

Pattern Identification According to Qi and Blood

Pattern identification according to qi and blood is a commonly used method for pattern identification which analyzes manifestations obtained from the four diagnostic methods by taking the healthy functioning and pathological characteristics of qi and blood as its guiding principles. This type of pattern identification is used for disorders without obvious cold or heat manifestations.

In clinical practice, common pattern types are classified into three basic groups. They are shown in Table 8.1.

Table 8.1 Common Qi and Blood Disorder Patterns

| Qi Disorders | Blood Disorders | Combined Qi and Blood Disorders |
|---------------|------------------|--|
| Qi Deficiency | Blood deficiency | Qi deficiency-blood deficiency |
| Qi Fall | Blood stasis | Qi deficiency-blood stasis |
| Qi Stagnation | Blood heat | Qi-stagnation-blood stasis |
| Qi Reversal | Bleeding | Qi failing to contain blood in vessels |
| | | Qi collapse followed by blood collapse |

I. PATTERNS ACCORDING TO QI

Common patterns in this category can be caused by a deficiency, falling, stagnation, or reversal (upward counterflow) of qi.

1. QI DEFICIENCY

Qi deficiency pattern causes poor functioning of the internal organs (See Table 8.2).

Table 8.2 Qi Deficiency Patterns

| Common Pathogenesis | |
|---|--|
| Qi deficiency | |
| Manifestations | Systematic Pathogenesis |
| Lassitude, listlessness, shortness of breath, no desire to speak, low voice | Hypofunction of the internal organs leading to poor invigoration of the physical body and the vitality |
| Dizziness | Poor promotion of blood circulation to nourish the brain |
| Spontaneous sweating | Poor consolidation of the exterior |
| All manifestations aggravated after exercise | Exercise consuming qi |
| Pale or pink tongue | Inability to guide qi upward and nourish the tongue |
| Weak pulse | Poor promotion of blood circulating in the vessels |

2. QI FALL

Qi fall refers to a condition based on the deficiency of qi marked by prolapse of the viscera. Qi fall patterns are discussed in Table 8.3.

Table 8.3 Qi Fall Patterns

| Common Pathogenesis | |
|---|--|
| Qi deficiency | |
| Manifestations | Systematic Pathogenesis |
| Lassitude, listlessness, shortness of breath, no desire to speak, spontaneous sweating, pale tongue, weak pulse | Hypofunction of the internal organs, poor consolidation of the exterior of the body, and poor promotion of blood circulation |
| Prolapse of the uterus, rectum, stomach, and kidneys | Deficiency of spleen qi leading to inability to consolidate the internal organs |

3. QI STAGNATION

In general, qi stagnation can be caused by emotional depression, improper food intake, an attack of external pathogens, sprain and contusion, or an obstruction by pathological by-products such as damp, phlegm, phlegm fluids, blood stasis, and stones. The qi stagnation patterns displayed in Table 8.4 are mainly brought about by emotional depression, which is closely related to liver qi stagnation.

Table 8.4 Qi Stagnation Patterns

| Common Pathogenesis | |
|--|---|
| Liver qi stagnation | |
| Manifestations | Systematic Pathogenesis |
| Distending pain occurring in the chest, hypochondrium and abdominal region, frequent sighing | Qi flow stagnating in a localized area of the body |
| All manifestations aggravated or relieved by emotional changes | Qi flow becoming smoother as emotions improve, and vice versa |
| Wiry pulse | Qi flow stagnating in the blood vessels |

4. QI REVERSAL

The formation of qi reversal is based on qi stagnation. Lung qi reversal can be caused by an attack of external pathogens or an accumulation of phlegm and phlegm fluids; stomach qi reversal commonly results from an accumulation of cold, heat, phlegm fluids, food stagnation, or blood stasis; liver qi reversal often arises from emotional depression, and possibly violent rage. Qi reversal patterns are discussed in Table 8.5.

Table 8.5 Qi Reversal Patterns

| Manifestations | Common Pathogenesis | Systematic Pathogenesis |
|---|--|--------------------------------|
| Cough, asthma, or breathing with difficulty and expectoration of sputum | Dysfunction of the lung in dispersing and descending | Reverting lung qi |
| Nausea, vomiting, belching, acid reflux and hiccups | Dysfunction of the stomach in regulating and precipitating | Reverting stomach qi |
| Headache, dizziness, vertigo, tinnitus, sighing, sudden loss of consciousness, or possibly expectoration of blood | Dysfunction of the liver in spreading and precipitating | Reverting liver qi |

II. PATTERNS ACCORDING TO BLOOD

Common patterns related to blood disorders can be caused by a deficiency, stagnation, or heat in the blood level and bleeding.

1. BLOOD DEFICIENCY

Insufficiency of blood can be due either to the loss of blood or the poor production of blood. The former includes various kinds of bleeding, such as those caused by menorrhagia,

emotional distress, or a chronic illness that consumes blood. Blood deficiency due to a poor production of blood is caused by the factors such as dysfunction of the spleen and stomach in transforming and transporting and inadequate nutritional intake leading to a poor source of blood. Blood deficiency patterns are reviewed in Table 8.6.

Table 8.6 Blood Deficiency Patterns

| Common Pathogenesis | |
|---|--|
| Blood deficiency | |
| Manifestations | Systematic Pathogenesis |
| Sallow complexion or pale face | Poor nourishment of the face |
| Dizziness | Poor nourishment of the brain |
| Pale lips and tongue | Poor nourishment of the lips and tongue |
| Numbness, pale nails | Poor nourishment of the body and extremities |
| Palpitations | Poor nourishment of the heart and spirit |
| Scant menstruation of a light color, delayed menstrual cycle, and possibly amenorrhea | Poor source of menstrual blood |
| Thin pulse | Poor filling of the blood vessels |

2. BLOOD STASIS

Blood stasis can be caused by traumatic injury leading to bleeding, by qi stagnation leading to an obstruction of the blood circulation, by qi deficiency leading to poor promotion of blood circulation, by excess cold leading to a constriction of the blood vessels, or by excess heat or phlegm fire leading to an accumulation of blood. Blood stasis patterns are reviewed in Table 8.7.

Table 8.7 Blood Stasis Patterns

| Common Pathogenesis | |
|---|--|
| Blood stagnation | |
| Manifestations | Systematic Pathogenesis |
| Stabbing pain fixed in the affected area | Obstructed flow of both qi and blood |
| Ecchymosis, petechia, bruises | Blood leaking out of the blood vessels, but retained in a localized area |
| Abdominal accumulations (inflammatory or non-inflammatory masses, tumors, or cancers) | Accumulation due to blood stasis |

| | |
|--|--------------------------------------|
| Scaly and dry skin, dusky face | Poor nourishment of the skin |
| Pain in the lower abdomen during menstruation, scant menstruation with blood clots | Obstructed menstruation |
| Purple tongue and choppy pulse | Obstructed flow of both qi and blood |

Blood stasis is clinically classified into the four subcategories shown in Table 8.8.

Table 8.8 Blood Stasis Pattern Types

| Pattern Types | Manifestations | Pathogenesis |
|-----------------------------|---|--|
| Qi deficiency | Pale or sallow complexion, lassitude, listlessness, low voice and no desire to speak, spontaneous sweating, hemiparesis, stabbing pain, hemoptysis, no pulsation in the upper limbs or lower limbs, pale purple tongue or purple spots on tip or both sides of tongue | Qi deficiency leading to an inability to promote blood circulation |
| Qi stagnation | Irritability, sighing, accumulation in the hypochondrium without migration, abdominal masses, subcutaneous varicose veins in the abdominal wall, vascular spiders in the skin, dysmenorrhea with dark-colored menstruation, amenorrhea, and wiry choppy pulse | Liver qi stagnation leading to obstructed circulation of blood |
| Accumulation of excess cold | Cold limbs with pale or blue-green color in the skin, pain in the limbs and abdomen with cold sensation relieved by warmth, but aggravated by cold, delayed menstruation, or lack of circulation in the upper and lower limbs | Constriction of the blood vessels by accumulated cold leading to obstructed blood circulation |
| Accumulation of excess heat | Pain in the body or limbs relieved by cold; various skin infections marked by redness, swelling, hot sensation and pain in the affected area; abdominal pain, tenderness, irritability, constipation, scant dark urine, dark red tongue, rapid pulse | Excess heat accumulating in the blood vessels leading to an obstruction of the blood circulation |

3. BLOOD HEAT

Blood heat pattern refers to a pattern occurring in the blood system and is marked by excess heat compressing the blood out of the vessels. Blood heat patterns are reviewed in Table 8.9.

Table 8.9 Blood Heat Patterns

| Common Pathogenesis | |
|--|--|
| Excess blood heat | |
| Manifestations | Systematic Pathogenesis |
| Bleeding in various locations in large amounts and dark red in color | Excess heat damaging the blood vessels leading to extravascular bleeding |
| Irritability, insomnia | Excess heat stirring the mind |
| Thirst | Excess heat impairing yin fluids |
| Dark red tongue and wiry rapid pulse with forceful beat | Rapid circulation of blood and overfilling of the blood vessels |

4. BLEEDING

Bleeding can be found in blood heat patterns, blood stasis patterns, qi deficiency patterns, and qi collapse patterns (see Table 8.10).

Table 8.10 Bleeding

| Pattern | Characteristics of Bleeding | Complex Manifestations | Tongue Condition | Pulse Condition | Pathogenesis |
|---------------|-------------------------------------|---|------------------|-----------------|--|
| Blood heat | Red, thick, and sticky | Fever, flushed face, thirst, irritability, constipation, dark scant urine | Red | Rapid | Excess heat damaging the blood vessels |
| Qi deficiency | Light red and thin | Pale face, poor appetite, loose stools, lassitude | Pale | Weak | Qi deficiency leading to dysfunction of the spleen in keeping blood in the vessels |
| Blood stasis | Dark red and thick, even with clots | Stabbing pain in fixed area, ecchymosis, petechia | Purple | Choppy | Stagnated blood obstructing the blood vessels, causing bleeding |
| Qi collapse | Heavy | Sudden paling of face, profuse cold sweat, cold limbs | Pale | Distinct | Qi collapse leading to yang exhaustion |

III. PATTERN IDENTIFICATION FOR COMBINED QI–BLOOD DISORDERS

In some cases, a qi disorder may be combined with a blood disorder. The common patterns of qi-blood disorders are shown in Table 8.11.

Table 8.11 Qi-Blood Disorders

| Pattern | Manifestations | Pathogenesis |
|--|---------------------------------|--|
| Qi deficiency-blood deficiency | As seen in Tables 8.2 and 8.6 | Qi deficiency leading to poor production of blood; blood deficiency leading to poor production of qi |
| Qi deficiency-blood stasis | As seen in Tables 8.2 and 8.7 | Qi deficiency leading to obstruction of blood circulation |
| Qi-blood stagnation | As seen in Table 8.4 and 8.7 | Qi stagnation leading to obstructed circulation of blood |
| Qi deficiency-bleeding | As seen in Tables 8.2 and 8.10 | Spleen qi deficiency failing to keep blood circulating in the vessels |
| Bleeding→qi collapse →yang exhaustion | As seen in Tables 8.10 and 6.28 | Qi collapse following blood collapse; yang exhaustion followed by qi collapse |