Syndrome Differentiation of Qi-Blood and Body Fluid
Syndrome Differentiation of Qi-Blood and Body Fluid

• Pathological changes of qi and blood can be summarized as two aspects:
  - One is deficiency of qi, blood and body fluids, which is the deficiency syndrome.
  - The other is metabolic disturbance of qi, blood and body fluids, which is the excess syndrome.
Qi-Disease Syndrome Differentiation
## Differentiation of Qi-Diseases

<table>
<thead>
<tr>
<th>Types of Syndrome</th>
<th>Symptoms</th>
<th>Syndrome Analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Qi Deficiency Syndrome</td>
<td>Dislike talking, lassitude, dizziness, spontaneous sweating.</td>
<td>Qi deficiency and failure of yang qi to ascend and defense.</td>
</tr>
<tr>
<td></td>
<td>Pale tongue with white coating and weak pulse.</td>
<td>Qi deficiency unable propel blood and to nourish the tongue.</td>
</tr>
<tr>
<td>ii. Qi Sinking Syndrome</td>
<td>Dizziness, lassitude, pale tongue with white coating and weak pulse.</td>
<td>Deficient of genuine qi.</td>
</tr>
<tr>
<td></td>
<td>Chronic diarrhea</td>
<td>Impairment of the spleen function, failure of yang to ascend and sinking of qi.</td>
</tr>
<tr>
<td></td>
<td>Straining feeling of the abdomen, lower back, vagina and anus, prolapse of the uterus and rectum.</td>
<td>Failure of deficient qi to ascend.</td>
</tr>
</tbody>
</table>

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# Differentiation of Qi-Diseases

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<td>3. Qi Stagnation Syndrome</td>
<td>Distending pain the chest, breasts, hypochondria, stomach and abdomen, which wanders here and there in different severity, alleviated when belching, worry, anxiety and anger, wiry pulse and normal tongue coating.</td>
<td>Stagnation of qi causes distension. In mild cases, there is distension, in severe cases, there is wandering pain. Low spirits cause stagnation of qi. Wiry pulse is the sign of qi disorder.</td>
</tr>
<tr>
<td>iv. Qi Collapse Syndrome</td>
<td>Weak and irregular breath, constant sweating, pallor, mouth open with closed eyes, weak body and limbs, urinary and fecal incontinence, unclear mind, pale tongue with moist and white coating, and faint pulse.</td>
<td>Extreme deficiency of genuine qi and inability of the lung to breathe cause weak and irregular breath. Unclear mind, fainting or syncope are due to qi collapse and failure of the heart to be nourished. Constant sweating and urinary and fecal incontinence are due to exhaustion of qi. Pallor is due to failure of qi to flow upward to nourish the face.</td>
</tr>
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## Differentiation of Qi-Diseases

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<td>v. Syndrome of Reverse Flow of Qi</td>
<td>Cough, gasping when active, hiccuping, belching, nausea, vomiting, headache, dizziness.</td>
<td>When lung qi fails to descend, cough and gasping are found. When stomach qi fails to descend and flows upward, it causes hiccuping, belching, nausea and vomiting. Hyperactivity of liver qi and flaming of liver fire leads to headache and dizziness. Blood flows upward along with reversed flow of qi, results in fainting.</td>
</tr>
<tr>
<td>vi. Qi Blockage syndrome</td>
<td>Sudden syncope, cold limbs, or colicky pain, retention of urine and constipation, harsh breath, thick tongue coating, and deep, excess, forceful pulse.</td>
<td>Excessive emotional stimulation leads to adverse flow of qi, obstruction of the heart, sudden syncope or fainting. When qi is blocked and lung qi fails to diffuse, harsh breath may occur. When blood stasis, stones and phlegm obstruct channels and orifices, colicky pain, retention of urine and constipation present. Cold limbs are caused by blockage of qi and failure of yang to reach the exterior.</td>
</tr>
</tbody>
</table>
Blood-Disease Syndrome Differentiation
Blood Deficiency Syndrome

Symptoms

Pale or sallow face, pale eyelids, lips and nails, dizziness, blurred vision, palpitation and insomnia, limb numbness, scanty menses with light color, delayed periods or amenorrhea, pale tongue with white coating, and thin pulse.

Analysis

Blood deficiency leads to pale face and eyelids, lips and nails. Blood deficiency also results in poor nourishment of the brain and dizziness and blurred vision occurred, palpitation, insomnia, numbness, scanty menstrual blood and light color, delayed periods, amenorrhea.

Focal points

Pale complexion, lips, eyelids, and nails, dizziness, pale tongue and fine pulse.
## Blood Stasis Syndrome

<table>
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<tr>
<th>Clinical Manifestations</th>
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<th>Focal points</th>
</tr>
</thead>
</table>
| Fixed spots of stabbing pain; The lump on the body surface appears cyanotic, feels hard and immobile when touched; Frequent hemorrhage with dark color or black color stools; Dark complexion, cyanotic lips and nails, scaly skin. Blood-shot eyes or bluish veins of the abdominal wall, dark and purple tongue with thin, rough or knotted and intermittent pulse. | • **Blood stasis blocks collaterals and channels and stabbing pain appeared.**
• **Stagnant blood failed to disperse and bruise occur.**
• **Blood fails to circulate in blood vessels and leaks out, so frequent hemorrhage may occur.** | • Stabbing pain,
• pain with fixed locations,
• lump,
• hemorrhage,
• cyanotic lips, tongue and nails and
• rough pulse. |
## Blood Cold Syndrome

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<tr>
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| Cold pain and contracture of limbs and lower abdomen, alleviated with warmth, worse when exposed to cold, purple, dark and cold skin, cold body and limbs, delayed periods, purple and dark menstrual blood mixed with blood clots, light purple tongue with white coating, deep, slow pulse or rough tense pulse. | • Cold in blood vessels impedes smooth flow of blood as vessels contract, leading to cold and contracture of limbs, purple cold skin.  
• Cold accumulates in the uterus, resulting in cold pain in the abdomen, delayed periods, purple and dark menstrual blood with clots.  
• Cold injures yang leading to cold body and limbs.  
• Light purple tongue with white coating, and deep, slow and rough or tense pulse are due to internal exuberance of yin cold, and unsmooth flow of blood. | • Local cold pain and limbs,  
• purple skin,  
• cold body and limbs, deep,  
• slow and rough or tense pulse. |
Blood Heat Syndrome

**Symptoms**

Coughing up blood, spitting blood, nosebleed, hematuria, blood in the urine and stool, excessive menstrual flow with bright red and sticky blood, feverish sensation all over the body, flushed face, thirst, restlessness, insomnia or local carbuncles, red, swollen and painful sensation, deep-red tongue, slippery and rapid pulse or wiry and rapid pulse.

**Analysis**

Internal exuberance of fire causes acute bleeding with bright red and sticky blood, burning body fluids, feverish sensation of the body, flushed face and thirst. Heat in blood disturbs the mind and leads to restlessness and insomnia. Carbuncles and painful sensation are caused by local fire. Deep-red tongue, slippery and rapid pulse or wiry and rapid pulse, are all manifestations of flaming or blood heat.

**Focal point**

Acute bleeding with bright red and sticky blood, feverish sensation all over the body, thirst, local redness, swelling, sense of heat and pain, deep-red tongue, rapid and forceful pulse.
Qi-Blood Disease

- Qi-Blood Deficiency
- Collapse of qi due to Hemorrhage
- Failure of Qi to Control Blood
- Qi Deficiency and Blood Stasis
- Qi Stagnation and Blood Stasis

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Qi-Blood Deficiency Syndrome

**Symptoms**
Dizziness, dislike talking, lassitude, spontaneous sweating, pale or sallow complexion, pale and white lips and nails, palpitation and insomnia, pale and tender tongue, thin and weak pulse.

**Analysis**
Deficiency of qi leads to low energy to talk, lassitude and spontaneous sweating.
Deficiency of blood fails to nourish the heart causing palpitation and insomnia.
When the channels and collaterals fail to get nourishment, pale lips and nails, thin and weak pulse occur. The deficient qi and blood fail to nourish the face and tongue so dizziness, pale or sallow complexion and tender tongue noticed.

**Focal point**
Coexistence of qi and blood deficiency syndrome

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Qi Deficiency and Blood Stasis

**Symptoms:**
- Lassitude, dislike to talk, spontaneous sweating, local fixed stabbing pain, worse when active, pale complexion, light purple tongue with ecchymosis, thin and rough pulse or deep and rough pulse.

**Analysis:**
- Deficiency of qi leads to lassitude, spontaneous sweating, pale complexion and tongue.
- Deficiency of blood fails to push blood flow and results in blood stasis. Thus, local stabbing pain, light purple tongue occur.

**Focal point:**
- Co-existence of qi deficiency and blood stasis syndrome.
Qi stagnation and Blood Stasis Syndrome

**Symptoms**
Fullness and pain in the chest and hypochondria, distending pain in the breasts, bad temper, painful abdominal mass, delayed periods, purple menstrual blood with clots, amenorrhea, purple and dark tongue, wiry and rough pulse.

**Analysis**
Emotional problems lead to failure of liver qi to flow freely and stagnation of qi, marked by fullness and pain in the chest and hypochondria, distending pain in the breasts.

Qi commands blood, stagnation of qi causes blood stasis and abdominal mass, delayed periods and purple menses and clots.

**Focal point**
Coexistence of qi stagnation and blood stasis syndrome.
## Failure of Qi to Control Blood Syndrome

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| Spitting blood, metrorrhagia and subcutaneous hemorrhage, nosebleed, Short breath, lassitude, pale complexion, pale tongue and weak pulse. | • When qi fails to command blood, blood leaks out of the vessels into the stomach and intestine, which results in spitting blood.  
• If blood leaks into the nasal cavity, nosebleed occurs. When it leaks into muscles and skin, subcutaneous hemorrhage results.  
• Deficiency of qi leads to shortness of breath and lassitude. Pale complexion is due to qi and blood deficiency. | Hemorrhage and qi deficiency. |

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Hemorrhage Causing Qi To Collapse Syndrome

**Symptoms**
- When massive bleeding occurs, profuse sweating, pale complexion, cold limbs, faint breath, even syncope, pale and white tongue and faint pulse occur.

**Analysis**
- Qi has nothing to depend on when blood collapses hence leads to exhaustion of yang which causes cold sweat.
- Cold limbs are due to failure of yang qi to warm the limbs.
- Qi and blood can’t nourish the upper part of the body, resulting in pale complexion, pale tongue, even syncope.
- Blood vessels fail to be supported by qi and blood, so there may occur faint pulse.

**Focal points**
- Massive bleeding and symptoms of yang exhaustion syndrome.
BODY-FLUID DISORDER SYNDROME DIFFERENTIATION
Water and Body Fluid Retention Syndrome 水液停聚证

Phlegm Syndrome 痰证

Body Fluid Deficiency

Water Retention Syndrome 水停证

Fluid-Retention Syndrome 饮证

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Body Fluid Deficiency Syndrome

**Symptoms**
- Dry mouth and throat, craving to drink, parched lips, dry nostrils, dry skin, dry and hard stools, red tongue with scanty saliva, thread and rapid pulse.

**Analysis**
- Deficient body fluids fail to moist and nourish tissues and orifices, leading to dry mouth and throat, craving to drink, parched lips, dry nostrils.
- When body fluids fails to nourish the skin, the skin gets dry and withered.
- Dry and hard stools are due to less production of urine and moistening the intestines.
- Deficiency of body fluids fail to restrain yang, which results in red tongue with scanty saliva, thready and rapid pulse.

**Focal point**
- Dry mouth, throat, lips, nose, tongue, skin, and dry stools.
# Phlegm Syndrome

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| Chest distress, cough, panting, sticky sputum, wheezing; painful abdominal and gastric fullness, anorexia and nausea, vomiting or spitting sputum, dizziness, coma, limb and body numbness, delirium, scrofula and goiter 瘰疬瘿瘤 ,sensation of choking throat, greasy tongue coatings and slippery pulse. | • When sputum retains in the lung, cough and panting, vomiting or spitting sputum occur;  
• chest distress is due to qi gets obstructed by phlegm;  
• adverse qi flow caused wheezing; sputum gets stuck in the stomach, dysfunction of receiving food, painful gastric fullness and anorexia appear;  
• rising of sputum along with adverse rising of stomach qi caused nausea and spiting sputum;  
• dizziness results from retention of phlegm in the middle-energizer; when phlegm accumulates under the skin or in the muscles, local qi and blood flow is impeded, leading to scrofula and goiter;  
• when phlegm is in the limbs, hyperplasia of mammary glands and a sensation of foreign object in the throat will occur. Greasy tongue coating with slippery pulse points to internal obstruction by phlegm. | Cough and vomiting or spitting sputum, chest distress, nausea, lumps, greasy tongue coating and slippery pulse. |
Phlegm Syndrome

- When sputum remains in the lung, coughing and panting, and vomiting or spitting sputum occur.
- When qi gets obstructed by phlegm, chest distress may occur.
- Wheezing is due to blockage of the qi tract by sputum.
- When sputum gets stuck in the stomach, disharmony of stomach qi and dysfunction of receiving food.
- Nausea and spitting sputum are due to rising of sputum along with adverse rising of stomach qi.
- Dizziness results from retention of phlegm in the stomach, which affects yang rise.
- Indifference and delirium are due to phlegm retention.
- Greasy tongue coating with slippery pulse points to internal obstruction by phlegm.
- When phlegm accumulates under the skin or in the muscles, local qi and blood flow is impeded leading to scrofula and goiter.
- Nausea and spitting sputum are due to rising of sputum along with adverse rising of stomach qi.
- When phlegm is in the limbs, hyperplasia of mammary glands and a sensation of foreign body in the throat will occur.

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# Fluid-Retention Syndrome

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</table>
| Pain and fullness in the stomach and abdomen, sound of water shaking in the stomach, coughing and panting, abundant clear and thin sputum, wheezing, chest distress, unable to lie face-up, distending pain in the chest, worse when coughing, edema, sense of heaviness, unsmooth flow of urine, white and slippery tongue coating, deep and wiry or slippery pulse. | **Fluid retention syndrome can be divided into four types according to their locations:**  
• Phlegm-fluid retention (retention in the stomach and intestine);  
• pleural-fluid retention (retention in the chest and hychondrium);  
• thoracic-fluid retention (retention in the chest and the lung);  
• subcutaneous fluid retention (retention in the limbs). | Vomiting or spitting clear water, thin sputum and saliva, sound of water shaking in the stomach, profuse sputum, unable to lie flat, fullness and distending pain in the chest, slippery tongue coating and wiry pulse. |
## Water Retention Syndrome

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| Edema in the face, limbs or even all over the body, heaviness of the body, or puffiness of the abdomen, unsmooth flow of urine, enlarged tongue with white slippery coating, deep and wiry pulse. | • Accumulated water flows over the muscles leads to local or general edema and heaviness of the body.  
• When it accumulates in the abdominal cavity, puffiness and fullness in the abdomen occur.  
• Dysfunction of the urinary bladder results in unsmooth flow of urine.  
• Enlarged tongue with white coating, deep and rapid pulse indicate interior retention of water. | Edema, unsmooth flow of urine, enlarged tongue and white and slippery tongue coating. |
End of Syndrome Differentiation of Qi-Blood and Body Fluid