



Tongue Diagnosis and Yin/Yang/Qi/Blood Excesses and Deficiencies

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Overview

- Introduction to Tongue Diagnosis
- Review of Qi, Yang, Yin and Blood
- 8 Fundamental Tongue Pathologic Changes
- Basic Herbal Treatment Strategies based upon Tongue Diagnosis



Introduction

- Tongue diagnosis has an extensive history in Traditional Chinese Medicine (TCM) and there are excellent texts available on human tongue diagnosis
- Although there are many tongue features observed during the Traditional Chinese Veterinary Medical (TCVM) examination, the meaning of
 - the **Color**
 - **Moisture**
 - **Size of the tongue body**
 - and **Tongue Coating** will be the focus of this discussion



Introduction

- The tongue body includes the intrinsic muscles of the tongue and its dermal wrapping
- The tongue coating is the moist layer of potentially removable substance that collects on the surface of the tongue



Practical Considerations

- When observing the tongue during the TCVM examination of companion animals, a few simple rules should be followed to ensure the accuracy of findings
- First, allow the patient time to become calm and as comfortable as they can in the observation environment as stress may alter the color of the tongue body
- Second, try to observe the patient's tongue during natural excursions from the mouth, as when a dog pants or a cat grooms



Practical Considerations

- It has been my experience that when an animal's mouth is forced open for observation
 - canine patients show a paler or purpler tongue body color than the relaxed color
 - due to their submission to humans or increased stress level respectively



Practical Considerations

- Feline patients are somewhat opposite, because of their evolved indifference to humans and disdain for physical restraint and examination and when forcibly examined
 - the tongue body usually becomes redder than the relaxed color
- If the entire tongue body is not voluntarily extended for examination, a limited yet useful view of at least the sides of the tongue may be seen by gently retracting the lateral lip



5 Aspects Observed in Tongues

- The first aspect, ***Shen***, is considered to be a prognostic indicator
- Vital color tends to indicate a good prognosis while a dark, withered tongue indicates a poor prognosis
- The second aspect to observe is **tongue body color** which reflects the true primary disharmony in the patient's body



5 Aspects Observed in Tongues

- Tongue body color may be considered the single most important aspect of observation
- Unfortunately, unlike the relatively stable tongue body color in humans, the tongue color may change quickly in dogs and cats subjected to stress



5 Aspects Observed in Tongues

- In humans, tongue body color shows
 - more chronic conditions
 - and the pulse qualities change with acute perturbations in disharmonies
- but in my experience with dogs and cats, the opposite is true



5 Aspects Observed in Tongues

- **Tongue body shape** is the third aspect of tongue diagnosis and tends to be an indicator of *Jing*, Excess and Deficiency
- **Tongue coating** is the fourth aspect of tongue diagnosis and is most important in humans and herbivores, and less so in carnivores

5 Aspects Observed in Tongues



- Tongue coating is said to be the “residue of the stomach” and it has been my experience that carnivores, with relatively short gut transit times, often have non-appreciable tongue coatings
- Coating color is highly correlated with Hot and Cold pathogenic influences



5 Aspects Observed in Tongues

- Coating thickness indicates the strength of the pathogenic factor in the body and a thick coating always indicates Excess, while an absence of coating indicates Deficiency
- The final aspect of tongue diagnosis is **tongue moisture**

5 Aspects Observed in Tongues



- The presence or absence of moisture indicates the status of the Body Fluids
- Because dogs thermoregulate by panting, moisture may be more dependent on local Heat conditions than in humans
- Dogs also pant when anxious, thus a dry tongue also may be related to increased stress levels



4 Tongue Qualities

- A simplified classification of tongue qualities, which reflect an Excess or Deficiency of *Yin*, *Yang*, *Qi*, and Blood will be presented which can be useful for TCVM Pattern Differentiation (*Bian Zheng*)
- For the purpose of this lecture, the following broad definitions will be used



Why 4 Tongue Qualities?

- *Yin, Yang, Qi, and Blood?*
- I find these 4 tongue qualities
 - Interesting and easy to discern
 - Useful for therapeutic intervention
- *Yin, Yang, Qi, and Blood?*
 - Influenced by acupuncture
 - Directly supplemented by TCM herbal formulae and Food Therapy!!!



4 Tongue Qualities

- *Yin* will refer to the cooling, anti-inflammatory, softening and moistening properties of the body
- *Yang* will refer to the warming, holding, moving, drying properties of the body



4 Tongue Qualities

- *Qi* will be the energetic transportation of both substantial and non-substantial bodily products and is warming
- Blood, also has nourishing and moistening characteristics similar to Yin, but is warm and anabolic in nature



4 Tongue Qualities

- With respect to *Qi* and Blood, Excess is a form of Stagnation, which suggests that the movement or delivery of either *Qi* or Blood is interfered with either locally or systemically
- This Excess/Stagnation commonly leads to pain and/or organ dysfunction



Healthy Tongue Qualities

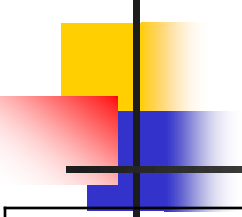
- The healthy tongue has *Qi* and *Yang* energetic qualities as well as *Yin* and Blood substance qualities with balanced energetic (*Yang*) and moist (*Yin*) qualities
- This means that the TCVM practitioner will view a tongue of average mobility (*Yang*) and moisture (*Yin*) for the species being examined



Healthy Tongue Qualities

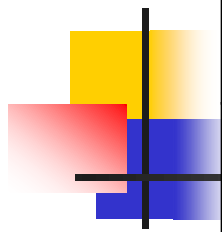
- A healthy tongue should also have enough Blood to give the tongue a pink hue that correlates well with the species and age of the patient
- The Stomach *Qi* should be strong enough to generate a thin clear or white coat
- The animal with disharmonies will show tongue quality changes reflecting Excess or Deficiency

Qualities of the Healthy Tongue



Vital energy and substances	Tongue Quality
<i>Yin</i>	Moist
Blood	Pink
<i>Yang</i>	Mobile
<i>Qi</i>	Normal Coat

Disease pattern	Tongue Quality	Associations
<i>Yin Excess</i>	Thick White Coat	Damp condition, excessive moisture accumulation due to fluid excess or circulatory deficiency
<i>Yin Deficiency</i>	Red/dry	Deficient Heat, dryness due to chronic metabolic perturbation or body fluid deficiency
Blood Excess	Purple	Blood stagnation due to Excess or Deficient Heat, Excess Cold, <i>Qi deficiency, neoplasm or trauma</i>
Blood Deficiency	Pale/dry	Loss or reduction of circulating red blood cells and/or the plasma portion of the blood; anemia
<i>Yang Excess</i>	Thick yellow coat	Systemic or organ Heat
<i>Yang Deficiency</i>	Pale/moist	Excessive physical or mental work, poor dietary habits, lack of rest, chronic illness, and the depletion of Kidney <i>Yang with aging</i>
<i>Qi Excess</i>	Lavender	The first stage of resistance to the free flow of Qi through the channels and therefore is the earliest sign of <i>Qi Stagnation</i>
<i>Qi Deficiency</i>	Pale/swollen	May be related to poor diet, overwork, over thinking and chronic disease processes





Tongue Diagnosis and Treatment Algorithms for Great Clinical Results

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Tongue Algorithm for Excess and Deficiency of Vital Substances

Tongue Color: Pale, Lavender or Red?

If Red, moist or dry?

If moist, Yang Excess

If dry, Yin Deficiency

Tongue Algorithm for Excess and Deficiency of Vital Substances

Tongue Color: Pale, Lavender or Red?

If Pale, moist or dry?

If Pale and Swollen, Qi Deficiency

If Pale and Dry, Blood Deficiency

If Pale and Wet, Yang Deficiency

If Pale and Moist with a white Coat, Yin Excess



Tongue Algorithm for Excess and Deficiency of Vital Substances

Tongue Color: Pale, Lavender or Red?

If a lighter shade of Bluish, then termed
Lavender and Qi Stagnation

If darker (mix of Blue and Red), then termed
Purple and Blood Stagnation

Pathological Yin Excess

- A thick white coat refers to a tongue coating visibly thicker than normal that is white





Pathological Yin Excess

- This coating tends to occlude the surface anatomy of the tongue body and can be mechanically scrapped off in places
- Commonly associated with Cold/Damp conditions with Excess Body Fluids that may be improperly sequestered (e.g.) ascites, pulmonary edema, food stasis, constipation, and internal tumor

Pathological Yin Deficiency

- Red and dry refers to a tongue that is redder than the patient's current global body temperature would necessitate and lacks any appreciable coating/moisture





Pathological Yin Deficiency

- This is most commonly associated with *Yin* Deficiency in which the body's cooling and moisturizing systems have been damaged
- *Yin* Deficiency is correlated with chronic inflammatory and hypermetabolic disorders

Pathological Blood Excess

- Purple refers to a tongue that has a dark hue half-way between blue and red
- The purple quality is always a sign of serious pathology, most commonly correlated with Blood Stagnation





Pathological Blood Excess

- Blood Stagnation can be due to Heat from Excess or Deficiency, *Qi* Deficiency, Cold from Excess, neoplasm or trauma
- The disharmony of Blood Excess that leads to a purple tongue body is referred to as Blood Stagnation, so for example when describing a specific pattern, a TCVM clinician would say “Heart Blood Stagnation” instead of “Heart Blood Excess”

Pathological Blood Deficiency

- Pale and dry refers to a tongue that is pale-pink to white with no appreciable coating/moisture





Pathological Blood Deficiency

- A pale dry tongue with Blood Deficiency may refer to both the number of circulating red blood cells and/or the plasma portion of the blood
- as well as other yet poorly understood nourishing qualities of Blood

Pathological Yang Excess

- With respect to *Yang*, a thick yellow coat refers to a tongue that has a coating that is thicker than normal that is pale to bright yellow





Pathological Yang Excess

- This coating tends to occlude the surface anatomy of the tongue body and can be mechanically scrapped off in places
- The most common etiology of this disharmony is systemic or organ Heat

Pathologic Yang Deficiency

- A pale moist body refers to a tongue that generally has a normal to slightly moist coat, but has a body that is swollen, moist and soft
- A pale moist tongue body usually signifies a depletion of the true *Qi* (*Zheng Qi*)





Pathologic Yang Deficiency

- True *Qi* is correlated with the *Yang* basal metabolic Heat that drives most processes in the body and reflects the health of the Kidney *Yang*
- This loss of *Yang Qi* can be due to excessive physical or mental work, poor dietary habits, lack of rest, chronic illness and the depletion of Kidney *Yang* with aging
- A pale moist tongue suggests that the metabolic Fire of life is beginning to fade and is common in geriatric patients

Pathologic Qi Excess

- Lavender refers to a tongue body that is lighter blue than a purple tongue





Pathologic Qi Excess

- A lavender tongue body represents the first stage of resistance to the free flow of *Qi* through the Channels and therefore is the earliest sign of *Qi* Stagnation
- *Qi* Excess is usually referred to as *Qi* Stagnation so for example a TCVM clinician would make a diagnosis of “Liver *Qi* Stagnation” rather than “Liver *Qi* Excess”

Pathologic Qi Deficiency

- A pale swollen tongue is one in which the moisture content and coating do not seem to be appreciably increased, yet the tongue is larger than it should be





Pathologic Qi Deficiency

- Pale swollen tongues are most commonly due to *Qi* Deficiency and may be related to
 - Poor or species-inappropriate diet
 - Overwork
 - over-thinking
 - chronic disease processes



Treatment Principles Based Upon Tongue Characteristics

- One of the rewarding aspects of TCVM practice is treatment based upon Pattern Differentiation (*Bian Zheng*)
- In fact, if the TCVM clinician can accurately differentiate the primary disharmony, treatment is merely heteropathic



Treatment Principles Based Upon Tongue Characteristics

- For example, if one finds that an animal has Blood Deficiency with a pale dry tongue , the treatment strategy is to nourish or tonify Blood with acupuncture at acupoints that support Blood
- SP-10, ST-36, BL-17, BL-20 and SP-6
- and an herbal formula such as *Si Wu Tang* (Four Substance Decoction)



Ingredients and actions of *Si Wu Tang*, Four Substances Decoction

<i>Pin Yin Name</i>	Common Name	Actions
<i>Shu Di Huang</i>	Rehmannia	Nourish Kidney and Liver Yin and Blood
<i>Bai Shao</i>	Paeonia	Tonifies Blood and Yin
<i>Dang Gui</i>	Angelica	Nourish and invigorate Blood
<i>Chuan Xiong</i>	Ligusticum	Invigorate Blood and Qi





Treating Yin Excess

- *Yin* Excess with a thick white tongue sometimes need not be properly differentiated in order to be symptomatically treated with acupuncture, Chinese herbal medicine and Food Therapy

Wu Ling San, Five Poria Powder

- | ■ <i>Pin Yin Name</i> | Common Name | Actions |
|-----------------------|---------------|--------------------------------------|
| ■ <i>Ze Xie</i> | Alismatis | Leaches out damp, promotes urination |
| ■ <i>Fu Ling</i> | Poria | Drain damp, strengthen Spleen |
| ■ <i>Zhu Ling</i> | Polyporous | Leaches out damp, promotes urination |
| ■ <i>Bai Zhu</i> | Actractylodes | Strengthen Spleen, dry damp |
| ■ <i>Gui Zhi</i> | Cinnamomum | Warms the gate of vitality |



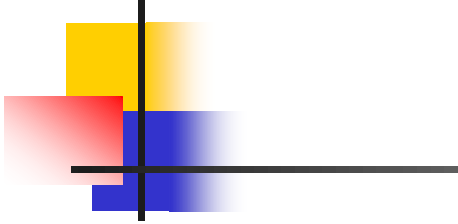
Western Herbs?

- Juniperus warm, aromatic
- Parietaria neutral, bitter
- Taraxacum cool-cold, bitter
- Uritca warm-cool, acrid
- Panax warm, sweet, bitter
- Cinnamomum warm, acrid, sweet
- Zingiber hot, acrid, aromatic
- Actions: resolves lower burner Damp from Spleen and Kidney Qi deficiency and Qi Stagnation



Advanced Food Properties: Damp

- Dampness is a result of poor transformation and/or transportation of fluids
 - Dampness is treated by avoiding dampening foods (e.g. dairy products, pork and rich meat, concentrated juices, sugar and saturated fats), by strengthening the Spleen and Stomach and by using bitter foods
- Foods which counteract **Dampness** which are palatable to carnivores include:
 - Alfalfa, Barley, Garlic, Green Tea, Job's tears, Kidney Bean, Mackerel, Mushroom, Parsley, Pumpkin, Rutabaga, Rye and Turnip





Treating Yin Deficiency

- *Yin* Deficiency with a dry red tongue is usually due to either relatively superficial dryness of the Lungs and Stomach or deeper and chronic disorders of the Liver and Kidney
- The *Yin* of the Kidneys and Liver serves as the basic reserve of *Yin* for the entire body
- *Yin* Deficiency is commonly seen with
 - conventional kidney disorders
 - geriatric problems
 - feline hyperthyroidism
 - and as a sequel of immune-mediated disorders



Kidney Yin Deficiency

- *Liu Wei Di Huang Wan* Six Ingredient Pill with Rehmannia
 - Shu Di Huang, processed Rehmannia
 - Shan Zhu Yu, Cornus
 - Shan Yao, Dioscorea
 - Fu Ling, Poria
 - Mu Dan Pi, Moutan
 - Ze Xie, Alisma
- Actions: Enriches the Yin and nourishes the Kidneys



Western Herbs?

- Cimicifuga cool, acrid, bitter
- Hypericum neutral, sour, sweet
- Avena neutral, sweet
- Ruta warm-cool, bitter
- Anemone cold, bitter
- Lycium neutral, sweet
- Serenoa neutral, sweet, sour
- Glycyrrhiza neutral, sweet
- Actions: nourishes Kidney and Liver Yin and clears Deficient Heat

Basic Food Properties:

Yin Tonics

- *Yin* Tonics are Demulcents that maintain and improve the deepest reserves of subtle nourishment and soothe the entire body with cooling and moistening
- Palatable ***Yin* Tonics** for carnivores include:
 - Apple, Asparagus, Blueberry, Cheese, Chicken Egg White, Duck, Honey, Mango, Milk, Peas, Pineapple, Pork, Rabbit, String Bean, and Tofu





Treating Blood Stagnation

- Blood Stasis or Stagnation with a purple tongue is one of three basic categories of disorders of the Blood in TCM that also includes Blood Deficiency and Blood loss
- Blood Stasis can lead to a reduction in the production and circulation of Blood



Shen Tong Zhu Yu Tang, Drive Out Blood Stasis from a Painful Body Decoction

	Pin-Yin	Common Name	Actions
■	Qin Jiao	Gentiana	Dispels wind-damp, relaxes sinews, relieves pain
■	Chuan Xiong	Ligusticum	Invigorate Qi and Blood, relieve pain
■	Tao Ren	Persica	Breaks Blood Stasis
■	Hong Hua	Carthamus	Invigorate Blood, dispel Blood Stasis
■	Gan Cao	Glycerrhiza	Reduce pain, harmonize
■	Qiang Huo	Notopterygium	Unblocks painful obstruction and alleviates pain
■	Mo Yao	Myrrh	Invigorates Blood and dispels Blood Stasis
■	Dang Gui	Angelica	Nourish Blood, Invigorate Blood
■	Ling Zhi	Trogopteris	Disperses Blood stasis, alleviates pain
■	Xiang Fu	Cyperus	Spreads and regulates Liver Qi, reduces pain
■	Chuan Niu Zi	Cyathula	Expels Wind-Damp and relieves pain
■	Di Long	Lumbricus	Promotes movement in the channels and collaterals



Treating Blood Stagnation

- Internal organ Blood Stasis must be differentiated in order to select the proper Chinese herbal formula
- If there is only a broad diagnosis of Blood Stasis in the Channels causing muscular pain, the formula *Shen Tong Zhu Yu Tan* (Drive Out Blood Stasis from a Painful Body Decoction) may be used
- but if Blood Stasis is affecting the organs or non-muscular tissues, the formula *Xue Fu Zhu Yu Tang* (Drive out Stasis in the Mansion of Blood Decoction) is often appropriate



Xue Fu Zhu Yu Tang Drive out Stasis in the Mansion of Blood Decoction

- -Tao Ren persica
- -Hong Hua carthamus
- -Dang Gui angelica sinensis
- -Chuan Xiong ligusticum
- -Chi Shao red peony
- -Niu Xi niuxi
- -Chai Hu buplerum
- -Jie Geng platycodon
- -Zhi Ke ripe bitter orange peel
- -Sheng Di Huang unprepared rehmannia
- -Gan Cao licorice
- Actions: invigorates the Blood, dispels Blood Stasis, spreads Liver Qi and unblocks the channels



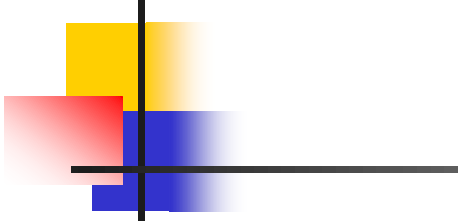
Western Herbs?

- Zanthoxylum hot, acrid, bitter
- Populus neutral, bitter, sour
- Harpagophytum cool, bitter
- Angelica arc. warm, bitter, acrid
- Angelica sin. warm, sweet, acrid
- Zingiber hot, acrid, aromatic
- Capsicum hot, acrid
- Actions: moves Qi and Blood Stagnation in Jing-luo and dispels cold; relieves pain



Advanced Food Properties: Blood Circulation

- Blood is the mother of Qi and Qi is the governor of Blood
- So **Blood Circulation** is also stimulated by the sweet and pungent flavors
- Palatable Blood Circulating foods for carnivores include:
 - Chestnut, Chili Pepper, Chive, Crab, Hawthorn Berry, Peach, Ginger, Turmeric and Vinegar





Treating Blood Deficiency

- Blood Deficiency with a pale dry tongue is common in geriatric animals suffering from renal failure and any animal that has suffered from parasites or chronic malnutrition, which includes species-inappropriate diets
- Blood loss is one of the most common etiologies of Blood Deficiency



Treating Blood Deficiency

- Although tonifying acupuncture may be used Chinese herbal medicine and Food therapy are more effective to reverse Blood Deficiency
- the classic TCVM formula to tonify the Blood and regulate the Liver is *Si Wu Tang* (Four Substance Decoction)



Ingredients and actions of *Si Wu Tang*, Four Substances Decoction

<i>Pin Yin Name</i>	Common Name	Actions
<i>Shu Di Huang</i>	Rehmannia	Nourish Kidney and Liver Yin and Blood
<i>Bai Shao</i>	Paeonia	Tonifies Blood and Yin
<i>Dang Gui</i>	Angelica	Nourish and invigorate Blood
<i>Chuan Xiong</i>	Ligusticum	Invigorate Blood and Qi



Western Herbs?

- Molasses neutral, sweet, bitter
- Gentiana neutral-cool, bitter
- Citrus (ripe peel) warm, acrid, bitter
- Elettaria warm, aromatic
- Actions: Tonifies Blood and Qi; tonifies Spleen Qi



Basic Food Properties: Blood Tonics

- Blood tonics are Nutritives that maintain and improve substantial nourishment to the body and promote growth, weight gain and strength
- Palatable **Blood Tonifying** foods for carnivores include:
 - Apricot, Beef, Bone Marrow, Chicken Egg, Dark Leafy Greens, Date, Liver, Microalgae, Nettle, Oyster, Parsley, Sardine, and Spinach





Treating Yang Excess

- *Yang* Excess with a thick yellow coat is commonly associated with febrile disorders or conditions of Heat Excess in an organ
- Heat can be found in the Channel or organ as with *Yangming* (Six Stages) disorders
- With proper differentiation, there are many Chinese herbal formulae from which to choose to treat conditions of Heat Excess



Treating Yang Excess

- For example, External Wind-Heat may be cleared with *Yin Qiao San*, (Honeysuckle and Forsythia Powder)
- Heat from the *Ying* (Nutritive) and *Xue* (Blood) levels may be cleared with *Qing Ying Tang* (Clear the Nutritive Level Decoction)
- For severe bacterial infections that lead to a thick yellow tongue coating, an appropriate antibiotic should be chosen if necessary



Yin Qiao San

■ Pin Yin	Common Name	Actions
■ Jin Yin Hua	Lonicera	Clear Heat, relieve toxicity
■ Lian Qiao	Forsythia	Clear Heat relieve toxicity
■ Niu Bang Zi	Arctium	Clear heat, benefit the throat
■ Dan Dou Chi	Soybean	Release exterior Wind-heat
■ Bo He	Mentha	Release exterior Wind-heat, cool the eyes
■ Jie Geng	Platycodon	Benefit the lung, envoy to upper jiao
■ Jing Jie	Schizonepeta	Release the exterior
■ Dan Zhu Ye	Lophatherum	Generate fluids, alleviate thirst
■ Lu Gen	Phragmites	Generate fluids, alleviate thirst
■ Gan Cao	Glycerrhiza	Harmonize and generate fluids



Qing Ying Tang, Clear the Ying Level Decoction

■ Pin Yin	Common Name	Actions
■ Shui Niu Jiao	Water buffalo horn	Clear heat, cool blood
■ Xuan Shen	Scrophularia	Clear heat, cool blood, generate fluids
■ Sheng Di Huang	Rehmannia	Clear heat, cool blood, nourish Yin
■ Mai Men Dong	Ophiopogon	Nourish Yin, generate fluids
■ Jin Yin Hua	Lonicera	Clear Heat, relieve toxicity
■ Lian Qiao	Forsythia	Clear Heat, relieve toxicity
■ Huang Lian	Coptis	Clear heat, dry damp
■ Dan Zhu Ye	Lophatherum	Generate fluids, alleviate thirst
■ Dan Shen	Salvia	Invigorate blood, cool blood



Yin Qiao San Honeysuckle and Forsythia Powder

- -Jin Yin Hua *Ionicera*
- -Lian Qiao *forsythia*
- -Niu Bang Zi *arctium*
- -Dan Dou Chi *soybean*
- -Bo He *mentha*
- -Jie Geng *platycodon*
- -Jing Jie *schizonepeta*
- -Dan Zhu Ye *lophatherum*
- -Lu Gen *phragmites*
- -Can Cao *glycyrrizza*
- Actions: disperses Wind-Heat, clears Heat and relieves toxicity



Qing Ying Tang, Clear the Ying Level Decoction

- Xi Jiao, Cornu Rhinoceri 30g
 - Substitute Shui Niu Jiao, water buffalo horn X10
- Xuan Shen, Scrophularia 9g
- Sheng Di Huang 15g
- Mai Men Dong 9g
- Jin Yin Hua, Flos Lonicerae Japonicae 9g
- Lian Qiao, Fructus Forsythiae Suspensae 6g
- Huang Lian, Rhizoma Coptidis 5g
- Dan Zhu Ye 3g
- Dan Shen 6g
- Actions: Clear Heat from Nutritive Level, relieve toxicity, nourishes Yin, promotes Blood circulation



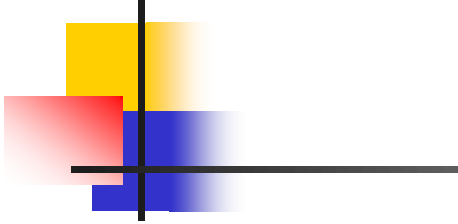
Western Herbs?

- Echinacea cool, acrid, bitter
- Baptisia cold, bitter
- Arctium cool, acrid, sl. bitter
- Taraxacum cool-cold, bitter
- Rheum cool-cold, bitter, sour
- Actions: resolves Heat-toxin, clears Damp and Phlegm from Jing-luo



Advanced Food Properties: Cooling

- Hot disharmonies are generally improved by cooling foods
 - In chronic conditions cooling foods are used to gradually cool and moisten the tissues and organs
 - In acute conditions of pathogenic heat, cool foods are combined with the pungent flavor to expel the heat
- **Cooling** foods palatable to carnivores include:
 - Asparagus, Bamboo Shoot, Banana, Kelp, Lettuce, Millet, Peppermint, White Potato and Tofu





Treating Yang Deficiency

- *Yang* Deficiency with a pale moist tongue is most commonly seen in geriatric and debilitated animals
- it is most important to use warming treatments such as Moxibustion and TCVM Food Therapy



Treating Yang Deficiency

- Chinese herbal formulae are based upon the Kidneys being the gate of vitality and the foundation of the body's *Yang*
- The classic formula to warm and tonify Kidney *Yang* is *Jin Gui Shen Qi Wan* (Kidney *Qi* Pill from the Golden Book)
- *Yang* Deficiency may also be found in the Lungs and Spleen, and the herbal therapy will vary with the complete Pattern Differentiation

Jin Gui Shen Qi Wan Kidney Qi Pill from the Golden Book

■ Pin Yin	Common Name	Actions
■ Shu Di Huang	Rehmannia	Enriches Kidney Yin and Jing
■ Shan Zhu Yu	Cornus	Nourishes Liver, astringes Jing
■ Shan Yao	Dioscorea	Tonifies Spleen, nourishes Jing
■ Fu Ling	Poria	Leaches out Dampness and nourishes Spleen
■ Mu Dan Pi	Moutan	Clears and drains Liver Fire
■ Ze Xie	Alisma	Clears Fire from Deficiency
■ Gui Zhi	Cinnamomum	Warms the channels, unblocks the vessels
■ Fu Zi	Aconite	Tonify Ming Men, Kidney Yang, and dispels cold



Western Herbs?

- Turnera warm, bitter, aromatic
- Serenoa neutral, sweet, sour
- Schisandra warm, sour
- Panax warm, sweet, bitter
- Cinnamomum hot, sweet, aromatic
- Zingiber hot, acrid, aromatic
- Glycyrrhiza neutral, sweet
- Actions: Tonify Kidney Yang, dispel internal cold

Basic Food Properties:

Yang Tonics

- *Yang* tonics are Stimulants that maintain and improve the body's ability to generate internal warmth and stimulate most system functions
- Palatable ***Yang* Tonics** for carnivores include:
 - Basil, Cinnamon Bark, Clove, Fennel Seed, Fenugreek Seed, Garlic, Dried Ginger, Kidney, Lamb, Rosemary, Shrimp, and Walnut



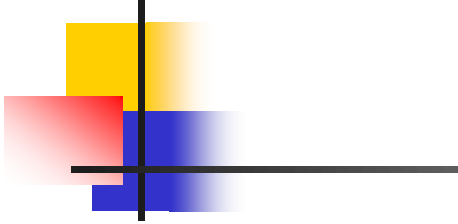
Advanced Food Properties: Warming

- Cold disharmonies are generally improved with warming foods
 - In chronic conditions warm and sweet/pungent foods are used to gradually warm the tissues and organs
 - In acute cases of pathogenic cold, warm or hot foods are combined with strong pungent flavors to expel the Cold



Advanced Food Properties: Warming

- **Warming** foods palatable to carnivores include:
 - Anchovy, Basil, Black Pepper, Cardamom, Cayenne, Chestnut, Chicken, Coriander Seed, Garlic, Ginger, Mutton, Rosemary, Rutabaga, Shrimp, Squash, Sweet Potato, Trout, Turnip and Vinegar





Treating Qi Stagnation

- *Qi* Excess with a lavender tongue commonly leads to *Qi* Stagnation
- Since the Liver is the primary organ to control the free flow of *Qi* in the body, *Qi* Stagnation often involves the Liver



Treating Qi Stagnation

- The classic TCVM herbal formula to spread the Liver *Qi* is *Chai Hu Shu Gan San* (Bupleurum Powder to Spread the Liver)
- although there may be other factors involved in *Qi* Stagnation and other formulae may be more appropriate



Chai Hu Shu Gan San Bupleurum Course the Liver Powder

- Chai Hu, Radix Bupleuri
- Bai Shao, Radix Albus Paeoniae Lactiflorae
- Xiang Fu, Rhizoma Cyperi Rotundi
- Zhi Ke, Fructus Ctri Aurantii
- Chuan Xiong, Radix Ligustici Wallichii
- Gan Cao, Radix Glycyrrhizae
- Actions: Disperse Liver Qi, harmonize Blood, relieve pain



Western Herbs?

- Rosmarinus warm, bitter, acrid
- Verbena neutral, bitter
- Artemisia abs. warm-cool, bitter
- Mentha warm-cool, aromatic
- Glycyrrhiza neutral, sweet
- Zingiber not, acrid, aromatic
- Capsicum hot, acrid
- Actions: invigorates Liver Qi Stagnation, nourishes Spleen Qi, resolves middle burner stagnation



Advanced Food Properties: *Qi* Circulation

- ***Qi* Circulation** is stimulated by the sweet and pungent flavors
- Palatable *Qi* Circulating foods for carnivores include:
 - Basil, Cardamom, Carrot, Cayenne, Clove, Coriander, Garlic, Hawthorn Berry and Turmeric





Treating Qi Deficiency

- *Qi* Deficiency with a pale swollen tongue can be found in many organs, but Spleen *Qi* Deficiency is common
- This is usually due to
 - improper eating habits (species-inappropriate foods)
 - excessive stress
 - overwork
 - and may occur in the geriatric or debilitated animal
- Depending upon the presentation, a basic TCVM herbal formula which tonifies the *Qi* and strengthens the Spleen (e.g.) *Si Jun Zi Tang* (Four Gentlemen Decoction) is used



Si Jun Zi Tang or Four Gentlemen Decoction

■ Pin Yin Name	Common Name	Actions
■ Ren Shen	Ginseng	Tonify SP and Yuan Qi
■ Bai Zhu	Atractylodes	Strengthens SP Qi, dries Damp
■ Fu Ling	Poria	Leaches damp, tonifies SP Qi
■ Gan Cao	Glycerrhiza	Harmonize and warm middle jiao



Si Jun Zi Tang or Four Gentlemen Decoction

- Panax ginseng *ren shen* is sweet, warm and tonifies Spleen *Qi*
- Atractylodis macrocephalae *bai zhu* is bitter, warm and strengthens Spleen *Qi* and dries Dampness
- Poria cocos *fu ling* is sweet, bland and leeches out Dampness and mildly Tonifies Spleen *Qi*
- Glycyrrhizae uralensis *gan cao* is warm, sweet and warms and regulates the middle burner



Western Herbs?

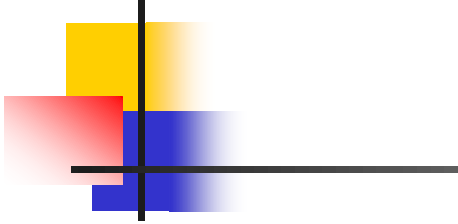
- Cinchona cool, bitter
- Gentiana neutral, bitter
- Panax warm, sweet, bitter
- Citrus, fresh warm, acrid, bitter
- Glycyrrhiza neutral-cool, sweet
- Cinnamomum hot, acrid, sweet
- Actions: tonify Deficient Spleen Qi and global Qi



Basic Food Properties: *Qi* Tonics

- *Qi* tonics are Restoratives that maintain and improve the quantity and quality of available energy and strength in the body
- Palatable ***Qi* Tonifying** foods for carnivores include
 - Beef, Carrot, Chicken, Date, Fig, Lentil, Mackerel, Microalgae, Button Mushroom, Molasses, Oats, Rutabaga, Sweet Potato, Pumpkin and Squash

Tongue Qualities	Disease Pattern	Common Acupoints	Herbal formula ¹	Food Therapy ⁵
Thick white Coat	<i>Yin Excess</i>	SP-9, BL-28, CV-4, BL-23	<i>Wu Ling San</i>	Barley, Job's tears, mushrooms, celery
Red/dry	<i>Yin Deficiency</i>	SP-6, KID- 3, LIV-3, and BL-23	<i>Liu Wei Di Huang Wan</i>	Apple, Honey, Asparagus, Pear
Purple	Blood Stagnation (Blood Excess)	LI-4, LIV-3, LU-7, BL-60, SI-9, SP-8, GB-34, LI-10	<i>Shen Tong Zhu Yu Tan</i> <i>Xue Fu Zhu Yu Tang</i>	Hawthorne Berry, Peach, Vinegar, Turmeric
Pale/dry	Blood Deficiency	BL-17, BL-19, BL-20, SP-10, HT-7	<i>Si Wu Tang</i>	Bone Marrow, Beetroot, Egg
Thick yellow coat	<i>Yang Excess</i>	<i>Er-jian (ear tip), Wei-jian (tail tip),</i> <i>GV-14, LI-4, LI-11</i>	<i>Yin Qiao San</i> <i>Qing Ying Tang</i>	Banana, Lettuce, Peppermint, Watermelon
Pale/moist	<i>Yang Deficiency</i>	GV-4 (moxibustion), CV-4, CV-6, <i>Shen shu</i>	<i>Jin Gui Shen Qi Wan</i> <i>(Kidney)</i>	Butter, Sweet Potato, Ginger, Chicken, Lamb
Lavender	<i>Qi Stagnation</i> <i>(Qi Excess)</i>	LIV-3, BL-18, LIV-14, ST-36,	<i>Chai Hu Shu Gan San</i> <i>(Liver)</i>	Carrot, Garlic, Coriander, Cardamom
Pale, swollen	<i>Qi Deficiency</i>	BL-20, BL-21, ST-36	<i>Si Jun Zi Tang (Spleen)</i>	Beef, Oats, Sweet Potato, Date







New and Improved 8 Principles in Clinical Practice: 3 Most Important Dichotomies

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Introduction

- It is said that Chinese Medicine (TCVM) treats Chinese Diseases
- This means that TCVM is an internally consistent system of treatments based upon a Diagnosis by the same system
- Thus, TCVM treats diseases or Patterns of Disharmony diagnosed BY TCVM
- We can utilize Natural Medicine principles in the same manner



Prelude

- TCVM is a heteropathic medicine
- As with western biomedicine, the correct Diagnosis must be made in order to choose the correct Treatment
- A TCVM diagnosis is made based upon physical parameters of the patient
- So let's extend this notion and broaden it to include an **Energetic, Natural Medicine**



Prelude

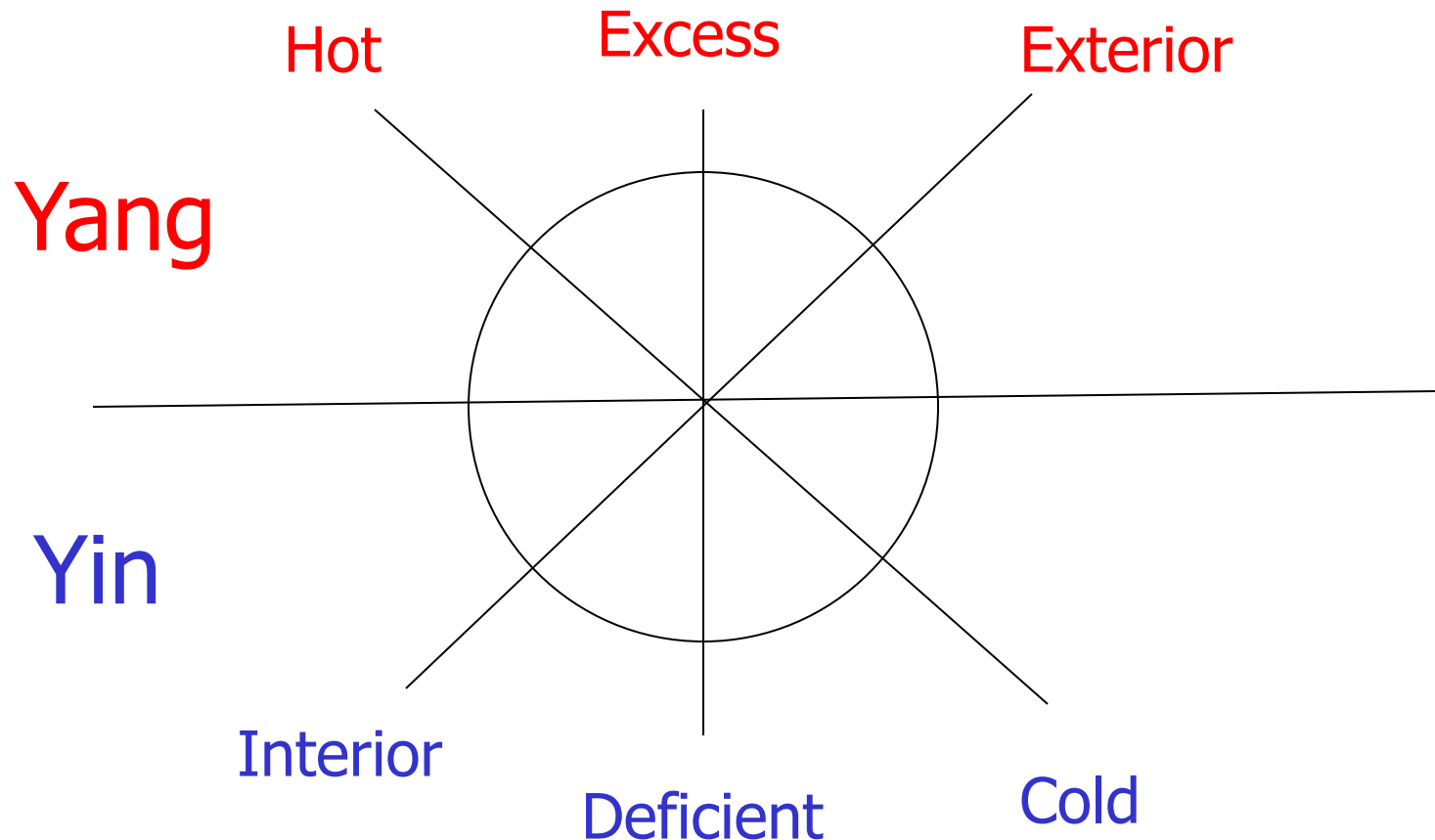
- **The patient's physical diagnostic parameters allow us to track the Evolution of the Pathogenic Factor**
- This means that our primary concern is the body's reaction to the pathogen
- The pathogen itself, in a western biomedical sense, is less important



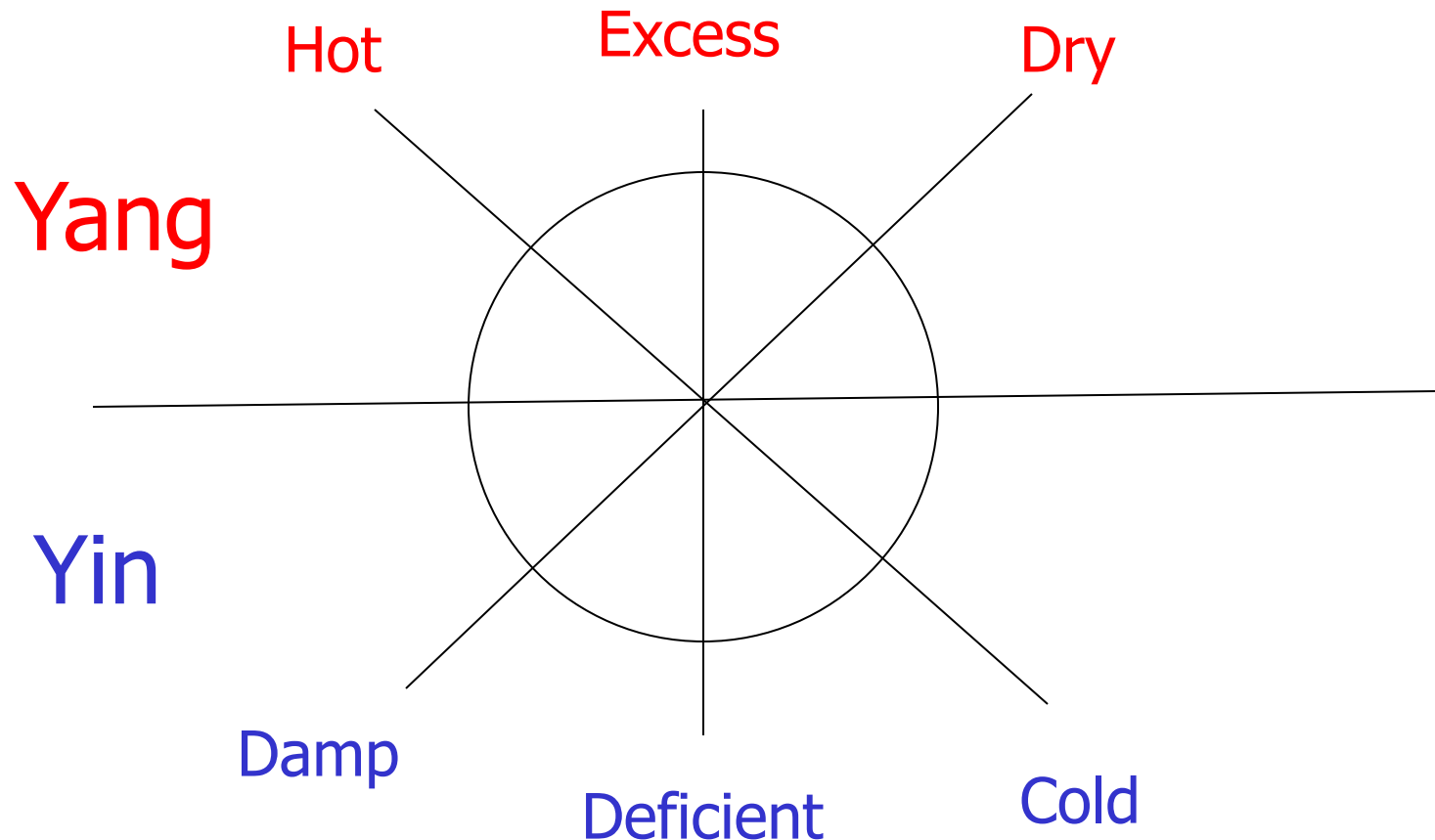
Prelude

- A body may respond to a pathogenic factor by becoming:
 - Warmer
 - Cooler
 - Excess/stagnant
 - Deficient/weak
 - Damper/moister
 - Drier
 - Or other, more complex changes

Classical Eight Principle Pathogenic Processes



"New Look" at 8 Principles Pathogenic Processes



Hot or Cold?

- Is the pathogenic process in the patient evolving as a Hot or Cold process?
- If Cold, the treatment principle is to Warm the Channels, Interior, or Dispel Cold



Hot or Cold?

- Is the pathogenic process in the patient evolving as a Hot or Cold process?
- If Hot, the treatment principle is to Cool, Release the Exterior, Clear Heat or Drain Heat



Excess or Deficient?

- Is the pathogenic process in the patient evolving as an Excess or Deficiency?
- If Excess, the treatment principle is to Sedate or Drain the Excess



Excess or Deficient?

- Is the pathogenic process in the patient evolving as an Excess or Deficiency?
- If Deficient, the treatment principle is to Tonify or Nourish



Damp or Dry?

- Is the pathogenic process in the patient evolving as Dampness or Dry?
- If Damp, the treatment principle is to Dry or Drain Damp



Damp or Dry?

- Is the pathogenic process in the patient evolving as Dampness or Dry?
- If Dry, the treatment principle is to Moisten, Nourish Yin or Nourish Blood





An Aside

- **Heat** may be caused by
 - Excess pathogenic heat (e.g. environment, infection, food), Yin Deficiency or Stagnation
- **Cold** may be caused by
 - Excess pathogenic cold (e.g. environment, infection, food), Yang Deficiency or Qi Deficiency



An Aside

- **Excess** may be caused by
 - Trauma, Stagnation, Excessive drug, vaccine or food use, psychological factors
- **Deficiency** may be caused by
 - Ageing, Poor quality or species-inappropriate foods, over-work, over-thinking, excessive sex



An Aside

- **Damp** may be caused by
 - Environmental factors (e.g. damp weather, dampening foods), weak Spleen, Qi Deficiency or Yang Deficiency
- **Dry** may be caused by
 - Environmental factors (e.g. dry weather, drying or warming foods), Yin Deficiency, Chronic Heat Disharmonies



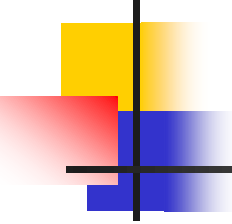
How to do a TCVM “Work-up” as a Prelude to Energetic Natural Medicine

- *Si Zhen* or Four Diagnostic Methods or 4 “Questions”
 - *Wang* or Looking
 - *Wen* or Hearing
 - *Wen* or Asking
 - *Qie* or Touching
- *Bian Zheng*/Pattern Differentiation

Si Zhen or Four

Diagnostic Methods

- The following is only an overview of the Four Questions
- It should be remembered that ALL Natural Medical Systems depended primarily upon Careful Observation and Physical Examination of the patient



Careful Observation and Physical Examination

- Technically Complex and Expensive Diagnostic tests “may” be useful for understanding many disease processes
- However, according to the statistical basis underlying the Scientific Use of Advanced Diagnostics, they are to be used to “rule out” diseases
- NOT to be used as huge “filters” to find “pathologic changes” in a patient

Careful Observation and Physical Examination





TCVM Four Questions

- Looking or Inspection
 - *Shen*
 - Tongue
 - Body Appearance
 - Skin and Hair
 - Movement and Posture
 - Eyes
 - Nose
 - Lips



TCVM Four Questions

- Listening or Hearing and Smelling
 - Voice
 - Breathing
 - Cough
 - Chewing
 - Odor of the Mouth
 - Odor of the Nose
 - Bodily Discharge
 - Feces
 - Urine



TCVM Four Questions

- Asking or Inquiry
 - Current Problem and Previous Treatments
 - Dietary Regimen
 - Feces and Urine
 - Eating and Drinking
 - Management
 - Genetic Background of Patient
 - Husbandry History of Patient
 - Medical History
 - Breeding and Prior Pregnancies



TCVM Four Questions

- Touching or Palpation
 - Feeling the Pulse
 - Palpation of the Channels
 - Palpation of Trigger Points
 - Palpation of Front *Mu* Points
 - Palpation of Back *Shu* Points



Making the Diagnosis

- A Natural Medicine or Energetic Medicine Diagnosis may be from one or more theoretical viewpoints:
 - Energetic Dichotomies
 - Internal Organs
 - Pathogen Patterns
 - And sometimes Myofascial Pain patterns



Back to the Basics: New and Improved *Ba Gang* or Eight Principles

- First Question
 - Is it a problem of Excess?
 - Is it a problem of Deficiency?
 - Is it a mixed Excess/Deficiency?
- Treatment Principles
 - Reduce Excess
 - Supplement Deficiency
 - Both Reduce and Supplement, but judiciously with patient's response to treatment as a guide



Excess

- Excess vs Deficiency reveals the quantity or strength of the disharmony or pathogenic factor relative to the antipathogenic factor
- Excess refers to
 - a strong pathogenic factor and a relatively strong antipathogenic factor



Excess

- Excess also refers to
 - an excessive quantity or an accumulation of a fundamental substance (Energy, Anabolic Products, Body Fluids) or to a pathological product (Food Accumulation)
 - an excessive or hyperactive Organ



Deficiency

- Deficiency refers to
 - a weak antipathogenic factor
 - an insufficient quantity of a fundamental substance
 - an insufficient or hypoactive Organ



Excess and Deficiency

- In the most basic sense, in an Excess condition, the body's *true energy* is relatively strong (uncompromised)
- In a Deficiency condition the body's *antipathogenic energy* is weak (compromised)



Treatment Principles

- Discover which fundamental substance is Excess or Deficient and directly reduce or supplement that fundamental substance
- Discover which Internal organ has Excess or Deficiency function and directly reduce or supplement that individual organ



Clues to Excess and Deficiency

- If allopathic medicine works or gives a strong positive response
 - Disharmony is Excess
- If allopathic fails to work or is only marginally effective
 - Disharmony is Deficient



Western Biomedical Example

- A patient with inadequate hydrochloric acid secretion in the stomach has both
 - Deficiency of hydrochloric acid (a substance)
 - Deficiency of parietal cell activity (an “organ” or organelle)
- Treatment may include supplementing
 - Hydrochloric acid (or reducing intake of buffers and bases)
 - Hypothetically tonifying the parietal cells



Another Example

- Parkinson's Disease is thought to be due to a
 - Deficiency of dopamine (a substance)
 - Death of dopaminergic cells in the substantia nigra (an "organ" or organelle)
- Treatment may include supplementing
 - Dopamine via l-dopa (a substance)
 - Dopaminergic cells via insertion of proactive genes with viral vectors (tonifying an "organ")



TCVM Example

- A canine patient with fatigue, reduced appetite, loose stools, a pale tongue and weak, slippery pulse has Spleen Qi Deficiency with Dampness
- Using the herbal formula *Shen Ling Bai Zhu San* we can
- Tonify the weak Zang-Fu Organ (Spleen)
- Dry the Excess Substance (Dampness)



Back to the Basics

- Second Question
 - Is it a problem of Cold?
 - Is it a problem of Heat?
 - Is it a mixed Cold/Heat problem?
- Treatment Principles
 - Warm the Cold (Possibly Release the Exterior with Warm herbs or Purge Cold)
 - Cool the Heat (Possibly Release the Exterior with Cool herbs or Clear and Drain Heat)



Characteristics of Hot

- Hot Disharmonies may have one or more of the following clinical signs
 - Increased body temperature
 - Warm nose
 - Warm ears
 - Red tongue (yellow coating if there is one)
 - Rapid pulse
 - Irritability and restlessness
 - Dryness if chronic
 - Hot and/or red lesions
 - Yellow or yellow-green discharges
- Western Biomedical drugs such as NSAIDs, corticosteroids and antibiotics have a Cold nature and tend to improve Hot disharmonies



Characteristics of Cold

- Cold Disharmonies may have one or more of the following clinical signs
 - Cold nose
 - Cool ears
 - Pale or pale-pink tongue (white coating)
 - Slow pulse
 - Lethargy
 - Cool or body-temperature lesions
 - Clear discharges
- Western Biomedical drugs such as NSAIDs, corticosteroids and antibiotics have a Cold nature and tend to exacerbate Cold disharmonies



Hot and Cold: Heteropathy

- Hot disharmonies are treated with cooling herbs, foods and acupressure techniques
- Cold disharmonies are treated with warming herbs, foods and acupressure and moxibustion techniques



Treating a Hot Disharmony

- Chronic gingivitis/stomatitis with a warm nose, red tongue, malodorous breath, and a rapid pulse
 - “Stomach Heat” in TCVM
- Herbs: *Yu Nu Jian* Jade Woman Decoction, drains heat from the Stomach and nourishes the *Yin*
- Foods: watermelon, avocado



Treating a Cold Disharmony

- Weak and cool lumbus and stifles, frequent profuse clear urination, pale moist tongue, deep weak pulse
 - “Kidney Yang Deficiency” in TCVM
- Herbs: *Jin Gui Shen Qi Wan* Kidney Qi Pill from the Golden Cabinet to warm and tonify the Kidney Yang
- Foods: ginger, lamb



Back to the Basics

- Third Question
 - Is it a problem of Damp?
 - Is it a problem of Dry?
- Treatment Principles
 - Dry the Damp (Possibly Drain Damp, Dry Damp or Tonify Spleen, Qi or Yang)
 - Moisten the Dry (Possibly Increase Body Fluids, Nourish Yin or Tonify Blood)



Characteristics of Dry

- Dry Disharmonies may have one or more of the following clinical signs
 - Dry nose
 - Dry tongue
 - Dry skin/hair
 - Dry footpads/hooves
 - Thirst
 - Thin or tight pulse



Characteristics of Damp

- Damp Disharmonies may have one or more of the following clinical signs
 - Moist nose
 - Moist tongue with thick coat
 - Oily or seborrheic skin
 - Oozing skin lesions
 - Edema/Ascites
 - Dysuria/stranguria
 - Lack of thirst
 - Slippery pulse



Dry and Damp: Heteropathy

- Dry disharmonies are treated with Moistening herbs and foods, and acupuncture points
- Damp disharmonies are treated with Drying and Draining herbs, foods and acupuncture needle techniques and point combinations



Treating a Dry Disharmony

- Chronic low-grade cough with dry nose, red, dry tongue and thin, rapid pulse
 - “Lung Yin Deficiency” in TCVM
- Herbs: *Bai He Gu Jin Tang*, Lily Bulb Preserve the Metal Decoction, nourishes the Yin, moistens the Lungs and stops coughing
- Foods: apple, pear, almond



Treating a Damp Disharmony

- Edema, dysuria/stranguria, diarrhea with little odor, thick tongue coat and slippery pulse
 - “Accumulation of Dampness” in TCVM
- Herbs: *Wu Ling San*, Five-Ingredient Powder with Poria, promotes urination, drains dampness, strengthens the Spleen
- Foods: celery, kelp



Get the Basics Right!

- Supplementing an Excess Pattern or draining a Deficient Pattern=disaster
- Cooling a Cold Pattern or warming a Hot Pattern=treatment failure
- Drying a Dry Pattern or Moistening a Damp Pattern=symptom exacerbation

After the Basics

- You may always add complexity to your diagnosis later:
- Zang-Fu Organ
 - SP/KID/HT, etc.
- Qi, Blood, Body Fluid
 - E.g. "Spleen Qi Deficiency"

Table 8.2: An overview of the eight TCVM diagnostic systems

TCVM Diagnosis	Brief Introduction	Application
Eight Principles	The foundation of pattern differentiation. Four pairs, six root patterns: Exterior — Interior Heat — Cold Excess — Deficiency Yang — Yin	Foundation of TCVM diagnosis Any disease
Zang-Fu Syndromes	Each Zang-Fu organ has a Deficiency or Excess or Heat/Cold Pattern. LU / LI PC / TH HT / SI KID / BL SP / ST LIV / GB	Internal Medicine, Chronic illness, General weakness, Geriatric diseases
Six Channel Patterns (Six Phases)	Tai-yang Tai-yin Yang-ming Shao-yin Shao-yang Jue-yin	Exogenous diseases, Chronic inflammatory diseases, A disease with initial cold signs
Four Stages (Four Levels)	Four stages of disease progression: Wei (Defense) Qi Ying (Nutrient) Xue (Blood)	Exogenous diseases, Infectious diseases, Any disease starting with fever
San-Jiao Patterns (Triple Heater Patterns)	Upper Jiao (Heart and Lung) Middle Jiao (Spleen and Stomach) Lower Jiao (Kidney and Liver)	Water metabolism disorders Diseases due to Damp-Heat
Pathogen Patterns	Exogenous pathogens: Wind Dampness Cold Dryness Summer Heat Fire Endogenous pathogens: Hungry Overfeeding Overwork Emotional stress Underwork Others: Trauma Phlegm Stagnation Falling down Contusion	Exogenous diseases Any disease related to emotional stress
Qi-Blood-Body Fluid Patterns	Qi Blood Body Fluid	Chronic internal diseases Endocrine disorders
Meridian Patterns	Twelve Regular Channels Eight Extra Channels	Musculoskeletal problems Meridian therapy

Self Assessment Questions

- This 17 year old female Husky-cross has a pale tongue and weak pulse
- Excess or Deficiency?
- Of what?
- Treatment principle?



Self Assessment Questions

- This 6 year old Shepherd-cross has moist, pruritic paws, a reddish moist tongue and a rapid, slippery pulse
- Excess? Deficiency?
- Of what?
- Treatment principle?



Self Assessment Questions

- What if this 6 year old Shepherd-cross has warm, moist, pruritic paws, a pale pink moist tongue and a slow, slippery pulse
- Excess? Deficiency?
- Of what?
- Treatment principle?



Self Assessment Questions

- What if this 6 year old Shepherd-cross has cool, moist, pruritic paws, a pale moist tongue and a slow, slippery pulse
- Hot? Cold?
- Treatment principle?
- Which herbs?



Self Assessment Questions

- This 7 year old female DSH cat has a reddish, dry tongue, warm ears and a tight, rapid pulse
- Hot? Cold?
- Treatment principle?



Self Assessment Questions

- This 7 year old female DSH cat has a pale, dry tongue, cool ears and a thin pulse
- Hot? Cold? Or...?
- Treatment principle?



Self Assessment Questions

- This 7 year old female DSH cat has a dark pink, dry tongue, cool ears, warm Ren 2-8, and a thin, tight pulse
- Hot? Cold? Or...?
- Treatment principle?

