

	Yang excess	Yin excess	Yang deficient	Yin Deficient
Definition	Absolute Yang Yang above avg.	Absolute Yin Yin above avg.	Relative Yin Yang below avg.	Relative Yang Yin below avg.
C/A	Acute		Chronic	
Etiology (Chinese)	Yang pathogen invasion (heat, summer heat, wind)	Yin pathogen invasion (cold, dry, damp)	Yin pathogens consume Yang	Yang pathogens consume Yin
Etiology (food)	yang foods: coffee, spicy, hot, >sugar	yin foods: dairy, cold, wet, raw, esp. seafood	consuming too much yin food	consuming too much yang food
Etiology (emotions)	overjoy, anger	stress, fear, depression	chronic yin emotions, esp. depression	chronic yang emotions; rage?
Etiology (physical world)			overwork / lack of exercise	overwork @ night, too much physical work, too much sex :), getting old :(
Tongue	red tongue / yellow moss	normal tongue / normal moss	pale, fat w. teeth marks / white, wet moss	red tongue thin, small, cracked / patchy, dry moss
Pulse	flooding, strong >90	superficial, tight, knotted	deep, weak, slow, <60	thin, fast, weak
Symptoms	4 <i>great</i> heat symptoms = big fever, sweat, thirst, and pulse. inflammation, acne, RED FACE, manic behavior, hypertensive headache	chills, aversion to cold, cold extremities. cannot be released by warming	PALE FACE, cold extremities, desire for touch &/or warming, fatigue, chronic diarrhea (esp. @ 5:00 a.m.), clear profuse urine, impotence, premature ejaculation, low libido. can be released by warming	night sweats, hot flashes, summer heat diaphoresis, low fever, tidal fever, RED CHEEKS
Treatment	sedate		tonify	
Conclusion 1	yang excess = heat symptoms	yin excess = cold symptoms	deficient yang = cold symptoms	deficient yin = hot symptoms
Conclusion 2	Full Heat	Full Cold	Empty Cold	Empty Heat