------------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cold</td>
<td>Fatigue, shortness of breath, pale face, cold limbs, abdominal cold pain prefer for pressure, loose stool, profuse and clear urine, pale tongue, deep, slow and weak pulse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>shi cold</td>
<td>Cold limbs and prefer for warmth, pale face, abdominal pain getting worse with pressure, loose stool, bland taste with profuse saliva, clear urine, pale tongue, white coating deep slow and tight pulse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>heat</td>
<td>Malar flush, thin body, night sweating, palm and sole fever, thirst and dry throat, red tongue, less coating, thin and fast pulse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>shi heat</td>
<td>High fever and prefer for cold drinks, red face and eyes, irritability, delirium, abdominal distention getting worse with pressure, constipation, scanty and red urine, red tongue, yellow and dry coating, flooding, slippery and fast pulse.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Review

• Exterior and Interior syndrome means?

• Main etiological mechanism of Exterior syndrome?

• Characteristics of fever due to Exterior syndrome?

• Symptoms, tongue and pulse of Exterior-cold?

• Characteristics from Exterior to Interior?