

Treatment Principle Basics

Blood Deficiency:

Main TX: Nourish Blood + Tonify the Organ so:

Pattern Name	Treatment Principle	Then You Add:
Heart Blood Deficiency	Nourish Blood, tonify HT	Calm Mind
Pericardium Blood Deficiency	Nourish Blood, strengthen Heart and Pericardium	Move Qi and Blood in the chest
Liver Blood Deficiency	Nourish the Blood, tonify Liver	
Liver and Heart Blood Deficiency	Nourish Blood, tonify Heart and Liver	Calm Mind and settle Ethereal Soul
SP and HT Blood Deficiency	Nourish Blood, tonify Heart and Spleen	Calm Mind

Exception:

SP Blood Deficiency (Tonify SP Qi and Nourish Blood)

SP and LV Blood Deficiency (Tonify Spleen Qi and nourish Liver Blood)

Yin Deficiency:

Main TX: Nourish (Organ) Yin

Pattern Name	Treatment Principle	Then You Add:
Heart Yin Deficiency	Nourish HT Yin	Calm Mind; if Empty Heat is pronounced: clear Empty Heat
Liver Yin Deficiency	Tonify Liver, nourish Yin	Clear Empty Heat if necessary
Lung Yin Deficiency	Tonify LU Yin	Nourish Body Fluids, and if necessary, clear Empty Heat
Kidney Yin Deficiency	Nourish Kidney Yin	
Kidney Yin Deficiency Fire Blazing	Nourish Kidney Yin	Clear Empty Heat and calm Mind
Kidney ESSENCE Deficiency	Nourish Essence and tonify Kidney	
Kidney KD and LV Yin Deficiency	Nourish Liver and Kidney Yin	
Kidney KD and HT Not Communicating	Nourish Kidney and Heart Yin	Clear Empty Heat and calm Mind
Kidney KD and LU Yin Deficiency	Nourish Lung and Kidney Yin	Nourish Body Fluids
Stomach Yin Deficiency	Nourish Stomach Yin	Nourish fluids

Yang Deficiency:

Main TX: tonify and Warm (Organ) Yang

Pattern Name	Treatment Principle	Then You Add:
Heart Yang Deficiency	Tonify and warm HT Yang	
Spleen Yang Deficiency	Tonify and warm Spleen Yang	
Kidney Yang Deficiency	Tonify and warm Kidney	Strengthen Fire of the Gate of Life
Kidney Yang/ Water Overflowing Deficiency	Tonify and warm Kidney	Transform Water and warm and tonify Spleen Yang (in cases of Water Overflowing to Heart and Lung, warm or tonify Heart Yang and Lung Qi respectively)
Kidney Failing to Receive Qi	Tonify and warm Kidney	Stimulate Kidney's receiving Qi and stimulate descending of Lung Qi
Kidney KD and SP Yang Deficiency	Tonify and warm Spleen and Kidney Yang	
Stomach Deficiency Cold	Tonify and warm Stomach and Spleen Qi	
Small Intestine Deficiency Cold	Warm the intestines and tonify Spleen Yang	Expel Cold
Large Intestine Deficiency Cold	Tonify and warm Large Intestine and Spleen Yang	

Exception:

HT Yang Collapse: Rescue Yang, restore consciousness and stop sweating

Qi Deficiency:

Main TX: Tonify (Organ) Qi

Pattern Name	Treatment Principle	Then You Add:
Heart Qi Deficiency	Tonify HT Qi	
Lung Qi Deficiency	Tonify Lung Qi	Warm Yang
LU and HT Qi Deficiency	Tonify Qi	Strengthen Heart and Lung and calm Mind
Spleen Qi Deficiency	Tonify Spleen Qi	
Spleen Qi Sinking	Tonify Spleen Qi	Raise Qi
Spleen Not Controlling Blood	Tonify Spleen Qi	Stop bleeding
SP and LU Qi Deficiency	Tonify Lung and Spleen Qi	
Stomach Qi Deficiency	Tonify Stomach Qi	
ST and SP Qi Deficiency	Tonify Stomach and Spleen Qi	

Exception:

Kidney Qi Not Firm: Reinforce and stabilize Kidney Qi, raise Qi and tonify Yang

Large Intestine Collapse: Tonify Stomach and Spleen and raise Qi

Blood Stasis:

Main TX: Move Blood

Pattern Name	Treatment Principle	Then You Add:
Heart Blood Stasis	Move Blood	Eliminate stasis, tonify and warm Heart Yang, calm Mind
Pericardium Blood Stasis	Move Blood	Move Blood in the chest, regulate the Pericardium and Heart and calm Mind
Liver Blood Stasis	Move Blood	Smooth Liver, move Qi, eliminate Stasis

Exception:

Stomach Blood Stasis: Invigorate Blood, eliminate stasis and stimulate descending of Stomach Qi

Qi Stagnation:

Main TX: Move Qi + organ so...

Pattern Name	Treatment Principle	Then You Add
Small Intestine Qi Pain	Move Small Intestine Qi	Promote smooth flow of Liver Qi
Small Intestine Qi Tied	Move Qi of Small Intestine	Remove obstruction from Lower Burner
Large Intestine Qi Stag	Move Qi in Large Intestine	
Heart Qi Stagnation	Move HT Qi	Open the chest and calm Mind
Pericardium Qi Stag	Move Qi	Move Qi in the chest, regulate Pericardium and Heart and calm Mind
Liver Qi Stagnation	Move Qi	Soothe Liver
Liver Stagnant LV Qi Turning into Heat	Move Qi	Smooth Liver, lightly clear Heat
Stomach Qi Stag	Move Stomach Qi	Eliminate stagnation and restore the descending of Stomach Qi

Food Stagnation:

Main TX: See on table

Pattern Name	Treatment Principle	Then You Add
Stomach Food Stag	Resolve retention of food and stimulate descending of Stomach Qi	

Fire:

Main TX: Clear + Organ, Drain Fire

Pattern Name	Treatment Principle	Then You Add
Heart Fire Blazing	Clear Heart, drain Fire	Calm Mind
Pericardium Fire	Drain Fire in Heart and Pericardium	
Liver Fire Blazing	Clear Liver, drain Fire	
Lung Heat	Clear Lung Heat	Restore descending of Lung Qi
Stomach Fire	Drain Stomach Fire	Stimulate the descending of Stomach Qi
Small Intestine Heat	Drain Heart Fire and Small Intestine Fire	
Large Intestine Heat	Clear Heat in Large Intestine and Stomach	Promote Body Fluids
Large Intestine Heat Obstruct	Clear Heat in Stomach and Large Intestine	Promote bowel movement

Exception:

Pericardium Heat: Clear Nutritive (Ying) Qi Level Heat

Phlegm:

Category 1: Resolve Phlegm, Drain Fire + Organs

Category 2: Resolve Phlegm + clear Heat

Category 3: Resolve Phlegm

Disorder		Pattern Name	Treatment Principle	Then You Add:
Phlegm	1	Heart Phlegm Fire	Drain Fire, Resolve Phlegm, Clear Heart	Calm Mind, open Mind's orifices
		Pericardium Phlegm Fire	Drain Fire in the Pericardium and Heart, Resolve Phlegm	Open Mind's orifices, calm Mind
	2	Lung Phlegm Heat	Resolve Phlegm, clear Heat	Stimulate descending of Lung Qi
	3	Phlegm Misting the Mind	Resolve Phlegm	Open Heart, open Mind's orifices
		Lung Damp Phlegm	Resolve Phlegm	Resolve Dampness and restore descending of Lung Qi
		Lung Cold Phlegm	Resolve Phlegm	Expel Cold, warm Yang and restore descending of Lung Qi
		Lung Dry Phlegm	Resolve Phlegm	Nourish Fluids, nourish Lung Yin and restore descending of Lung Qi
		Lung Phlegm Fluids Obstructing	Resolve Phlegm	Tonify Spleen, Lung and Kidney Yang

Damp:

Damp: Resolve Dampness

Damp Cold: Resolve Dampness + Expel Cold

Damp Heat: Resolve Dampness + Clear Heat

Disorder	Pattern Name	Treatment Principle	Then You Add:
Damp	Gall Bladder Damp	Resolve Dampness	Clear Gallbladder and promote smooth flow of Liver Qi
Cold Damp	Spleen Cold Damp	Resolve Dampness and expel Cold	
	Urinary Bladder Damp Cold	Resolve Dampness, expel Cold	Remove obstruction from Lower Burner's Water Passages
Damp Heat	Spleen Damp Heat	Resolve Dampness and clear Heat	
	Stomach Damp Heat	Resolve Dampness, clear Heat	Restore descending of Stomach Qi
	Large Intestine Damp Heat	Clear Heat, resolve Dampness	Stop diarrhea
	Gall Bladder Damp Heat	Resolve Dampness, clear Heat in Gall Bladder	Stimulate smooth flow of Liver Qi
	GB/LV Damp Heat	Resolve Dampness, clear Heat	Clear Liver and Gallbladder and promote smooth flow of Liver Qi
	Urinary Bladder Damp Heat	Resolve Dampness, clear Heat	Open the Water Passages of Lower Burner
Damp with LQS	Liver Damp Heat	Resolve Dampness, clear Heat	Clear Liver
	SP Damp w/ LQS	Resolve Dampness, promote the smooth flow of Liver Qi and clear Heat	

Worms:

Small Intestine Worms	Acupuncture is not applicable in this case and herbal treatment is the treatment of choice
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Vessel Obstruction:

Heart Vessel Obstruct	Move HT Qi and HT Blood, eliminate stasis, open the chest, resolve Phlegm, expel Cold, calm Mind
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Yang Rising:

LIVER YANG RISING	Subdue Liver Yang, nourish Yin or Blood
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Cold:

Main TX: Expel Cold

Pattern Name	Treatment Principle	Then You Add
Liver Stagnation of Cold	Expel Cold	Clear Liver
Stomach Cold Invading	Expel Cold	Warm Stomach and stimulate descending of Stomach Qi
Large Intestine Cold	Expel Cold from Large Intestine	Warm Lower Burner

Dryness:

Main TX: No clear tx principle. Either nourish or promote fluids

Pattern Name	Treatment Principle	Then You Add
Lung Dryness	Nourish Fluids	Moisten Lung
Large Intestine Dry	Promote Fluids in Large Intestine	

Exterior Invasion:

Main TX: Release Exterior

Pattern Name	Treatment Principle	Then You Add
Lung Wind Cold	Release Exterior	Expel Cold and stimulate the descending and diffusing of Lung Qi
Lung Wind Heat	Release Exterior	Clear Heat and stimulate descending and diffusing of Lung Qi
Lung Wind Water	Release Exterior	Expel Cold, resolve Dampness, restore descending of Lung Qi and open Water Passages

Liver Overacting:

Main TX: Subdue Rebellion (Liver) Qi

Pattern Name	Treatment Principle	Then You Add
Liver overacting on Spleen	Subdue rebellious Qi	Tonify Spleen
Liver overacting on Stomach	Subdue rebellious Liver Qi	Tonify Stomach Qi
Liver Fire Insulting the Lungs	Subdue Liver Qi	Clear Liver, drain Fire and stimulate descending of Lung Qi

Qi Rebellling:

Main TX: Subdue _____ Qi (either Liver or rebellious)

Pattern Name	Treatment Principle	Then You Add
Liver Qi Rebellling	Subdue Liver Qi	Smooth Liver
Stomach Qi Rebellling	Subdue rebellious Qi	Stimulate descending of Stomach Qi

Wind:

Main TX: Subdue Wind

Liver Yang Rising Patterns: also subdue Liver Yang

Pattern Name	Treatment Principle	Then You Add
Wind due to Liver Yang Rising/Liver Blood Deficiency	Subdue Liver Yang, extinguish Wind	Nourish Liver Blood
Wind due to Liver Yang Rising/ Liver Yin Deficiency	Subdue Liver Yang, extinguish Wind	Nourish Liver Yin
Wind due to Liver Yang Rising/ Liver and Kidney Yin Deficiency	Subdue Liver Yang, extinguish Wind	Nourish Liver and Kidney Yin
Wind due to Extreme Heat	Extinguish Wind	Cool Blood, nourish Yin
Wind due to Liver Blood Deficiency	Extinguish Wind	Nourish Liver Blood
Wind due to Liver Fire	Extinguish Wind	Clear Liver, drain Fire