The Four Diagnostic Methods

Diagnostic Inspection: Observation on General Appearance

- Vitality
- Color
- Body Shape
- Body Posture and Gesture (Movement)

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Four Diagnostic Methods

- Inspection, Auscultation and Olfaction, Inquiry and Palpation
- For example: Eye disease relates with the internal organs, may be caused by damp heat in liver and gall bladder, or by lung heat, or kidney yin deficiency.

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Four Diagnostic Methods

- Inspection: observing shen (spirit), color, body shape and body posture and gesture (including the tongue inspection)
- Auscultation and olfaction: using nose and ears to receive information from voice, breathing sound, excreta and secretions.
- Inquiry: chief complaint, history and progression of disease.
- Palpation: pulse condition and palpation on skin, chest and abdomen.

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Four Diagnostic Methods in HDNJ

- A physician needs to possess a moral conscience, ethical conduct, and a compassionate attitude toward those in need of attention. In all interactions with patients the physician is always composed, takes the necessary time, remains objective, and performs every procedure with the utmost care and precision. In diagnosis, all the available facts and probes are gathered for the hidden facts through keen observation, olfaction and listening, inquiry and palpation.When the facts are collected, that knowledge and experience are combined with logical deduction and penetrating insights to arrive at the correct diagnosis.Treatments are then administered with equal effectiveness. (Chapter 80)

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Inspection

- Definition
- Inspection of the General Appearance
- Inspection of Individual Body Part
- Inspection of Infants Index Fingers
- Inspection of Excreta

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Definition

- Inspection is a technique whereby the doctor observes with his own eyes the exterior of the body for the purpose of determining the condition of the patient's health and illness.
- It includes observation of vitality, facial expressions, general appearance(body shape) and body posture and gesture as a whole; and characteristics of individual parts such as the **five orifices** and tongue as well.

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Definition

- Through observation, practitioner can know the pathological changes of the internal organs, qi and blood, and, their yin and yang.
- The facial expression and the tongue condition can reflect the healthy stages of the internal organs by their manifestations.

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General Appearance: Inspection of Vitality

- Vitality (shen) refers to the external presentation of life process in the human body including mentality, consciousness and thinking.
- Material based on qi, blood, essence of the life and body fluid, vitality is generated by the functional activities of the viscera which if normal, with sufficient qi and blood, vitality will be prosperous; if not, the vitality will be abnormal.

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General Appearance: Inspection of Vitality

- Inspection of vitality means that the practitioner learns about the state of the patient's viscera, the flow of qi and blood through observation of the vitality in order to make judgments and predictions about his illness.

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General Appearance: Inspection of Vitality

- Superficially, vitality is summation of eyesight, complexion, facial expression, physique, speech and consciousness.

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General Appearance: Inspection of Vitality

- Since vitality is revealed through the eyes, emphasis should be put on the inspection of changes in eyesight. Vitality will affect the seriousness of the disease and its period of recovery.
- Manifestation of vitality are classified to **strong vitality**, *lack of vitality* and pseudo-vitality.

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Having Strong Vitality

- Being full of vigor reflected by sufficiency of both life essence and qi and being full of energy.
- Shown by bring and vivid eyes, radiant complexion with natural expressions and freely movable and elastic body, clear speech and consciousness.

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Having Strong Vitality

- In addition, normal spirit, muscle not slim, quick in one's movement, normal posture and gesture, accurate reply, normal breathing.
- Having strong vitality indicates sufficient essence of life and qi, strong physique and full energy.
- It shows vital qi of a patient not yet deficient and viscera not yet in severe disorder. Illness not serious and it indicates favorable prognosis.

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Lack of Vitality

- Loss of vitality which reflects an exhaustion of the essence of life, deficiency of qi, and weakness of vitality.
- Characterized by dull eyes, slow and awkward action, blurred vision, dull complexion and facial expressions, heaviness of the body, obtuse action and responses, or even unconsciousness , delirium and hallucination.

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Lack of Vitality

- Also, lack of spirit, slim thigh, low voice, giving irrelevant answers, short and shallow breath; unable to turn over, pulse condition being discontinuous, even carphology when in serious,
- Suggesting an exhaustion of the vital qi, a decline of the essence of life, insufficiency of functional activities, serious illness and unfavorable prognosis.

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Pseudo-vitality

- Usually occurs to ***critical patients with impending death***.
- Often happens in an extremely weak patient suffered from prolonged illness in a critical condition who used to be listless, unconscious, with dull eyes, an aversion to speaking, low and feeble voice, dull complexion and anoxia, **suddenly feels better**, with better consciousness, bright eyes, louder voice, flushed cheeks and better appetite. He is more talkative (often simply repetitive), yet often irritable.

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Pseudo-vitality

- It is an abnormal sign of the impending exhaustion of the vital qi of the viscera, **the last eruption of the remaining yang** and a temporary "better-turn", indicating the critical prognosis of an exhaustion of the vital qi and impending failure of yin and yang.
- General speaking, false manifestation of vitality appears and disappears suddenly, with its symptoms being local and temporary, running contrary to the nature and general conditions of the disease.

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Example one of Pseudo-vitality

- A patient in the beginning spoke intermittently with low voice suddenly became talkative, face color changed from dull red to bright red with luster, spirit shifted from bad to good with good appetite.*These symptoms did not match with the development of the disease*.
- Pseudo-vitality shows that the disease became more serious.

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Example one of Pseudo-vitality

- The symptoms of pseudo-vitality is quite different from those of improving.
- The pseudo-vitality is due to the exhaustion of the essence of the internal organs. ("the last radiance of the setting sun" or "**the last light of a dying-out candle**")
- The patient will die sooner in this situation.

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Example two of Pseudo-vitality

- A woman suffered from chronic nephritis with edema in the whole body. Prolonged disease made her unconscious with dull grey face, vomiting, cannot take in any food, no feces, no urine, tongue pale with white coat, sunken pulse.
- Suddenly she asked for watermelon and became talkative. One day after that she died.

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Example two of Pseudo-vitality

- If a patient suffered long time from chronic disease suddenly asks for any food he/she not usually eats, and has taken without difficulty, that is surely the symptoms of pseudo-vitality which shows the critical period of the pathological changes.

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Homework Assignment

- Fill in the blanks

Observation items	High vitality	Lack of vitality	Pseudo vitality
Consciousness			
Two eyes			
Breathing			
Facial color			
Body shape			
Action & Reaction			
Diet			

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General Appearance: Inspection of Skin Color

- Aim: to ascertain the condition of disease through observing changes in skin color and luster.
- Changes in skin color provide information about the prosperity or decline of qi and blood of the viscera. Changes in color may show the nature of a disease and various syndromes of different organs, whereas the luster of the skin (include skin moisture) reflects chiefly the prosperity or decline of the vital qi and the essence of the viscera.

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General Appearance:
Inspection of Skin Color

- Color usually refers to facial color which is the manifestation of the internal organ. The color when healthy is called normal color.

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Characteristics of the Normal Color

- Normal color refers to the facial complexion of a person in normal physical condition. Characterized by brightness, moisture and blending of the five color with blood color making the **rosy red** apperance.

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Characteristics of the Normal Color

- Normal color indicates that vital qi, blood and body fluid are sufficient and that the functional activity of the viscera is in a good working condition.
- Normal color can be divided into primary and secondary complexion.

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Primary and Secondary Complexion

- Primary complexion is the normal color of a nationality, known as **zheng complexion**. For example, the primary complexion of the *Chinese is a blurred blending of yellow and red*, brightness and moisture – the reflection of qi and blood in good order. This color remains unchanged over an individual's life time.

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Primary and Secondary Complexion

- Secondary complexion is one which varies with natural surroundings, seasons, climate and living conditions as the person adjusts himself to his environment. The complexion turns into a bit blue in spring; a bit red in summer; a bit yellow in late summer, a bit white in autumn and a bit dark in winter. Changes in age, diet, activities, emotions, or professions, sunlight, wind and dust may about changes in facial complexion.

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Characteristics of Diseased Color

- Refers to the facial complexion of a sick person indicating all the abnormal colors.
- Diseased color is characterized by pale and dim complexion, or a single color devoid of blood, or complexion that changes in disagreement with the seasons.

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Characteristics of Diseased Color

- Facial complexion varies with the severity of an illness which can be divided into favorable type and unfavorable type.
- Favorable facial complexion suggests slight pathologic changes, inexhaustion of the vital qi and essence of the viscera, and sufficiency of the stomach qi to nourish the face, indicating favorable prognosis.

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Characteristics of Diseased Color

- Unfavorable facial complexion refers to abnormal changes marked by lusterless complexion, withered and dusky, which shows severe pathologic changes, decline of vital qi, and exhaustion of the stomach qi.

- The key point in observing facial complexion is to catalogue bright and **moist** complexion as the favorable type, ***dim and pallid*** complexionas the unfavorable type.

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Diagnostic Significance of the Five Colors

- The five facial colors include blue, red, yellow, white, black which may not only indicate pathologic changes of the different internal organs, but also reflect different natures of pathogenic factors.Therefore, pathologic changes in the interior of the body can be diagnosed by observing face color.

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Diagnostic Significance of the Five Colors

- Luster: moisture, bright and prosperity of the color reflecting the abundance of essence inside the human body.
- **Five colors match with 5 viscera**
- Usually **blue** and **black** implicates **pain**, **yellow** and **red** means **heat** while white refers to **cold**.

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Syndromes and Pathogenesis denoted by Five Colors: Blue

- Indicate syndromes of cold, pain, blood stasis and convulsion.
- Caused by an impended circulation of qi and blood (stagnations), constriction of channels and blood stasis.

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Syndromes and Pathogenesis denoted by Five Colors: Blue

- **Bluish** and pale complexion indicates an invasion of pathogenic **cold**, or **excessive yin** in the interior (The BPC).
- **Blue greyish** complexion with bluish discoloration of lips, and oppressive and painful sensation in the chest is due to depression of heart yang, impeded blood circulation and stagnation of heart blood (KGB)

ECG previously named EKG

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Syndromes and Pathogenesis denoted by Five Colors:

Blue

- **Bluish purple** discoloration of the face accompanied with pains in the hypochondrium arises from impeded flow of the **l**ung qi, or stagnation of **l**iver qi (BPL).
- Infant high fever with bluish discoloration of face most obvious at the nose bridge and between the eyebrow shows the omen of convulsion.

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Syndromes and Pathogenesis denoted by Five colors:

Red

- Indicates heat syndrome and **deep red** complexion reflects heat syndrome of excess type while a *slight red* reflects *deficiency type*.
- Reddness is the color of blood which flows when the heart is moderate, and is full in the capillaries of the skin when the heart is intense.

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Syndromes and Pathogenesis denoted by Five colors: Red

- If a patient's face is glow with bright red, it is due to fever caused by an exopathogen, or due to the heat syndrome related with excess yang of the viscera.
- If the face of a patient with a prolonged or serious illness is pale, and occasionally glow with tender red and white, it is due to pseudo-heat syndrome, which results form excess yin in the lower part of the body and consequent rising up of yang in the upper part of the body. It is a **critical condition** (PRWP).

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Syndromes and Pathogenesis denoted by Five colors:

Yellow

- Indicates **deficiency syndrome (SP)** and **damp** syndrome.
- Occurs when the spleen is too **d**eficient to transport and replenish qi and blood, or when retention of water leads to the overflow of pathogenic **d**ampness.

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Syndromes and Pathogenesis denoted by Five colors: Yellow

- **Light yellow** and pale complexion reflects that the essence of refined nutritious substances fails to nourish and moisten the face because of **qi deficiency of the spleen and stomach** and the dysfunction of digestive functional activities (Qi PYL).

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Syndromes and Pathogenesis denoted by Five colors: Yellow

- **Yellow and puffy complexion** is brought about **by dysfunction of the spleen in transporting** and the following failure in controlling water so that water dampness spread over the skin.
- ***Jaundice*** is marked by yellow tint of the sclera, face and skin all over the body. ***Bright yellow*** reflects ***yang jaundice*** cause by stagnation of ***damp-heat*** while ***yellowish black*** as **yin jaundice** caused by stagnation of ***cold-dampness*** in the ***interior***

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Syndromes and Pathogenesis denoted by Five Colors: Paleness

- Indicates deficiency syndrome and cold syndrome
- **Corresponding to lung**, indicates insufficiency of qi and blood, causing denutrition of the face.
- Occurs when yang qi is lacking and the circulation of qi and blood is impeded, or when coldness in the channels and collaterals causes them to contract, or when there is a heavy bleeding, which results in a deficiency of qi and blood.

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Syndromes and Pathogenesis denoted by Five Colors: Paleness

- A pale and puffy face is due to insufficiency of yang qi;
- A *light pale* and thin face, due to *deficiency of qi*;
- A **pallid face** with a sudden onset of a disease accompanied with **profuse cold sweats**, due to sudden collapse of qi as seen in the **shock**
- *Pale face with vigor and severe pain in abdomen*, due to *stagnation of yin coldness* and contraction of the channels.

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Syndromes and Pathogenesis denoted by Five Colors:

Black (KCWB)

- Indicates the syndrome of **k**idney deficiency, **c**old syndrome, **b**lood stasis and **w**ater retention.
- Corresponds to kidney and urinary bladder.
- Face turns black when an insufficiency of the kidney yang leads to retention of excessive cold water in the interior so that channels contract on account of loss of warmth, resulting in impeded blood circulation and lack of warmth

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Syndromes and Pathogenesis denoted by Five Colors: Black

- **Dark and dim** color on face and cheeks is caused by insufficiency of the **kidney yang**; a *dark and dry* face by consumption of the *kidney essence* and by hyperactivity of fire due to yin deficiency; **dark and rough face**, by **internal blood stasis**.
- Dim and dark around the orbits indicate deficiency of the kidney, or retention of water and *white leukorrhagia* due to downward flow of *cold dampness*.

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Summary on Five Colors

- These five colors can be favorable colors or unfavorable colors depending on its luster and moisture. Favorable colors shows healthy condition or interior still not affected in case of illness while unfavorable colors indicate the injury of any one or two organs inside.
- If the facial complexion changes from favorable to unfavorable colors, that means the disease is becoming serious.

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Classwork 1

- For the matching of 5 viscera with 5 elements, according to the interpomoting and restricting theory, color change in the facial complexion can also indicate the direction of the development of the disease.
- If a patient suffered from liver disease, his corresponding color should be green, but if his face was found ( ) or( ), it is interpomoting; but if it turns to ( )or ( ), it will be restricting The prognosis may even take longer time.

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General Appearance:
Inspection of Body Shape

- By observing the body shape of the patient including his robust or weak, obese or thin, practitioner can evaluate whether qi and blood of the viscera are sufficient or not.
- Internal exuberance leads to external strong appearance, internal deficiency to external weak appearance.
- Such an inspection helps the practitioner to diagnose the deficiency or excess of the viscera as well as the exuberance or decline of the pathogenic factors and the vital qi.
- If the 5 viscera are strong then the body will be strong.

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Sturdiness and Weakness

- Strong built manifested as moist skin, well developed muscle and thick chest, and big skeleton.
- Indicates sufficient qi and blood, a healthy state of the viscera, skin, muscle and bone, low risk of being infected with pathogenic factors or becoming ill, and bears favorable prognosis of the disease.

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Sturdiness and Weakness

- Weak means being feeble in appearance, manifested as dry skin, thin muscle, narrow chest and slender skeleton.
- Indicates an insufficiency of qi and blood, delicate viscera, thinness, and a high risk of being infected with pathogenic factors, and bears an unfavorable prognosis.

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Fat or Thin

- Fat means obesity rather than strong; thin means abnormal emaciation.
- **Obesity with dull and pale complexion, lassitude, shortness of breath and relaxation of the muscle** is due to *insufficiency of yang qi and retention of phlegm in the interior*.

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Fat or Thin

- Emaciation with sallow, lusterless complexion, delicate muscle and dry skin due to deficiency of yin-blood and fire of the deficiency type.
- According to Zhu Zhenheng, "**Phelgm often occurs to the fat man while fire to the thin man**"
- If a patient is thin as a fire wood with lusterless skin, it is a sign of depletion of qi and body fluid, and exhaustion of the vital qi of viscera.

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General Appearance:
Inspection of Body Posture and Gesture

- Observe patient's abnormal posture and body movement to diagnose the progress and development of his disease.
- Patient's posture and body movement is closely related to the excess and deficiency of yin and yang of his organs and the nature of the disease. Yang associates with activeness and aggressiveness, so restless and agitation always comes with the dominance of yang while **yin, cold and deficiency syndrome shows unwillingness to move**.

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General Appearance:
Inspection of Body Posture and Gesture

- The movement of limbs is controlled by the heart and mind, this also closely relate to the channels and muscular skeletal system. The abnormal movement of the patient must come from certain illness.

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General Appearance:
Inspection of Body Posture and Gesture

1. Posture

- Pathologic changes brought by disease from heart-mind or muscular skeletal system or channels will lead to immobility or in a forced or distorted position of the body and limbs.
- Sitting with **head elevated**, **chest distention** and **coarse breathing** are symptoms of lung excess with qi counterflowing (some may have phlegm congested); sitting with *head down*, *unwilling to talk* are symptoms of *lung deficiency*.

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General Appearance:
Inspection of Body Posture and Gesture

- **Facing outward while sleeping *(foreword, tech neck)*** agitated and restless, and able to turn over belong to yang, **heat and excess syndrome**;
- Facing the wall while sleeping, feeling too heavy to turn over, always quiet and unwilling to move belong to yin, cold and deficiency syndrome.
- Lie down sleeping with stretching arms and pushing away blankets mostly heat and excess syndrome; *sleeping in coiled position* and like more clothes and blankets are mostly *deficiency and cold syndrome*.

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General Appearance:
Inspection of Body Posture and Gesture

2. Abnormal movements

- Eyes, lips, fingers and toes of the patient appear to **shake involuntarily**, these are the **omen of stroke**. This is because of internal injury leading to deficiency of qi and blood which cannot nourish the tendon and channels.
- Stiff neck, lockjaws, eyeball uplifting, convulsion in four limbs, spinal cord bending outward like a bow. This belongs to internal stirring of liver wind. The cause is extreme heat generating wind or blood deficiency generating wind or infantile convulsion.

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General Appearance:
Inspection of Body Posture and Gesture

2. Abnormal movements

- Child got the symptoms of *distorted limbs while stretching*, *blinking eyes* **and** *moving eyebrows involuntarily*, **or** *walking like dancing* is due to deficiency in qi and blood.This is because of the **invasion of wind and dampness** into the interior.

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