

	General	Manifestations of Specific Zang Fu					
		LV	HT	SP	ST	LU	K
Yin	afternoon (tidal) fever, five-centered sweating, nights sweats, malar flush, insomnia, dry throat at night, weight loss, nervousness. T = red, cracks, mapped & thin coat. P = thin, fast & weak.	insomnia @ 3:00 a.m., disturbed sleep, irritability, dry stools, dry eyes, night blindness, depression, hypertension, dizziness & vertigo, tinnitus, headache, scanty menses. T = red sides, little moisture P = wiry, rapid, thready	restlessness, palpitations, dream disturbed sleep, insomnia, irritability, lack of concentration, forgetfulness, dry mouth. T = red P = thready & rapid	NO	Poor appetite, dry mouth, dry stools, thirst without desire to drink, epigastric pain or burning, hiccups, dry heaves, empty gut feeling. T = red body with peeled coat esp in SP/ST area P = thready & rapid	dry throat, unproductive cough, blood in sputum, afternoon fever, night sweats. T = red & dry. P = thready & rapid.	dizziness/vertigo, low frequency tinnitus, poor memory, lumbar back pain, nocturnal emissions, yellow & dark urine, deep bone ache, heightened libido. T = red with little coat P = rapid & thready
Yang	cold, fatigue, lack of thirst, cold extremities, desire for hot drinks, pale face, early morning diarrhea, frequent & pale urination, timidity. T = pale, swollen, teeth marks, white & wet coat . P = deep, weak & slow .	NO	cyanosis of lips, lethargy, palpitations, shortness of breath on exertion, depression, profuse sweating, cold hands, mental cloudiness. T = pale & swollen P = thready & weak, can be feeble	pallor, coldness, gas & bloating, early morning diarrhea, abdominal pain better with warmth & pressure, edema, loss of appetite. T = pale tongue with white coat P = deep & slow	NO	NO	lumbar back ache, cold and weak knees, dizziness, tinnitus, oliguria, diarrhea, lower body edema, impotence/infertility. T = pale with white coat P = deep, weak & slow, esp in 3rd position
Qi	fatigue & lassitude, shortness of breath, spontaneous sweating, lack of appetite, loose stool, pale face, weak voice. T = swollen with teeth marks, white coat . P = weak & soft.	NO	pallor, fatigue, shortness of breath on exertion, stifling sensation in chest, palpitations, spontaneous sweating, lethargy, listless & lassitude. T = pale, swollen with midline crack P = thready weak or irregular	heaviness & weakness in limbs, gas & bloating, diarrhea, poor appetite, food intolerance, lassitude & fatigue, emaciation, anemia, organ prolapse. T = pale, with greasy, white coat P = weak & thready	early morning fatigue, lack of taste, weak limbs, diarrhea, epigastric pain or discomfort, no desire for food or drink, belching. T = pale with thin, white coat P = weak	weak voice, lack of desire to talk, weak breathing, mental & physical exhaustion, shortness of breath on exertion, weak cough, susceptible to coughs & colds, daytime sweating, weakened immunity. T = pale body, thin & white coat P = weak	frequent urination, lower back ache, lower limb aches, esp knees, spermatorrhea, incontinence, uterine prolapse. T = pale with white coat P = deep & weak, esp in 3rd position
Xue	fatigue, pale complexion, pale lips, scanty menstruation, dizziness, poor concentration & memory, insomnia, blurred vision or floaters, anxiety. T = pale with white coat. P = weak & soft .	pallor & pale lips, sallow complexion, visual problems, floaters, numbness or weakness in limbs, spasms in muscles and tendons, weak or pale fingernails, tinnitus, dizziness or vertigo, scanty or absent menses. T = pale P = thin & weak	pallor, pale lips, palpitation, insomnia, anxiety, dream disturbed sleep, dizziness/vertigo, poor memory. T = pale P = thready & weak, choppy possible	NO	NO	NO	NO
Jing	Jing Xu most accurately applies to retarded development, premature ageing and reproductive deficiencies of the body and is focused in the KI. Essence depletion is, however, also a natural component of normal aging. Jing Xu can be seen as an aspect of Ki Yin Xu without the heat. Manifestations include: delayed fontanelle closure, delayed physical and skeletal development incl. rickets in children, osteoporosis in adults, brittle bones, weak teeth, premature aging, premature hair loss or graying, premature senility, reproductive impotence or infertility. P = thin, often rapid, can be superficial or deep, weak in 3rd position.						

Organ	Vital substances affected (Xu)	Organ-specific signs and symptoms
<b>Lungs</b>	qi, yin	weak voice, shortness of breath, chronic cough, dryness of throat, chronic phlegm, COPD
<b>Heart</b>	qi, blood, yin, yang	palpitations, weakness and fatigue, insomnia, dizziness, poor concentration, chronic heart conditions
<b>Spleen</b>	qi, yin (stomach yin), yang	fatigue, low energy, chronic digestive symptoms with poor appetite, weak digestion, loose stools
<b>Liver</b>	blood, yin	eye disorders, menstrual irregularities, dizziness, spasm/tightness of tendons, irritability
<b>Kidneys</b>	qi, yin, yang	knee/lower back weakness and achiness, low libido, edema, urination dysfunction, tinnitus, early morning diarrhea (yang), night sweating (yin)