Testing methods for false manifestation

- The exhibition of real heat and pseudo-cold or real cold and pseudo-heat show the seriousness of the disease. *Analysis of tongue conditions, pulse conditions, desire of drinks (including hot and cold drinks) must be taken*.
- Testing: 1. TCM practitioner can use a cup of cold water to test the false manifestation. How?

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Testing methods for false manifestation

- Pseudo-heat patient ( ).
  For those patient suffered from pseudo-cold
  ( ).
- Conclusion: false manifestations usually express in the exterior while **real manifestations** express in the **interior** part of the body.

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Conclusion

- The pseudo manifestations are often found in the limbs, skin or complexion, the ***real nature*** of a disease is seen in the changes of ***zang-organs, fu-organs, qi, blood and body fluid***.
- Interior syndrome, tongue and pulse conditions should be treated as the chief basis for analysis and differentiation of a disease.

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Conclusion

- Faked symptoms do bear some differences from the real symptoms.
- e.g. A patient has **red flushes all over his face in case of real heat syndrome**, but *tender pink color* only appears on his *cheeks intermittently* in case of *pseudo-(empty)heat syndrome*.

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- The Principles of TCM Diagnostics
- Eight Principles Syndromes: Differentiation of Syndromes according to **Excess and Deficiency**
- Assigned Reading: p.791-p.872
- Test 1 due tonight at 11:59 p.m.

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Differentiation of Syndromes according to Excess and Deficiency

- Concepts of Excess and Deficiency
- Excess Syndromes and Deficiency Syndromes
- Excess and Deficiency of qi and blood
- Identification of Excess and Deficiency
- Transformation of Excess and Deficiency
- False Manifestation of Excess and Deficiency
- Differentiation of Syndromes in Excess and Deficiency

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Concepts of Excess and Deficiency

- Deficiency and excess are two of the eight principles to differentiate the prosperity or decline of pathogen and the vital qi.
- *Deficiency refers to the deficient vital qi*; **excess to the excessive pathogenic factors**.

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Concepts of Excess and Deficiency

- Deficiency syndrome refers to symptoms complex indicating *weakness of the vital qi* when pathogenic factors are not exuberant (*low immunity, deficiency of qi and blood*)
- **Excess syndrome** refers to symptoms complex indicating fierce **conflict between excessive pathogenic factors and the vital qi** which has **not fallen into decline**.

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Concepts of Excess and Deficiency

- Choice between tonification and **purgation** is based on the analysis and differentiation of deficiency or **excess** of a disease.
- Deficiency and excess determines the seriousness of pathogen, the ***order of treatment is always firstly excess syndrome and then deficiency syndrome***.

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Concepts of Excess and Deficiency

- Excess in vital qi: patient is healthy
- Deficiency in vital qi : patient suffers from worse physique
- Preponderance of pathogen leads to excess
- Lost of vital qi leads to deficiency
- *Excess and Deficiency refer to the nature of the disease*

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Case in Excess and Deficiency

- There will be ***excess*** in the beginning stage of disease when the ***immunity of body is still high***, the disease is less severe.
- *With the time goes* on, the seriousness increases, the *body will become deficient*.

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Case in Excess and Deficiency

- Excess in pathogen qi →serious
- Little pathogen qi but the vital qi in excess → not too serious
- When the pathogen is abundant, it is Excess
- When the antipathogenic qi insufficient, it is Deficiency.

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Selected topics in HDNJ

- "What is meant by excess and deficiency?"
- Qi Bo answered, "Excess and deficiency describe the state of the pathogen and antipathogenic qi.When the pathogen is abundant, we call this an excess condition.When the antipathogenic Qi is insufficient, we call this a deficient condition.
(Chapter 28)

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Explanation of Excess and Deficiency

- When pathogen is abundant, it is excess: pathogen is the disease-causing factor. Human body with sufficient vital qi can defend the invasion of illness. Phlegm, **undigested food**, **stagnation of food**, fluid in edema and **stagnated blood**, all belong to pathogens.
- The patient's response include: high fever, irritability with restlessness, coarse breathing, *abdominal pain refusing to be touched*, constipation, rapid and large pulse,.

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Explanation of Excess and Deficiency

- When vital qi is insufficient, deficiency results. Over consumption of vital qi will result in deficiency, usually happens after serious sickness, or after profuse sweating, hemorrhage, or severe loss of Yang qi or Yin fluid. Patient then appears to have pale complexion and pale lips, palpitation, rapid breathing (panting), lacking energy, spontaneous sweating, thready and weak pulse.
- Whether preferring or refusing touching in abdominal pain is a good indicator of excess or deficiency.

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Excess Syndromes and Deficiency Syndromes:

Deficiency Syndrome

- Formation of deficiency syndrome
- Signs and symptoms of Deficiency Syndrome
- Qi Deficiency
- Blood Deficiency

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Formation of Deficiency Syndrome

- Can be caused by congenital or acquired factors
- Congenital factors: insufficient time for incubation, or being twins, or malnutrition after birth, e.g. lack of exercising, or digestive or absorptive dysfunction, or dyspepsia due to aging, over pregnancy, prolonged sickness or severe hemorrhage.

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Formation of Deficiency Syndrome

- Exhausted vital qi leading to deficiency syndrome, or maltreatment during sickness.
- Exterior syndromes can injure the vital qi of human being.***Yang pathogen can exhaust the yin fluid of the body***, *while yin pathogen can consume the yang qi*.

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Signs and symptoms of Deficiency Syndrome

- Deficiency syndromes can divided into Yin Deficiency, Yang Deficiency, Qi Deficiency, Blood Deficiency and Five Viscera Deficiency.
- Common signs and symptoms include listlessness (lack of spirit), pale facial complexion, body feeling fatigue and lack of energy, or five palms heat, emaciated, palpitation, rapid and shortness of breath, spontaneous sweating and/or night sweating, loose stool or diarrhea, frequent or incontinence in urination, pale tongue body with smooth surface, no coating, fine and weak pulse.

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Signs and symptoms of Deficiency Syndrome: Yin Deficiency

- Yin Deficiency: not enough Yin fluid (nutritive body fluid)
- Signs and symptoms: five palms heat, afternoon tidal heat (fixed time at 2:00 – 4:00 p.m.), tidal red on the cheek, lips red and dry, dry stool, scanty and yellow urine, tongue tender and red without coat, fine and rapid pulse.
- Treatment principle: ( ), using Tian Men Dong, Mai Men Dong, Sheng Di Huang and Yu Zhu.
- Prescription: ( )

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Signs and symptoms of Deficiency Syndrome: Yang Deficiency

- Yang Deficiency: not enough Yang qi *(coldness generated)*
- Signs and symptoms: Pale facial complexion, intolerance of cold, freezing cold in four limbs when serious, profuse and clear urine, both lips and **tongue are pale (no taste on salty food), tongue coat white and moist, slow pulse**.
- Treatment principle: ( ) using Fu Zi, and Rou Gui
- Prescription: ( ) (restoring yang to save from collapse)

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Signs and symptoms of Deficiency Syndrome: Qi Deficiency

- Qi Deficiency: Feeling not enough qi **(primordial qi)**
- Mostly caused by the *exhausted viscera and bowels*, *prolonged illnesses* leading to the **exhaustion of primordial qi.**
- **(primordial qi): first of all, original, existing from the early beginning of time or the universe.**

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Qi Deficiency

- Signs and symptoms: pale complexion, dizziness, tinnitus, blurred vision, palpitation, shortness of breath, discontinuous speech, panting upon exercising (breath through mouth), speaking with low voice, easily fatigue, pale and plump tongue body, deficeint pulse (*cuan*, *guan* and *chi* positions are weak). Qi being unable to govern blood resulting in spotting and flooding in female, or hematochezia or epistaxis (bleeding from anus or nose)

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Signs and symptoms of Deficiency Syndrome: Qi Deficiency

- Treatment principle: ( ) and( ) using Huang Qi, Ren Shen or Gao Li Shen.
- Prescription: ( ) or ( )

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Signs and symptoms of Deficiency Syndrome: Blood Deficiency

- Signs and symptoms: pale white or pale yellow complexion, dizziness, blurred vision, ***insomnia***, palpitation, ***pale nails, pale lips and eyelids***, ***numbness in four limbs***, pale tongue with thin and white coat, thready pulse.
- Treatment principle: ( ) using Dang Gui, Shu Di Huang, He Shou Wu
- Prescription: ( )

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Excess Syndrome

- Definition: Preponderance of evil qi while the vital qi is not yet deteriorating
- Formation of excess syndrome
- Signs and symptoms of excess syndrome

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Excess Syndromes and Deficiency Syndromes:

Excess Syndrome

- Formation of Excess Syndrome
- Signs and symptoms of Excess Syndrome

Blood Excess Syndromes

Qi Excess Syndromes

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Formation of Excess Syndrome

- Due to the **invasion of exogenous pathogens**, or *dysfunction of the internal organs* causing the malfunction of metabolism, the body **fluid (jin and ye) becomes abnormal fluid causing edema or phlegm**. The normal flow of qi and blood become the blood stasis and **stagnated water**.

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Formation of Excess Syndrome

- Phlegm is caused by the deficiency of yang qi in spleen and kidney making the *spleen unable to transport water and grains*
- Edema is because of the accumulation of water in skin and muscle level causing swollen eye orbits and even whole body edema.
- Stagnated blood is caused by blood stasis in certain parts of the body because of external trauma or sudden attack.

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Formation of Excess Syndrome

- Clinical manifestations are very complicated which include ***excess in the five viscera***, **qi stagnations** and **parasitic infection**.
- **External pathogens can form any types of pathological products**.
- Qi stagnation refers to the accumulation of qi in certain parts of the body (lung, liver, stomach, large and small intestines) making it difficult to move.

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Signs and symptoms of Excess Syndrome

- Exalted spirit or agitated with restlessness, fever, red face, coarse sound in breathing, **distention and fullness in chest, abdomen and hypochondrium**, ***abdominal pain but refusing to be touched***, scanty urination with pain afterward, or sometimes retention of urine, constipation, tongue red with thick and greasy coat. (not necessary having all the symptoms)
- Excess syndrome reflects that ***pathogen is still in exterior***, the vital qi is not yet deficient in the beginning stage of the disease.

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Signs and symptoms of Excess Syndrome: Blood Component

- Refers to the stagnated blood (blood in certain organs or parts of the body)
- If stagnated blood found in the sweat pores or skin level, it appears **red and swollen**;
- If in channels, it appears convulsion spasm and pain

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Signs and symptoms of Excess Syndrome: **Blood Component**

- If in **upper energizer** (above heart and lung), chest diaphragm and shoulder have prickling stabbing pain, fever, pale purple in tongue tip, or bruise taints found.
- If in **middle energizer**, epigastrial and abdominal **distending pain** or prickling pain.
- If in **lower energizer**, lower abdominal **distention** and fullness with prickling pain.
- Conclusion: all prickling pains in fixed position, bruise dots or taints found in tongue, rough pulse.

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Signs and symptoms of Excess Syndrome: Blood Component

- Treatment principle: ( ) and ( )
  using Tao Ren, Hong Hua, Dan Shen, Yi Mu Cao, Ru Xiang, Ze Lan
- Prescription: ( )

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Signs and symptoms of Excess Syndrome: Qi Component

- Can be divided into Qi Stagnation, *Qi Depressed* and **Counterflow Qi**
- Qi Stagnation: unsmooth flowing of qi inside the body, mostly found in lung, stomach, liver, large and small intestines.

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Signs and symptoms of Excess Syndrome: Qi Component

- Signs and symptoms: local organ appears to have distention, fullness and pain.

  If the situation of qi stagnation lasts a long time, it will become qi stagnation and blood stagnation syndrome, intensifying the pain

  Treatment: regulating (harmonizing) qi and moving blood stagnation.

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Signs and symptoms of Excess Syndrome: Qi Depressed

- Qi Depressed: qi mechanism stagnancy and losing control in emotions, mostly because of **liver qi stagnation**.

  Signs and symptoms: chest distress (oppression) and hypochondriac distending pain, irritabiliy and easily irritated, repeated sighing, poor appetite, irregularities in menstruation.

  Treatment principle: ( ) and ( ) using Yu Jin, Xiang Fu, Fo Shou,

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Signs and symptoms of Excess Syndrome: Counterflow Qi

- **Qi Counterflows but not dispersing**, mostly found in **lung** and **stomach**
- If in lung, it will express as **coughing and shortness of breath**
- If in stomach, **vomiting and hiccup**

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Signs and symptoms of Excess Syndrome: Counterflow Qi

- Treatment: ( ) and ( ) qi using Qian Hu, Su Zi, Zi Wan, Huan Dong Hua,Ting Li Zi(for lung); Chen Pi, Ban Xia (for harmonizing stomach and stopping vomiting) with Pi Pa Ye
- Treatment: ( ) pathogen in excess syndrome
- For treating carbuncles: heat clearing and **resolving toxin**, promoting bowel
- **Edema: dispelling water**

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Homework Assignments:
Identification of Excess and Deficiency

- Exterior syndromes are mostly ( ) syndrome
- Syndromes caused by internal injury and chronic diseases are mostly ( ) syndromes
- Signs and symptoms show excessive and elevated → ( ); not enough and deficient and weak → ( )

- Spirit: lacking → ( )
- Voice: strong →( ) and weak →( )
- Pain: prefer touching →( ); refuse touching →( )
- Tongue quality: rough and coarse →( ); smooth and fat →( )
- Pulse condition: strong →( ); lack of strength →( )

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Transformation of Excess and Deficiency

- Usually excess syndrome comes first, then deficiency syndrome. *However, when excess syndrome disappears suddenly, this is called transformation*.
- The transformation from *excess to deficiency* syndrome is usually because of *delayed treatment* or *mal-treatment*, or caused by *severe loss of body fluid* due to over-vomiting or serious diarrhea.

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Examples of transformation of excess and deficiency syndrome

- Excess first and then Deficiency:

  e.g. A patient having high fever, thirst, agitated if treated improperly, suffered great loss of body fluid. He would change from high fever and agitated to the symptoms of deficiency of lack of spirit, not willing to eat, and having pulse without strength.

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Examples of transformation of excess and deficiency syndrome

- **Deficiency first and then Excess**

  e.g. A patient suffered from *taiyang zhong feng*: exterior deficiency will have the following signs and symptoms: fever, *aversion of wind*, headache, running nose, not thirsty, ***tongue is pale with thin white coat***, ***floating pulse***. However, mal-treatment makes him **coughing**, shortness of breath, **high fever**, **yellow phlegm**, **no tongue coat**.

- This is the case of exterior syndrome developed to lung excess syndrome, that **equivalent to pneumonia**.

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Examples of transformation of excess and deficiency syndrome

- Sometimes heavy loss of body fluid because of vomiting and diarrhea will lead to constipation.
- Clinically, *the transformation from deficiency syndrome to excess syndrome is seldom*, but **usually becomes dual existence of excess and deficiency syndrome**. Or, if deficiency syndrome comes with malfunctioning of the internal organs, then dual existence of excess and deficiency syndrome will also result.

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Dual Existence of Excess and Deficiency Syndromes

- Excess and deficiency co-exist in one patient.
- It can be one of two possibilities: excess symptoms found in a patient with deficiency syndrome; or deficiency symptoms found in a patient with excess syndrome.

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Examples of dual existence of excess and deficiency syndrome

- A patient with **phlegm**, **congested**, **coughing with dyspnea**, **difficult to breathe in, rapid breathing** upon slight movement, body and limbs cold. These symptoms are mostly found in the *old people who suffered from lower deficiency and upper excess* syndrome and is caused by the ***spleen and kidney yang deficiency***. Those symptoms belong to ***lung***, spleen and kidney.

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Examples of dual existence of excess and deficiency syndrome

- Treatment principle: relieving( ), resolving ( ) and then ( ) the deficiency afterward.

  These signs and symptoms are usually found in patients with ***chronic diseases causing ascites, such as hepatitis*** (can also be purely from deficiency or excess clinically).

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Examples of dual existence of excess and deficiency syndrome

- **Chronic nephritis (TCM called yin water = KD yin def.)** Whole body edema, edema from the face to the lower limbs, *(rapidly accumulating face edema)* pitting edema (skin will not restore upon pressing), soreness and pain in lower back, **intolerance of cold, four limbs cold**, listlessness, empty heat and feeling fatigue, fainting, dull white face, **scanty urine**, **watery stool**, tongue pale with white coat, fine and deep pulse especially weak in *chi* position.

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Examples of dual existence of excess and deficiency syndrome

- Treatment principle: both ( ) and ( );

  Treating deficiency with tonification: warming and tonifying spleen and kidney; transforming qi and draining dampness.

- Remark: note the proportion of excess and deficiency and determine the amount of purgation and tonifying herbs used.

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False Manifestation of Excess and Deficiency

- It is not easy to distinguish the real excess pseudo deficiency and the real deficiency pseudo excess syndromes
- 1. **Real excess Pseudo deficiency**

  The accumulation of excess pathogen but with the symptoms of pseudo deficiency

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False Manifestation of Excess and Deficiency

- Example: A patient has ***heat accumulated*** in the stomach and intestines, or accumulation with both phlegm and undigested food inside, blocking the channel and collaterals, leading to *unsmooth flow of qi and blood*. However, the patient is very quiet, body ***being cool, four limbs cold***, **sunken and slow pulse**. It looks like Deficiency syndrome.

  After thorough examination, he was found to have food stagnation, high voice, **pulse though deep but forceful**, tongue coat is **yellow and thick**, **good spirit**.

- He was then diagnosed to be real excess pseudo deficiency

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False Manifestation of Excess and Deficiency

- 2. Real deficiency Pseudo excess

  Deficiency syndrome when developed to most critical stage sometimes will appear to have excess symptoms

  Example: Patients with ***serious anemia*** will have the symptoms of high fever, *large and surging pulse*, when pressed forcefully will find *hollow pulse* (like ***pressing on a spring onion***), **tongue pale but no yellow coat.This** is the signs and symptoms of real deficiency pseudo excess.

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Differentiation of Syndromes in Excess and Deficiency

Note the following two situations:

- 1. in a series of excess syndrome the patient appears to have some symptoms of deficiency.
- 2. in a series of deficiency syndrome the patient appears to have some symptoms of excess.
- Both situations exist in the serious stage of the disease or the critical time. Practitioners must not be deceived by the false manifestation of the faked phenomena.

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Care must be taken to the following:

- Pulse condition: forceful or forceless, *having shen (essence) or lost vitality*, *how floating? how deep?* (usually **fake pulse** mostly **on the surface** that **floating pulse** is mostly faked phenomenon; while ***real pulse is mostly deep pulse***)

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Care must be taken to the following:

- Tongue condition: *plump and tender is deficiency* while **coarse and old is excess**
- Level of voice: high and low (pitch and intensity)
- History: new case and prolonged case (*new is excess while long term is deficiency*)
- Constitution (physique): sturdy and weak

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Case in False Manifestation of Excess and Deficiency (intense heat above & severe cold below)

- A patient suffered from heat jue syndrome, losing most of the body fluid exhibits the symptom of blockage of qi and blood. His four limbs got *freezing cold*, but with chest and abdomen burning hot, congested eyes, agitated and restlessness, thirst, **constipation, dark urine**, yellow tongue coat, hidden and forceful pulse.
- This is due to exhaustion of body fluid, affecting the normal flow of yang qi to the four extremities (yang can't descend and *yin can't ascend*).This is also a new case.

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