



Diagnosis of TCM 2 – DIAG R.BISHAY HEART

Prof. Dr. R. Bishay (MD, PhD, NFS)

Identification of Patterns according to the Internal Organs



- ☞ Heart
- ☞ Spleen
- ☞ Liver
- ☞ Kidneys

Heart-Qi Def.



- ❧ Clinical manifestations: **Palpitation**, SOB on exertion, pale face, tiredness, slight depression, spontaneous sweating
- ❧ Tongue: Pale
- ❧ Pulse: Empty
- ❧ Acupuncture: **He5**, P6, BL15, Ren17, Ren6
- ❧ Prescription: Bao Yuan Tang Preserving the source Decoction

Heart-Yang Def. Patterns:

Heart-Yang def.

- ❧ Clinical manifestations: **Palpitation**, SOB on exertion, tiredness, slight depression, spontaneous sweating, a slight feeling of discomfort or stuffiness in the heart region, a feeling of cold, cold hands, bright-pale face, slightly dark lips
- ❧ Tongue: Pale
- ❧ Pulse: Deep-Weak, in severe cases Knotted
- ❧ Acupuncture: He5, P6, BL15, Ren17, Ren6, **Du14**
- ❧ Prescription: Rou Fu Bao Yuan Tang Cinnamomum-Aconitum Preserving the Source Decoction

Heart-Yang Def. Patterns:

Heart-Yang def. with Phlegm



- ❧ Clinical manifestations: **Palpitation**, a feeling of oppression of the chest, sputum in the throat, dizziness, tiredness, cold hands, numbness of the limbs, edema of the hands, fuzziness of the head, poor memory, a feeling of heaviness, depression
- ❧ Tongue: Pale, wet and **Swollen**
- ❧ Pulse: Weak but slightly **Slippery**
- ❧ Acupuncture: Ren6, Ren4, Ren8, Du4, ST36, P6, BL23, Du14, BL15, **ST40**, Ren12, P5, Ren17
- ❧ Prescription: Ling Gui Zhu Gan Tang Cinnamomi-Atractylodes-Glycyrrhiza Decoction plus Yi Yi Ren semen Coicis lachryma jobi

Heart-Yang Collapse



- ❧ Clinical manifestations: **Palpitation**, SOB, weak and shallow breathing, profuse sweating, cold limbs, cyanosis of the lips, greyish-white complexion, in severe cases coma
- ❧ Tongue: very Pale or **Bluish-Purple**, Short
- ❧ Pulse: Hidden-Minute
- ❧ Acupuncture: Ren6, Ren4, Ren8, Du4, St36, P6, BL23, Du20, D14, BL15, Moxa is applicable
- ❧ Prescription: Shen Fu Tang Ginseng-Aconitum Decoction

Heart-Blood Def.



- ❧ Clinical manifestations: **Palpitation**, dizziness, insomnia, dream-disturbed sleep, poor memory, anxiety, tendency to be easily startled, dull-pale complexion, pale lips
- ❧ Tongue: Pale and Thin
- ❧ Pulse: Choppy or Fine
- ❧ Acupuncture: **He7**, P6, Ren14, Ren15, Ren4, BL17 with Moxa, BL20
- ❧ Prescription: Shen Qi Si Wu Tang Ginseng-Astragalus 4 Substances Decoction

Heart-Qi and Heart-Blood Def.



- ❧ Clinical manifestations: **Palpitation**, SOB, spontaneous sweating, depression, anxiety, tiredness, dull-pale complexion, insomnia
- ❧ Tongue: Pale and Thin
- ❧ Pulse: Choppy or weak
- ❧ Acupuncture: **He7, He5**, P6, Ren14, Ren15, Ren4, BL17 with Moxa, BL20, BL15
- ❧ Prescription: Ba Zhen Tang 8 precious Decoction, Gui Pi Tang Tonifying the Spleen Decoction

Heart-Yin Def. Patterns:

He-Yin Def.



- ❧ Clinical manifestations: **Palpitation**, insomnia, dream-disturbed sleep, poor memory, anxiety, tendency to be easily startled, mental restlessness, uneasiness, dry mouth and throat in the afternoon or evening
- ❧ Tongue: normal-colored without coating or with rootless coating
- ❧ Pulse: Floating-Empty, especially in the left-front position
- ❧ Acupuncture: He7, P6, Ren14, Ren15, Ren4, **He6**, Sp6, Ki7, Ki6
- ❧ Prescription: Tian Wang Bu Xin Dan Heavenly Emperor Tonifying the Heart Pill

Heart-Yin Def. Patterns:

He-Yin Def. with Empty-Heat



- ❧ Clinical manifestations: **Palpitation**, insomnia, dream-disturbed sleep, poor memory, anxiety, tendency to be easily startled, mental restlessness, uneasiness, dry mouth and throat in the evening, thirst with a desire to drink in small sips, a feeling of heat in the evening, malar flush, night sweating, 5 palm heat, 'feeling hot and bothered',
- ❧ Tongue: red, redder on the tip, without coating
- ❧ Pulse: Floating-Empty, especially in the left-front position and Rapid
- ❧ Acupuncture: He7, P6, Ren14, Ren15, Ren4, He6, Sp6, Ki7, Ki6, P7, Li11, He9
- ❧ Prescription: Tian Wang Bu Xin Dan Heavenly Emperor Tonifying the Heart Pill plus Mu Dan Pi Cortex Moutan radicis

Heart-Qi & Heart-Yin Def.



- ❧ Clinical manifestations: **Palpitation**, anxiety, tendency to be easily startled, slight breathlessness, tiredness, insomnia, mental restlessness, sweating on exertion, dry throat, night sweating
- ❧ Tongue: normal-colored without coating
- ❧ Pulse: Floating-Empty
- ❧ Acupuncture: **He5**, He7, P6, Ren14, Ren15, Ren4, **He6**, Sp6, BL15
- ❧ Prescription: Zhi Gan Cao Tang Glycyrrhiza Decoction Sheng Mei San Generating the Pulse Powder

Def. of both HT-Yang & -Yin

- ❧ Clinical manifestations: **Palpitation**, tendency to be easily startled, SOB, a slight feeling of oppression of the chest, a feeling of cold, cold limbs, mental restlessness, night sweating, poor memory, malar flush
- ❧ Tongue: Pale or *Red without coating* depending on whether Yang or *Yin def.* predominates
- ❧ Pulse: Weak or Floating-Empty
- ❧ Acupuncture: He5, He7, Ren17, BL15, Ren15, P6, St36
- ❧ Prescription: Zhi Gan Cao Tang Glycyrrhiza Decoction

Heart-Qi Stagnation



- ❧ Clinical manifestations: **Palpitation**, a feeling of distension or oppression of the chest, a slight feeling of a lump in the throat, slight shortness of breath, sighing, poor appetite, chest and upper epigastric distension, dislike of lying down, weak and cold limbs, slightly purple lips, pale
- ❧ Tongue: **slightly Pale-purple** on the sides in the chest area
- ❧ Pulse: Empty but very slightly Overflowing on the left front position
- ❧ Acupuncture: He5, He7, P6, Ren15, Ren17, **Lu7**, St40, Li4
- ❧ Prescription: Mu Xiang Liu Qi Yin Aucklandia Flowing Qi Decoction, Ban Xia Hou Po Tang Pinellia-Magnolia Decoction

Heart-Fire Blazing



- ❧ Clinical manifestations: **palpitation**, , thirst, mouth
- ❧ and tongue ulcers, insomnia, mental restlessness, a feeling of agitation, *dream-disturbed sleep*, a feeling of heat, **red face**, dark urine or blood in the urine, bitter taste(after a bad night's sleep)
- ❧ Tongue: Red with redder tip and yellow coating. In more severe cases the tip could also be swollen
- ❧ Pulse: Overflowing-Rapid especially on the left front position. It could also be Hasty (rapid and stopping at irregular intervals)
- ❧ Acupuncture: He9, He7, P6, Ren15, Sp6, Ki6, Li11, Du24, Du19
- ❧ Prescription: Xie Xin Tang Draining the Heart Decoction

Phlegm Patterns: Phlegm-Fire harassing the Heart



- ❧ Clinical manifestations: **Palpitation**, mental restlessness, thirst, **red face**, a feeling of oppression of the chest, dark urine,
- ❧ , rattling sound in the throat, bitter taste, insomnia, dream-disturbed sleep, a feeling of agitation, mental confusion, shouting, muttering (*speaking indistinctly in a low voice*) to oneself, depression, manic behavior

Phlegm Patterns: Phlegm-Fire harassing the Heart 2



- ☞ Tongue: red with redder and swollen tip and a sticky yellow coating. In severe cases there will be a deep Heart crack with a sticky, dry yellow coating inside it
- ☞ Pulse: Slippery-Rapid or Slippery-Overflowing-Rapid
- ☞ Acupuncture: P5, He7, **He8**, **He9**, P7, Ren15, Ren12, St40, Sp6, BL20, Du20, Gb13, Gb17, Du24
- ☞ Prescription: Wen Dan Tang Warming the Gall-Bladder Decoction

Phlegm Patterns: Phlegm misting the Mind 3



- ❧ Clinical manifestations: mental confusion, lethargic stupor, unconsciousness, *incoherent speech*, vomiting of phlegm, rattling sound in throat, dysphasia, mental depression, emotionally labile
- ❧ , very dull eyes
- ❧ Tongue: Swollen with sticky coating
- ❧ Pulse: Slippery
- ❧ Acupuncture: He9, P5, BL15, St40, Du26, Ren12, BL20, Du20, Du14
- ❧ Prescription: Di Tan Tang Scouring Phlegm Decoction, Gun Tan Wan Vapourizing Phlegm Pill

Heart-Blood Stasis

- ❧ Clinical manifestations: **palpitations, stabbing** or pricking chest pain which may radiate to the inner aspect of the left arm or to the shoulder, a feeling of oppression or constriction of the chest, cyanosis of lips and nails, cold hands
- ❧ Tongue: purple in its entirety or only on the sides in the chest areas
- ❧ Pulse: choppy, Wiry or Knotted.
- ❧ Acupuncture: P6, P4, He7, Ren17, BL14, BL17, Sp10, Ki25
- ❧ Prescription: Xue Fu Zhu Yu Tang Blood-Mansion Eliminating Stasis Decoction

Water Overflowing to the Heart

- ❧ Clinical manifestations: **palpitations**, dizziness, nausea, vomiting of watery, a feeling of cold, cold limbs, severe SOB, a feeling of fullness and stuffiness of the chest and epigastrium, thirst with no desire to drink, urinary retention, this pattern is seen only in the elderly
- ❧ Tongue: Pale, Swollen and wet
- ❧ Pulse: Deep-Wiry or Deep-Fine Slippery
- ❧ Acupuncture: He5, He6, BL15, Ren12, Ren9, Ki7, Ren17. Moxa is applicable
- ❧ Prescription: Ling Gui Zhu Gan Tang Poria-Ramulus Cinnamomi-Atractylides-Glycyrrhiza Decoction, Zhen Wu Tang True Warrior Decoction

Turbid Dampness surrounding the Heart



- ❧ Clinical manifestations: **palpitations**, cold hands, *scanty urination*, edema of the ankles, sleepiness, metal confusion, sallow complexion, dizziness, frontal headache, blurred vision, nausea, vomiting, a feeling of oppression of the chest, poor appetite, abdominal fullness, loose stools, excessive salivation
- ❧ Tongue: Pale, Swollen with sticky white coating
- ❧ Pulse: Soggy or Deep-Slippery
- ❧ Acupuncture: He5, BL15, Ren17, Ren12, Ren9, St28, Sp9, Sp6
- ❧ Prescription: Wen Pi Tang Warming the Spleen Decoction plus Su He Xiang Wan Styrae Pill