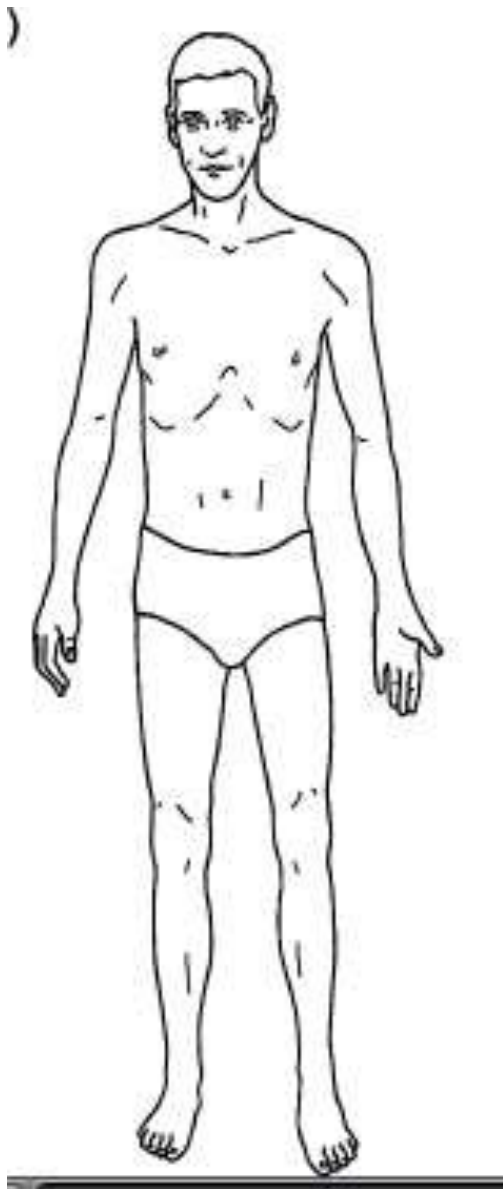


Body Shape

Classification of body shape according to the five elements:

- Wood type
- Fire type
- Earth type
- Metal type
- Water type

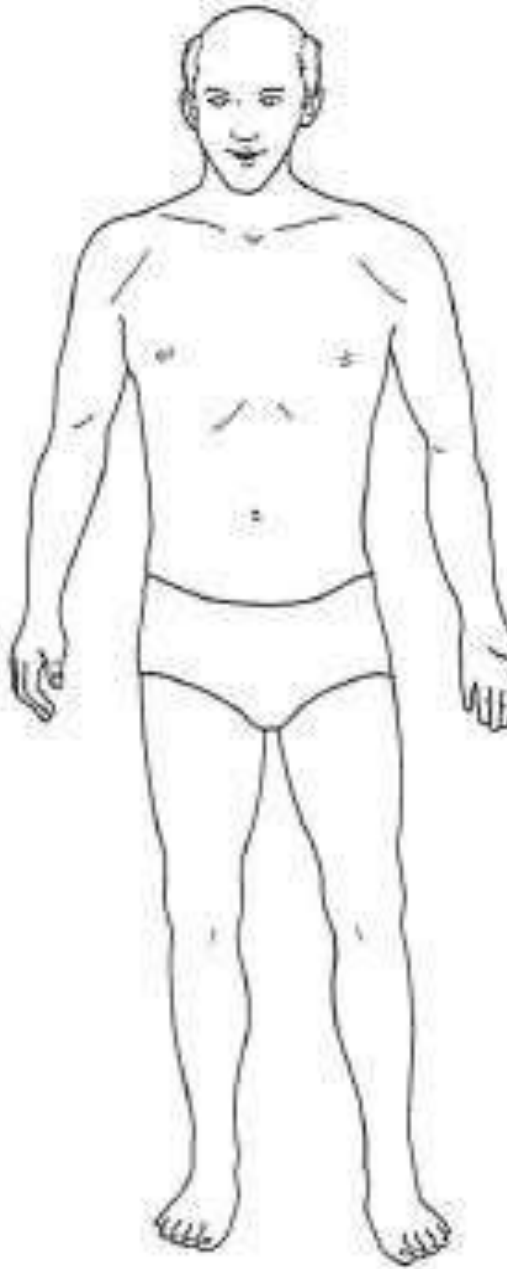
R. Bishay



BOX 1.1 WOOD TYPE

- Greenish complexion
- Small head
- Long face
- Broad shoulders
- Straight back
- Sinewy body
- Tall
- Small hands and feet





BOX 1.2 FIRE TYPE

- Red complexion
- Wide teeth
- Pointed, small head
- Well-developed shoulder muscles
- Curly hair or not much hair
- Small hands and feet
- Walking briskly



Fig
(b)

(b)

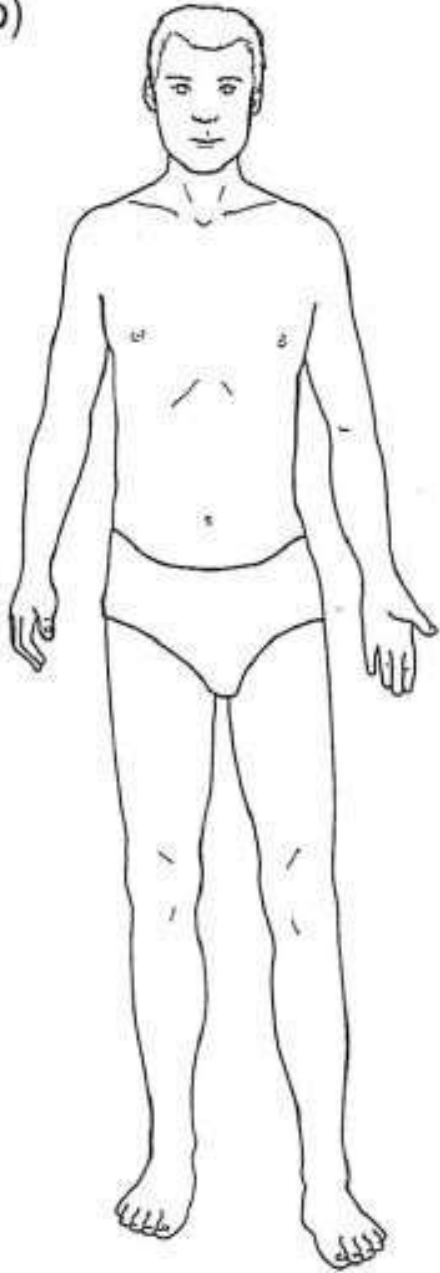


BOX 1.3 EARTH TYPE

- Yellowish complexion
- Round face
- Wide jaws
- Large head
- Well-developed shoulders and back
- Large abdomen
- Large thighs and calf muscles
- Well-built muscles



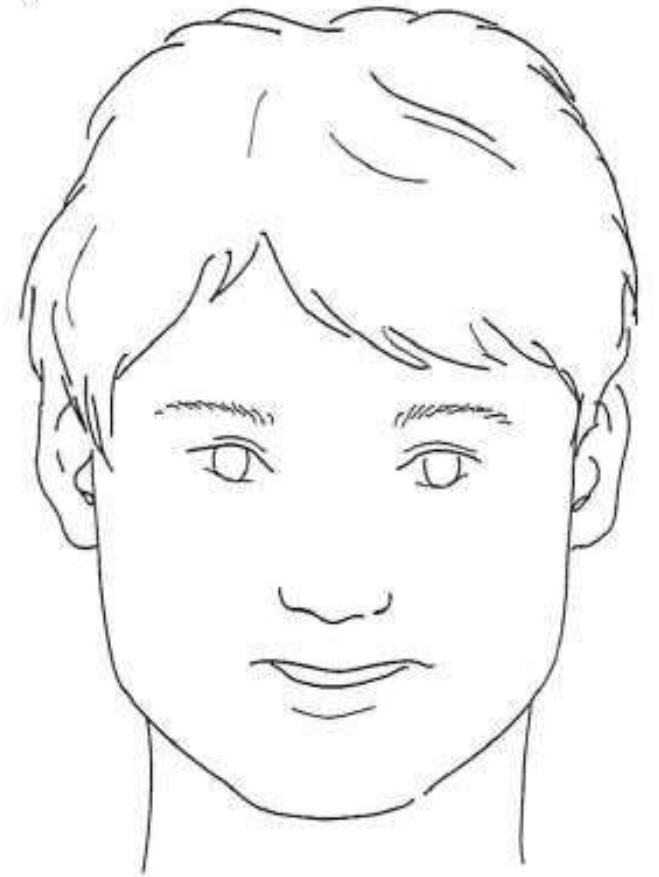
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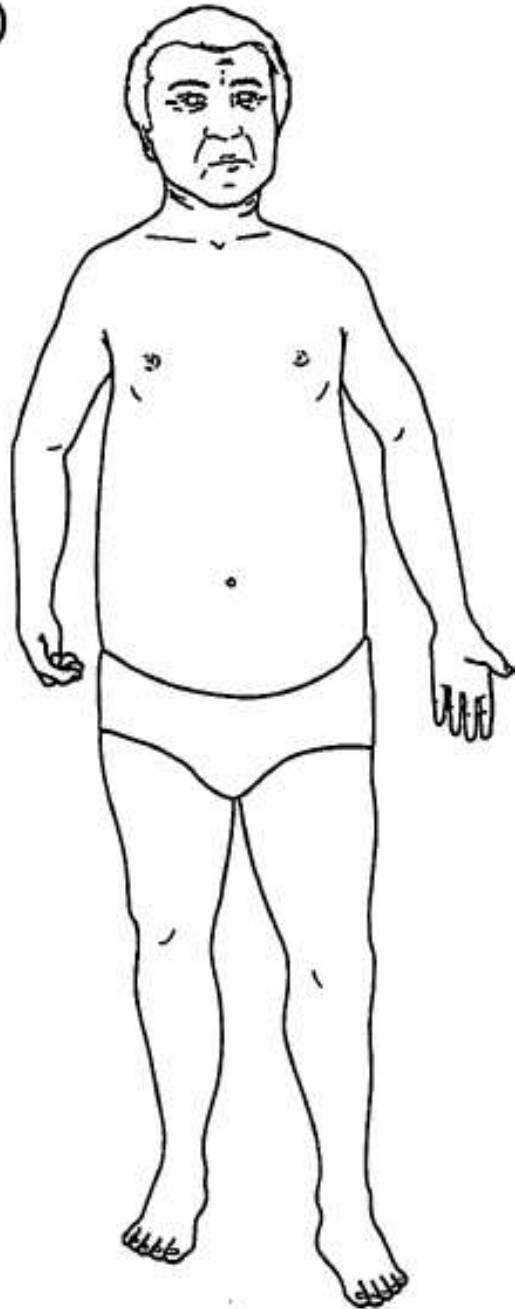
BOX 1.4 METAL TYPE

- Pale complexion
- Square face
- Small head
- Small shoulders and upper back
- Flat abdomen
- Strong voice

3)

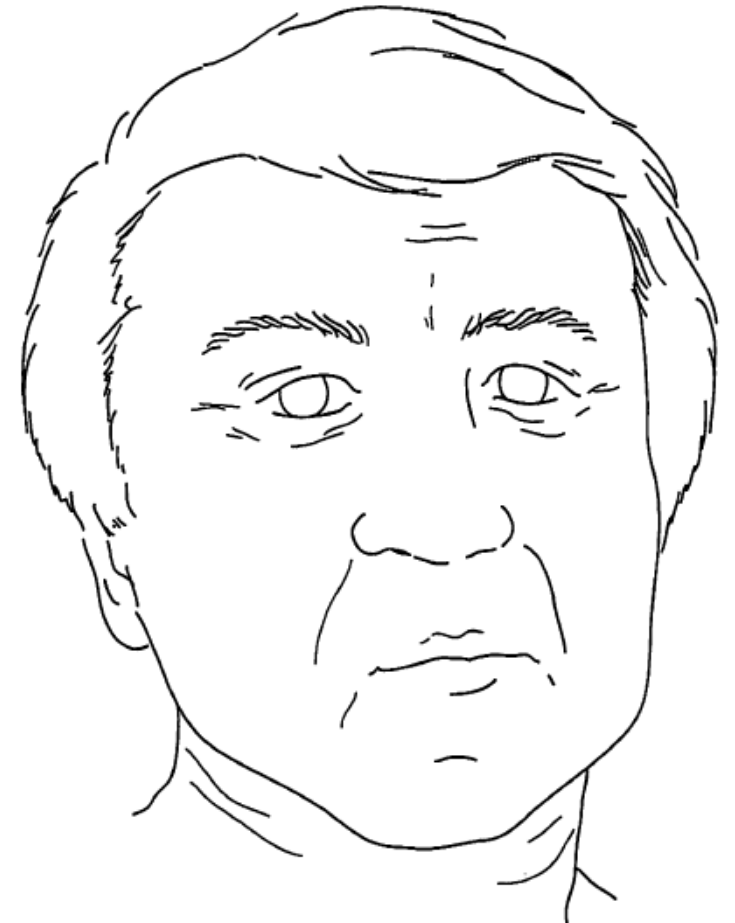


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BOX 1.5 WATER TYPE

- Dark complexion
- Wrinkly skin
- Large head
- Broad cheeks
- Narrow shoulders
- Large abdomen
- Long spine



Homework

Try to observe your classmates, their family members, or teachers in this college, and identify one example from them according to the following body shapes (give one reason for each):

- Metal type:
- Wood type:
- Water type:
- Fire type:
- Earth type:

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.

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.

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 counterflow (some may have phlegm congested); sitting with head down, unwilling to talk are symptoms of lung deficiency.

General Appearance:

Inspection of Body Posture and Gesture

- Facing outward while sleeping, 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.

Quotation from TCM Classics:

Inspection of whole body

- **The head is the palace of jing/essence.** So, if one finds the head drooping, unable to rise, and finds the eyes sunken and without light, this indicates that the jing/essence and shen/spirit are about to collapse.
- **The back is the palace for the chest.** If the body is bowed like a humpback and the shoulders are drooping, this means that the qi of the chest is about to collapse.

● (HDNJ Chapter 17)

Quotation from TCM Classics: Inspection of whole body

- **The lower back, or lumbosacral area, is the palace of the kidneys.** If one loses mobility here, this means that the kidneys are about to collapse or degenerate.
- **The knees are the palace of the tendons.** So if one cannot bend or straighten them properly or needs to overcompensate in order to move, this means that the tendons are about to degenerate.
- **The bones are the palace of the marrow.** If one cannot stand for prolonged periods or walk with stability, this means that the bones are about to be exhausted. (HDNJ Chapter 17)

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.

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.

Inspection of Individual Body Part

- Inspection of Individual Body Part
- Head and Face
- Five Orifices
- Body Trunk
- Four Limbs
- Genital Openings
- Skin
- Assignment Reading: p.201-p.231

Individual Body Part

- Inspection on certain parts of the patient.
- Human being is an organic whole, pathologic change in the whole body can reflect in individual part while pathologic changes in a part can affect the whole body.

Individual Body Part

- While inspecting individual body part, a practitioner should be familiar with the physiological features of it and its relationship and associations with viscera, channels and collaterals. He also needs to compare the pathological features with the normal features, and triangulate with the results from other 3 diagnostic methods, then to master the meaning of those changes.
- Inspection of body parts include head, face, five orifices, body trunk, four limbs, two genital openings and skin.

Individual Body Part

Inspection of Head and Hair (p.69-73)

- Head is the palace of jing/essence and ming, it contains brain and cerebral fluid, it also houses shen. Brain is the sea of marrow which is controlled by kidney.
- ***The prosperity of kidney appears in hair. Hair is the residue of blood.***

Individual Body Part

Inspection of Head and Hair (p.69-73)

- Head is the meeting point of all yang qi. All 3 yangs of foot and hand, Du channel, foot jue yin channel and Ren channel also run up to the head.
- Yangming and Ren run in the forehead, taiyang and Du run at the back, shaoyang channel runs at both sides, foot jue yin channel passes through two eyes up to the top of the head.

Inspection of Head and Hair

- Essence and qi of the viscera all run up to the head.
- Through observing the head, practitioner can know the pathologic changes and excess and deficiency of the qi and blood of the viscera, such as kidney and brain.
- Care must be taken while inspecting the head on the changes of the skull and fontanelles, the color change of hair and the abnormal movement of the head.

Shape of the head

- Abnormal growth of the skull always found in infant.
- Head size is determined by age of the infant. Usually, new born baby is 34 cm, 42cm for 6 month and 45cm for 1 year old, 47 cm for 2 years old, 48.5 cm for 3 years old. Exceeding this size is too big while under is too small.
- Big head in infant is due to late closure of the fontanelles making smaller face which is accompanied with low intelligence. This is because of the inborn deficiency problem due to exhaustion in kidney jing leading to the retention of water in the brain (hydrocephalus).

Shape of the head

- Infant with undersized brain because of early closure of fontanelles may due to deficiency of kidney jing, the abnormal development of the skull.
- The posterior fontanelles usually closes two months after birth, the anterior fontanelles may not close completely until 18 months.
- Depressed fontanelles: deficiency (dyspepsia, over hemorrhage); bulging out of fontanelles: excess (high fever, meningitis).

Head movement

- Involuntary tremor of head including adult and kids can be diagnosed as internal stirring of liver wind or Parkinson's disease in elderly who suffers from deficiency of qi and blood unable to nourish the brain shen (spirit).
- Head leaning to one side: patient with head leaning to one side and unable to keep it straight may due to deficiency and sinking of spleen qi or a deficiency of the Sea of Marrow.

Head movement

- Head tilted backwards: head tilted backward with eyes rolled up is the symptom of convulsion in children because of acute febrile disease, indicating the internal liver wind.
- Head and neck lack of strength: critical condition in serious disease.

Hair

- Growth of hair mainly depends on the excess and deficiency of kidney qi and blood. Observing hair can diagnose the strength of kidney qi and excess of blood (mostly liver blood).
- Normal hair color is black with luster and dense, which means the abundance of kidney qi and blood.

Hair

- **Yellow and dry hair**, easily falling out always indicate deficiency of blood. This is common in the patients suffering from chronic diseases or patients recovering from prolonged diseases.
- Sudden falling out of hair in clumps is the symptoms of Alopecia. This is because of the invasion of wind while a patient is deficiency in blood or having blood stasis preventing the new blood from nourishing the hair.

Hair

- Young man having sparse hair with falling hair, with symptoms of dizziness, poor memory and soar lower back with weak knees can be diagnosed as kidney deficiency; if he also has ***itching scalp with much dandruff*** and oily scalp, then he can be diagnosed as ***blood heat turning to dryness***.
- Premature greying of the hair in young age accompanied with pain in lower back are also the symptom of kidney deficiency. If he also got insomnia and poor memory, then he may be diagnosed as overloading spirit injuring blood, or because of deficiency in his primary qi from inborn.

Hair

- Retarded growth in kids with little and yellow and soft hair may also be attributed to his deficiency of primary qi from inborn, this is the deficiency of kidney.
- Kids with greasy hair clogged together, yellow and lack of luster, may due to **parasitic** infestation disease.

Question 1:

- How can you explain the phenomenon of premature greying of the hair in a young person who has a strong body and is in good health?

R. Bishay

Individual Body Part

Inspection of Eyes (p.75-91)

- Liver opens to eyes. All the viscera qi comes up to eyes. Eye has close relationship with all organs, especially heart, liver and kidney. Therefore, inspection of eyes is not only for examining vitality but also important on the prediction of progress of the disease.

Individual Body Part

Inspection of Eyes (p.75-91)

- Ancient practitioner divided eye into different regions for the manifestation of different organs, according to Five Wheels theory, namely, **wind wheel**, **blood wheel**, **water wheel**, qi wheel and **flesh wheel**. (similar theory is Eight Ramparts)
- Observing the color changes in different parts of the eyes can a practitioner diagnose the pathologic changes of the related organs.
- Observation on eyes: color, features and movement.

Individual Body Part

Inspection of Eyes

Color: normal eyes must be clear and moist with sclera white, retina black or brown, cornea should be colorless. Abnormalities include:

- *Red and swollen sclera*: wind heat, upflaming of liver fire
- *Yellow sclera*: jaundice caused by damp heat
- *Bluish green sclera*: internal cold caused by liver wind
- Eye corner white (with eyelid pale): deficiency of qi and blood, or heavy loss of blood.

Individual Body Part

Inspection of Eyes

Abnormal features:

- Inflammation in the eyelids or both corners: damp heat
- Swollen eyes: edema (however, it is normal temporary swollen eyes)
- Depressed orbits: sudden loss of body fluid (through diarrhea or vomiting); for prolonged patients it is critical because of departing of yin and yang.

Individual Body Part

Inspection of Eyes

Abnormal features:

- Protruding eyeballs: lung distention because of phlegm obstructing lung, breathing with difficulty.
- Discharge from the eyes: liver heat or damp heat depending on the state of secretion.

Individual Body Part

Inspection of Eyes

Abnormal eye movement:

- Sleeping with eyes open: spleen and stomach yang deficiency, mostly found in infant with diarrhea exhausting body fluid.

Individual Body Part

Inspection of Eyes

Abnormal eye movement:

- Falling of eyelids: inborn deficiency with kidney and spleen deficiency; qi deficiency in adult.
- *Immobility of eye (rolling up or oblique eyeballs)*: internal stirring of *liver wind*; convulsion in infant with high fever.

Individual Body Part

Inspection of Eyes

Abnormal eye movement:

- Enlarging pupils (insensitive to light): Exhaustion of jing and qi, critical stage of serious illness, especially when it appears dispersed and insensitive to light(open and fixed pupil = collapse).
- Constriction of pupils: poisoning due to drug or insecticide, due to liver and gallbladder heat exuberance.

Individual Body Part

Inspection of Nose

- Nose is in the middle of the face, opening of lung. Foot yangming channel runs at both sides of the nose. There are other channels running above and around the nose. Inspection of nose not only know the pathologic changes in lung and spleen, but also judge the excess and deficiency of stomach and prognosis of the disease.
- Observation of nose usually include the color, feature and the inside change of the nostril.

Inspection of Nose

Color

- Nose should be blending with red and light yellow with moisture which is the manifestation of stomach qi
- Light yellow nose tip with moisture is usually found in new case of exterior syndrome without exhaustion of stomach qi, i.e. illness not serious.
- **Bright yellow** shows **damp heat in spleen.**
- Dull yellow: liver blood stasis.

Inspection of Nose

Color

- **Pale nose** tip shows exhaustion of qi and blood, or found in patients with heavy **loss of blood**. Pale bridge: liver blood deficiency.
- **Red nose** tip indicates **lung and spleen heat**; red bridge with acute onset belongs to wind heat.
- **Bluish nose** tip is the symptoms of abdominal pain of **yin cold**, will consider serious if the nose tip is also cold;
 - **Black** means kidney deficiency with water retention.
 - Nose dim and withered dry means critical stage with total loss of stomach qi.

Inspection of Nose

Abnormal Features:

- Nose sore are mostly because of lung heat or heat in blood component.
- Papules on the nose tip may due to heat accumulation in lung and stomach. Or, if they are dark, blood heat in the lung
- **Flapping alae nasi** (both sides of the nostrils) while breathing: lung heat in **acute condition** (pneumonia) or asthma.
- If nostrils *vibrates like a fan* with *oily sweat like pearls not flowing* and dyspnea, it is the critical stage of illness (**SEVERE YANG COLLAPSE IMMINENT DEATH**).

Inspection of Nose

Changes inside the nostrils

- Running nose with stuffy nose: exterior syndrome with wind cold (whether heat and cold depends on the color and the viscosity of the mucus)
- Sticky nasal mucus: wind heat
- Sticky nasal mucus got smell: nasosinusitis
- Nose bleeding: heat accumulation in lung and stomach (injuring nose luo); heat agitation (stirring) the blood.

Individual Body Part

Inspection of Mouth (p.93-103)

- Mouth is the passage of food leading to the internal organs. Spleen opens to mouth, its prosperity found in lips. Foot and hand yangming channel runs around the lips.
- Observation of mouth and lips can show the pathologic changes in spleen and stomach.
- Abnormalities are shown in color, features and movement.

Inspection of Mouth

Color

- Normal people has red and moist lips showing the abundance of stomach qi, also the blending of qi and blood inside body.
- Pale lips: blood deficiency or heavy loss of blood.
- **Bluish greenish lips:** blood stasis (usually in deficiency in heart yang and severe breathing difficulty).

Inspection of Mouth

Color

- **Bluish black lips:** freezing **cold**; extremely painful due to blockage.
- **Deep red lips:** **excess heat** (with swollen and dry lips); or yin deficiency and effulgent fire.
- **Bright red lips**: poisoned by carbon monoxide (**gas poisoning**)

Inspection of Mouth

Abnormal Features:

- Dry and cracked lips: dryness heat injuring fluid.
- **Cold sores in lips:** spleen and stomach **accumulating heat**; more serious may be caused by heart and liver **accumulating heat**; **external invasion of wind heat**.

Inspection of Mouth

Abnormal Features:

- Cracked corners of the mouth: stomach heat; yin deficiency with empty heat.
- **Aphtha**: small grey ulcers in red circle or thrust inside the lip or inner membrane of the cheek, painful; or ulcer all around the inner cheek are because of **upflaming of accumulate heat in heart and spleen.**

Questions:

- Why does the saliva drip from the corners of the mouth, for kids and for adults?

R. Bishay

Inspection of Mouth

Abnormal Movement:

- Opening mouth in serious stage of illness: deficiency syndrome
- Lockjaw: excess syndrome
- Trembling lips: yang deficiency with excess cold or during the conflict between vital qi and evil qi, or infected by malaria.

Individual Body Part

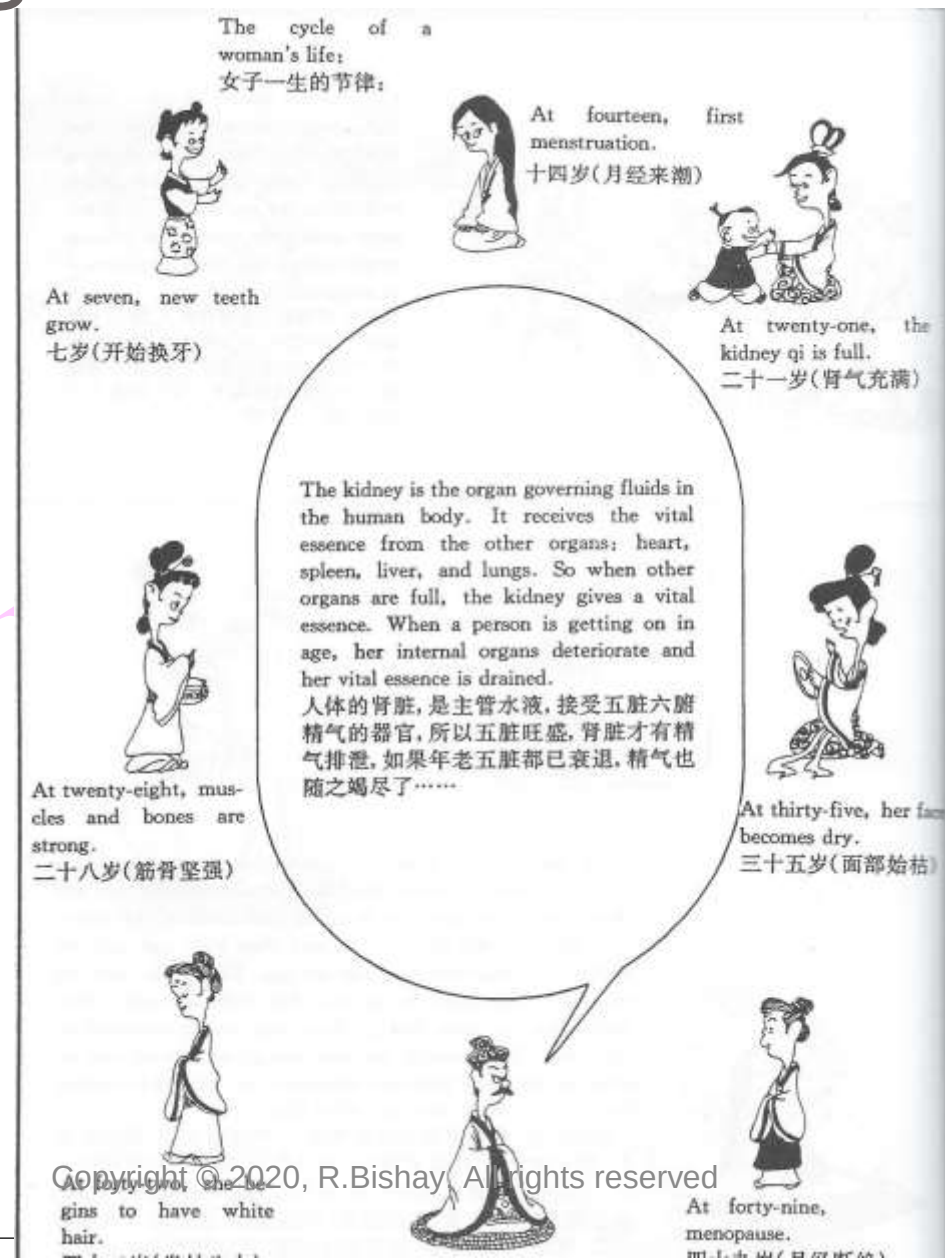
Inspection of Teeth

- Tooth is the residue of bone while bone is governed by kidney. Gum contains the channels of both foot and hand yangming. Teeth inspection is able to tell the pathologic changes in kidney, stomach and excess and deficiency of body fluid.
- Normal teeth should be rigid, white with shinned surface, indicating the abundance of kidney qi, body fluid not yet exhausted.

Kidney Function and Life Stages (Female)

- In general, the reproductive physiology of woman is such that at seven years of age her kidney energy becomes full, her **permanent teeth** come in, and her hair grows long. At fourteen years the tian kui, or fertility essence, matures, the ren/conception and chong/vital channels responsible for conception open, menstruation begins, and conception is possible. At twenty-one years the kidney energy is strong and healthy, the **wisdom teeth** appear, and the body is vital and flourishing. At twenty- eight years the bones and tendons are well developed and the hair and secondary sex characteristics are complete. This is the height of female development. At thirty-five years the yangming/stomach and large intestine channels that govern the major facial muscles begin to deplete, the muscles begin to atrophy, facial wrinkles appear, and the hair begins to thin. At forty-two all three yang channels—taiyang, shaoyang, and yangming—are exhausted, the entire face is wrinkled, and the hair begins to turn gray. At forty-nine years the ren and chong channels are completely empty, and the tien kui has dried up. Hence, the flow of the menses ceases and the woman is no longer able to conceive. (Chapter 1)

Life Stages of a Girl



Kidney Function and Life Stages (Male)

- In the male, at eight years of age the kidney energy becomes full, the **permanent teeth** appear, and the hair becomes long. At sixteen years of age the kidney energy is ample, the tien kui is mature, and the jing is ripe, so procreation is possible. At twenty-four years the kidney qi is abundant, the bones and tendons grow strong, and the **wisdom teeth** come in. At the thirty-second year the body is at the peak of strength, and functions of the male are at their height. By forty the kidney qi begins to wane, **teeth** become loose, and the hair starts to fall. At forty-eight the yang energy of the head begins to deplete, the face becomes sallow, the hair grays, and the **teeth** deteriorate. By fifty-six years the liver energy weakens, causing the tendons to stiffen. At sixty-four the tian kui dries up and the jing is drained, resulting in kidney exhaustion, fatigue, and weakness. When the energy of all the organs is full, the excess energy stored in the kidney is excreted for the purpose of conception. But now, the organs have aged and their energies have become depleted, the bones and tendons have become frail and stiff, and movements are hampered. The kidney reservoir becomes empty, marking the end of the power of conception. (Chapter 1)

Life Stages of a Man

The cycle of a man's life
男子一生的节律：



At eight, new teeth
grow.
八岁(牙齿更换)



At sixteen, he is full of
vital essence.
十六岁(精气充满)



At twenty-four, the kid-
ney qi is full.
二十四岁(肾气充实)



At thirty-two, his mus-
cles and bones are strong.
三十二岁(筋骨强健)



At forty, he begins to lose
hair.
四十岁(头发始脱)



At forty-eight, his face
withered.
四十八岁(面色枯焦)



At fifty-six, his vital
essence is deteriorated.



At Sixty-four, he begins
to lose his teeth.

Individual Body Part

Inspection of Teeth

Abnormal features in teeth include:

- Dry teeth: loss of body fluid (jin ye); showing the injury of stomach yin. If they are *dry as dead bone*, then *injury of kidney yin*.
- **Loose teeth** with exposed gum: **kidney deficiency** or **upflaming of fire** due to **yin deficiency**.

Individual Body Part

Inspection of Teeth

Abnormal features in teeth include:

- **Dull yellow teeth** seem to fall off: **bone severely exhausted**, critical stage.
- *Teeth black as burned with dirt*: intense *stomach and kidney heat*.

Inspection of Teeth and Gum

- Lockjaw: Wind phlegm obstructing collateral or exuberant **heat stirring wind**

Normal gum should be light red with moisture showing sufficient stomach qi. Abnormalities are:

- Pale gum: blood deficiency or great loss of blood.

Inspection of Teeth and Gum

- Red, swollen and painful gum: excess of stomach fire
- Ulcer in gum with smelly blood: upflaming of toxic heat caused by exterior syndrome or epidemics; Teeth decaying.
- Bleeding gum and loose teeth: up-flaming of *kidney fire (fire due to yin deficiency)*

Homework Assignments

- Red, swollen and painful gum is quite common. TCM practitioner attributes this syndrome to the excess or deficiency of two channels.
- 1. Based on your knowledge in foundation in meridian system, please state the names of the two channel.
- 2. Sometimes, only upper or lower gum is infected. Which channel is responsible for upper gum and which for lower gum (hint: they belong to the same channel but one is hand and the other is foot)? Please provide the pathway of those two channels.