

Pathogen	Symptoms	Implicates	Treatment
Yang	Excitation Fidgeting Hyperactive Bright complexion		see: ext / excess / heat
Yin	Inhibition Quiescence Hypoactive Sallow complexion		see: int / def / cold

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Exterior	Chills (= aversion to cold) plus Fever Big chills w. little fever Big fever w. little chills Thin Tongue coating Superficial Pulse = Fu Mai	ext cold ext heat	<u>Needling</u> : open meridians and expel pathogen, use yang meridians on head, arms and back. Plum blossom and lancet needles for wind heat. <u>Cupping</u> : esp for wind cold. <u>Herbs</u> : mostly leaves, twigs and flowers, use light weight herbs.
	Tai Yang Shang Han = Biao Shi Tai Yang Zhong Feng = Biao Xu Gen Symptoms Accompanied by: Yang Ming headache or Tai Yang headache General body aches Nasal obstruction & discharge Sneezing Coughing	External excess External deficiency LU LU LU	
Interior	Fever without chills Chills without fever Constipation Diarrhea Stomach ache Palpitations Tongue coat: yellow or black Tongue body: purple or pale Tongue maybe trembling or deviated Pulse: Deep, anything but superficial	heat cold ST/SP plus heat ST/SP plus cold ST/SP HT heat or cold stasis, stagnation, or cold inner wind	<u>Needling</u> : back shu and front mu to reset zangfu. Yuan source to tonify qi. Lower he sea to tonify zangfu. <u>Herbs</u> : mostly roots, trunks and seeds
Shao Yang	Alternating Chills and Fever Fullness in chest & hypochondriac area Anorexia Nausea &/or Vomiting Mental restlessness Bitter taste in mouth Dry throat Blurred vision String-taut pulse = Jin or Xuan Mai	GB plus HT & LU ST (SP) ST heat insulting HT GB BF's compromised & LV LV Xuan Mai typical of LV/GB	<u>Needling</u> : use points from Shao Yang and Jue Yin meridians.

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Heat	Fever but no chills = 4 greats = Yang Ming cheekbones red cheeks red Irritability Thirst w. desire for cold drinks Redness in face and eyes Constipation Tongue body red Tongue body red tip and sides Tongue coating yellow and dry Tongue coating can be peeled Pulse: rapid and thin = Shou and Xi Pulse: wiry, slippery, full = Xuan, Hua, Shi	def heat = empty heat excess heat GB/LV BF's compromised eyes = LV BF's compromised & LI int heat ext heat peeled area = zangfu affected Xu heat Shi heat	<u>Needling</u> : ext & excess = reduce, int & excess = reduce, int & def = tonify; can use plum blossom and lancet to clear heat. <u>Cupping</u> : for int and ext excess; <u>Herbs</u> : flowers, twigs and leaves for ext, tonifying yin herbs for xu heat, int heat use clearing heat herbs, excess heat use expel heat herbs
Cold	Aversion to cold = Chills Absence of thirst Pallor Cold limbs Watery stools Clear, profuse urine Pulse: slow, tense; superficial or deep Tongue body pale Tongue coat white and moist	BF's not compromised yang unable to spread SP BF's not compromised	<u>Needling</u> : ext /excess cold = reduce; int / def cold = tonify. <u>Moxa</u> , fire needles, heat lamp etc.; <u>Cupping</u> : for ext / excess; <u>Herbs</u> : use warm, aromatic herbs for ext, tonifying and warming roots, twigs and seeds for int cold.

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Shi / Excess	Agitation Loud voice Distension and fullness in Chest & Abd Pain aggravated by pressure Constipation Tenesmus Tongue coat: thick and sticky Pulse: All Shi Mai group possible	Shen HT stagn. stagn. BF's compromised & LI Damp Heat	<u>Needles</u> : bleed jing wells, lancet, plum blossom; <u>Cupping</u> ; <u>Herbs</u> : leaves and twigs for heat, trunks for damp and phlegm, roots and seeds for constipation
Xu / Deficiency* *see: separate Xu sheet for specific types of Xu	Emaciation Lassitude and listlessness Spontaneous Sweating Night Sweats Weak Breathing Shortness of Breath Dislike of talking Pallor Palpitations Insomnia 1 Insomnia 2 Insomnia 3 Poor memory: long term Poor memory: short term Pale tongue with white coat Dry tongue, no coat Dry tongue, peeled coat Pulse: All Xu Mai group possible	General Xu (more Yin) General Xu (more Qi & Yang) General Qi Xu yin xu = empty heat LU LU LU yang unable to spread HT stress = SP Qi & HT Xue women = HT & LV Xue age = HT/KI disharmony or KI Yin KI Qi or essence HT Qi or Xue all except Yin Xu peeled area = zangfu affected	<u>Needles</u> : Yuan source front mu, back shu, Ren 4,6, Du 4 to tonify; <u>Moxa</u> on Ren 8,6,4; <u>Herbs</u> : nourishing herbs from trunks, roots and seeds

Pathogen	Symptoms	Implicates
Yin Xu = Empty Heat	Late afternoon fever = tidal fever Malar flush 5 centered heat = chest, palms & soles Night sweats Red tongue w. little coat Pulse: thready and rapid = Xi and Shou	
Yang Xu = Empty Cold	Chills Cold limbs Early morning diarrhea Lassitude Listless Pale tongue w. white coat Weak pulse	can be Qi or Xue stagn too
Qi Xu	Fatigue Shortness of breath Spontaneous Sweating Lassitude Weak voice Dull eyes Swollen tongue w. white coat Pulse: weak and soft = Ruo & Ru	General Xu LU Yang LU or HT Shen, LV SP w. damp
Xue Xu Note: Xue Xu is a form of Yin Xu	Dizziness & vertigo Pallor Poor memory Poor concentration Pale eyelids, lips, gums and nails Fatigue Pale tongue w. white coat Pulse: weak and soft Irreg Menses	Shen & HT Shen & HT SP LV