

KEY SYMPTOMS FOR ZANG FU PATTERNS

HEART PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
HEART QI DEFICIENCY	T: Pale or normal color P: Empty; severe = sl. Overflowing and somewhat pounding with a light pressure of the finger but empty with a heavier pressure	<i>Palpitations, tiredness, empty pulse</i>
HEART YANG DEFICIENCY	T: Pale, slightly wet P: Deep weak; Severe= knotted	<i>Palpitations, cold hands, deep weak pulse</i>
HEART YANG COLLAPSE	T: Very pale or bluish-purple, Short P: Hidden, minute, knotted	<i>Cyanosis of the lips, hidden-minute pulse, cold limbs</i>
HEART BLOOD DEFICIENCY	T: Pale, thin, slightly dry P: Choppy or fine	<i>Palpitations, insomnia, poor memory, pale tongue</i>
HEART YIN DEFICIENCY	T: No coat, deep midline crack reaching the tip P: Floating-empty	<i>Palpitations, mental restlessness, night sweating, tongue without coating</i>
HEART YIN DEFICIENCY WITH EMPTY HEAT	T: Red without coat, redder tip with red points P: Floating, empty, rapid or fire rapid	<i>None noted</i>
HEART FIRE BLAZING	T: Red, tip redder and swollen with red points, yellow coating. Possible midline crack reaching the tip P: Full, rapid, overflowing especially in the left front position. Also hasty	<i>Tongue ulcers, thirst, palpitations, red tongue</i>

PATTERN NAME	Tongue and Pulse	Key Symptom
PHLEGM FIRE HARASSING THE HEART	<p>T: Red, swollen, yellow dry sticky, coating, deep Heart crack. The tip may be redder and swollen with red points.</p> <p>P: Full-rapid, slippery or rapid-overflowing-slippery or rapid-full-wiry.</p>	<p><i>All the various mental symptoms and the Red tongue with sticky, yellow coating.</i></p>
PHLEGM MISTING THE MIND	<p>T: Swollen with thick sticky coating, midline crack reaching the tip (Heart crack)</p> <p>P: Slippery</p>	<p><i>Mental confusion, rattling sound in throat, swollen tongue with sticky coating</i></p>
HEART QI STAGNATION	<p>T: Slightly pale-purple on the sides in the chest area</p> <p>P: Empty but very slightly overflowing on the left front position</p>	<p><i>None noted</i></p>
HEART VESSEL OBSTRUCTION	<p>T: Purple on the sides in the chest area, swollen with a sticky coating</p> <p>P: Wiry, choppy or knotted; slippery if phlegm is predominant</p>	<p><i>None noted</i></p>
HEART BLOOD STASIS	<p>T: Purple in its entirety or only on the sides in the chest area</p> <p>P: Choppy, wiry or knotted</p>	<p><i>Stabbing pain in the chest, cyanosis of lips, purple tongue</i></p>

PERICARDIUM PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
HEAT IN THE PERICARDIUM	T: Red and dry without coating P: Fine, rapid	<i>Fever at night, delirium, red tongue without coating</i>
BLOOD DEFICIENCY OF PERICARDIUM	T: Pale, thin, slightly dry P: Choppy or fine but very slightly hard on the left front position	<i>Discomfort of the chest, palpitations, insomnia, choppy pulse</i>
PERICARDIUM FIRE	T: Red, tip redder and swollen with red points, yellow coating. There may be a midline crack reaching to the tip P: Full, rapid, overflowing especially on the left front position. It could also be hasty.	<i>Palpitations, a feeling of tightness of the chest, thirst, a bitter taste, insomnia</i>
PHLEGM FIRE HARASSING THE PERICARDIUM	T: Red, swollen with yellow, dry sticky coating, deep Heart crack. The tip may be redder and swollen with red points P: Full-rapid-slippery or rapid-overflowing-slippery or rapid-full-wiry	<i>Feeling of oppression and pain of the chest, all the mental symptoms, red and swollen tongue with sticky, yellow coating</i>
QI STAGNATION IN THE PERICARDIUM	T: Slightly pale-purple on the sides in the chest area P: Empty but very slightly overflowing on the left front position	<i>Palpitations, a feeling of distension of the chest</i>
BLOOD STASIS IN THE PERICARDIUM	T: Purple in its entirety or only on the sides in the chest area P: Choppy, wiry or knotted	<i>Stabbing chest pain, purple lips</i>

LIVER PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
LIVER QI STAGNATION	<p>T: The body color may be normal. In severe cases, it may be slightly Red on the sides</p> <p>P: Wiry, especially on the left side</p>	<i>Feeling of distension, depression, moodiness, wiry pulse</i>
STAGNATION OF LIVER QI TURNING INTO HEAT	<p>T: Red on the sides</p> <p>P: Wiry, especially on the left side and slightly rapid</p>	<i>Feeling of distension, irritability, feeling of heat, wiry pulse, red sides of the tongue</i>
REBELLIOUS LIVER QI	<p>T: In light cases the tongue-body color may not change; in severe cases the sides will be red</p> <p>P: Wiry. It may be particularly wiry on the Liver and Stomach positions</p>	<i>None noted</i>
LIVER BLOOD STASIS	<p>T: Purple especially, or only, on the sides. In severe cases, there will be purple spots on the sides</p> <p>P: Wiry or firm</p>	<i>Dark and clotted menstrual blood, purple tongue</i>
LIVER FIRE BLAZING	<p>T: Red body, redder on the sides, dry, yellow coating</p> <p>P: Full-wiry-rapid</p>	<i>Headache, irritability, red face, red eyes, red tongue with yellow coating</i>
DAMP HEAT IN THE LIVER	<p>T: Red body with redder sides, sticky yellow coating</p> <p>P: Slippery-wiry-rapid</p>	<i>Fullness of hypochondrium and abdomen, feeling of heaviness, nausea, bitter and sticky taste, sticky yellow coating, slippery pulse</i>
STAGNATION OF COLD IN THE LIVER CHANNEL	<p>T: Pale and wet with a white coating</p> <p>P: Deep-wiry-slow</p>	<i>Hypogastric pain referring to scrotum, cold hands and feet, Wiry-deep-slow pulse</i>
LIVER BLOOD DEFICIENCY	<p>T: Pale body especially on the sides, which in extreme cases can assume an orangey color, thin and slightly dry</p> <p>P: Choppy or fine</p>	<i>Blurred vision, scanty periods, dull, pale complexion, and pale tongue</i>

PATTERN NAME	Tongue and Pulse	Key Symptom
LIVER YIN DEFICIENCY	T: Normal colored without coating or with rootless coating P: Floating-empty	<i>Blurred vision, dry eyes, and tongue without coating</i>
LIVER YANG RISING	T: Deriving from Liver-Blood deficiency: Pale Deriving from Liver-Yin deficiency: slightly Red on the sides and without coating Deriving from rebellious Liver-Qi: normal or slightly red on the sides P: Wiry Deriving from Liver-Blood or Liver-Yin deficiency: wiry only on one side or it may also be wiry but fine	<i>Headache, irritability, Wiry Pulse</i>
LIVER WIND DUE TO EXTREME HEAT GENERATING WIND	T: Deep-red, Stiff, dry, yellow coating P: Wiry-rapid	<i>None noted</i>
LIVER-YANG RISING DERIVING FROM LIVER-YIN DEFICIENCY	T: Normal without coating P: Wiry, fine	<i>None noted</i>
LIVER-YANG RISING DERIVING FROM LIVER- AND KIDNEY-YIN DEFICIENCY	T: Normal without coating P: Wiry, fine	<i>None noted</i>
LIVER-YANG RISING DERIVING FROM LIVER-BLOOD DEFICIENCY	T: Pale and thin P: Wiry, fine	<i>None noted</i>
LIVER WIND DUE TO LIVER FIRE GENERATING WIND	T: Red with redder sides and dry yellow coating P: Wiry, rapid	<i>None noted</i>
LIVER BLOOD DEFICIENCY GENERATING WIND	T: Pale and thin P: Wiry, fine	<i>None noted</i>
REBELLIOUS LIVER QI INVADING THE SPLEEN	T: normal or slightly red on the sides P: Wiry on the left and weak on the right	<i>Alternation of constipation and diarrhea, abdominal distension and pain, wiry</i>

PATTERN NAME	Tongue and Pulse	Key Symptom
		<i>pulse</i>
REBELLIOUS LIVER QI INVADING THE STOMACH	T: Normal or slightly red on the sides P: Wiry on the left and weak on the right or wiry on both middle positions	<i>None noted</i>
LIVER FIRE INSULTING THE LUNGS	T: Red with redder sides and dry yellow coating P: Wiry	<i>Breathlessness, asthma, fullness of hypochondrium, headache, wiry pulse</i>
LIVER AND HEART BLOOD DEFICIENCY	T: Pale, thin, slightly dry P: Choppy or fine	<i>Palpitations, dizziness, blurred vision, insomnia, poor memory, pale tongue</i>

LUNG PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
LUNG QI DEFICIENCY	T: Pale P: Empty, especially on the right front position	<i>Shortness of breath, weak voice, empty Pulse</i>
LUNG YIN DEFICIENCY	T: Normal-colored, dry without coating (or with rootless coating) in the front part P: Floating, empty	<i>Dry cough, weak-hoarse voice, dry throat, night sweating</i>
LUNG DRYNESS	T: Dry P: Empty especially on the right front position	<i>Dry cough, dry throat, hoarse voice, dry tongue that is not red</i>
INVASION OF LUNGS BY WIND COLD	T: Thin, white coating P: Floating, tight	<i>Aversion to cold, sneezing, floating pulse</i>
INVASION OF LUNGS BY WIND HEAT	T: Slightly red on the sides in the chest areas or on the front part P: Floating, rapid	<i>Fever, aversion to cold, sore throat and a floating, rapid pulse</i>
INVASION OF LUNGS BY WIND WATER	T: Sticky, white coating P: Floating, slippery	<i>Sudden swelling of the face, aversion to Wind and a floating, slippery pulse</i>
LUNG HEAT	T: Red with yellow coating P: Overflowing, rapid	<i>Cough, feeling of heat, thirst, red tongue with yellow coating</i>
DAMP PHLEGM IN THE LUNGS	T: Swollen with a sticky, white coating P: Slippery or soggy	<i>Chronic cough with profuse white sputum, thick, sticky white tongue coating</i>
COLD DAMP IN THE LUNGS	T: Swollen and wet tongue with a sticky, white coating P: Slippery, slow	<i>Cough with white watery sputum, phlegm in throat, swollen tongue with sticky white coating</i>

PATTERN NAME	Tongue and Pulse	Key Symptom
PHLEGM HEAT IN THE LUNGS	T: Red, swollen with a sticky yellow coating P: Slippery, rapid	<i>Cough, yellow or green sputum, thick, sticky yellow coating, rapid, slippery pulse</i>
DRY PHLEGM IN THE LUNGS	T: Swollen with a dry sticky coating P: Fine, slippery	<i>Dry cough with occasional expectoration of scanty sputum, a feeling of oppression of the chest</i>
PHLEGM FLUIDS OBSTRUCTING THE LUNGS	T: Pale with thick, sticky white coating P: Fine, slippery or soggy or wiry	<i>Cough with white, watery, frothy sputum</i>
LUNG AND HEART QI DEFICIENCY	T: Pale P: Empty, especially on both front positions	<i>None noted</i>

SPLEEN PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
SPLEEN QI DEFICIENCY	T: Pale P: Empty	<i>Poor appetite, tiredness, loose stools</i>
SPLEEN YANG DEFICIENCY	T: Pale and wet P: Deep, weak	<i>Loose stools, feeling cold, cold limbs and tiredness</i>
SPLEEN QI SINKING	T: Pale P: Weak. When the stomach is prolapsed, this can be felt on the middle right position.	<i>Bearing down sensation, weak Pulse</i>
SPLEEN NOT CONTROLLING BLOOD	T: Pale P: Weak or Fine	<i>Fine pulse, pale tongue and bleeding</i>
SPLEEN BLOOD DEFICIENCY	T: Pale, thin and slightly dry P: Choppy or Fine	<i>Tiredness, slight abdominal distension, scanty periods, pale tongue</i>
COLD DAMPNES INVADING THE SPLEEN	T: Pale with a sticky white coating P: Slippery, slow	<i>Abdominal fullness, a feeling of heaviness, sticky, white tongue coating</i>
DAMP HEAT INVADING THE SPLEEN	T: Red with sticky yellow coating P: Slippery, rapid	<i>Abdominal fullness, feeling of heaviness, sticky, yellow tongue coating</i>
SPLEEN AND HEART BLOOD DEFICIENCY	T: Pale and thin P: Choppy or fine	<i>Palpitations, insomnia, tiredness, loose stools, scanty periods</i>
SPLEEN AND LUNG QI DEFICIENCY	T: Pale P: Empty, especially on the right side	<i>No appetite, tiredness and breathlessness</i>

PATTERN NAME	Tongue and Pulse	Key Symptom
SPLEEN AND LIVER BLOOD DEFICIENCY	T: Pale body especially on the sides In extreme cases: orange color, and dry P: Choppy or fine	<i>Loose stools, scanty periods, blurred vision and pale sides of the tongue</i>
OBSTRUCTION OF SPLEEN BY DAMPNES WITH STAGNATION OF LIVER QI	T: Thick, sticky, yellow coating P: Slippery, wiry	<i>Fullness of epigastrium, hypochondrial distension and a thick, sticky, yellow tongue coating</i>

KIDNEY PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
KIDNEY YANG DEFICIENCY	T: Pale and wet P: Deep, weak	<i>Backache, feeling of cold, abundant clear urination, pale tongue, deep pulse</i>
KIDNEY YIN DEFICIENCY	T: Normal colored without coating P: Floating, empty	<i>Backache, night sweating</i>
KIDNEY QI NOT FIRM	T: Pale P: Deep, weak especially in the rear positions	<i>Dribbling after urination, chronic vaginal discharge, and backache</i>
KIDNEY FAILING TO RECEIVE QI	T: Pale P: Deep, weak, tight	<i>Shortness of breath on exertion, lower backache, clear urination</i>
KIDNEY ESSENCE DEFICIENCY	T: If this pattern occurs against a background of Kidney-Yin deficiency: Without coating If against a background of Kidney-Yang deficiency: Pale P: Floating-Empty or Leather	<i>Children: poor bone development</i> <i>Adults: weak knees, falling hair, weak sexual activity</i>
KIDNEY YANG DEFICIENCY WATER OVERFLOWING	T: Pale, swollen and wet with a white coating P: Deep, weak and slow	<i>Edema of ankles, Deep, weak pulse and Pale, swollen tongue</i> <i>Water overflowing to the Heart: all the above plus palpitations</i> <i>Water overflowing to the Lungs: all the above plus thin watery frothy sputum</i>
KIDNEY YIN DEFICIENCY EMPTY HEAT BLAZING	T: Red, cracked with a red tip without coating P: Floating, empty and rapid	<i>Malar flush, dizziness. tinnitus, feeling of heat in the afternoon, red without coating</i>

PATTERN NAME	Tongue and Pulse	Key Symptom
KIDNEY AND LIVER YIN DEFICIENCY	T: Normal colored without coating or with rootless coating P: Floating, empty	<i>Dry eyes, dry throat, night sweating, scanty menstruation, and tongue without coating</i>
KIDNEY AND HEART NOT HARMONIZING	T: Red with redder tip without coating, midline Heart crack P: Floating, empty and rapid or Deep, weak on both rear positions and relatively Overflowing on both front positions	<i>Palpitations, dizziness, tinnitus, night sweating, red tongue with redder tip and midline crack and without coating</i>
KIDNEY AND LUNG YIN DEFICIENCY	T: Normal colored without coating or with rootless coating P: Floating, empty	<i>Dry cough, dizziness, tinnitus, night sweating, and tongue without coating</i>
KIDNEY AND SPLEEN YANG DEFICIENCY	T: Pale and wet P: Deep, weak	<i>Lower backache, a feeling of cold, loose stools, deep, weak pulse</i>

STOMACH PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
STOMACH QI DEFICIENCY	T: Pale P: Empty, especially on the Right-Middle position	<i>Tiredness in the morning, uncomfortable feeling in the epigastrium. Empty pulse on the Stomach position</i>
STOMACH DEFICIENCY AND COLD	T: Pale and wet P: Deep, weak, slow, especially on the right Middle position	<i>Discomfort in the epigastrium that is better after eating. tiredness, cold limbs</i>
STOMACH YIN DEFICIENCY	T: Without coating in the centre, or with rootless coating, normal body color P: Floating, empty on the right Middle position	<i>Dull epigastric pain, dry mouth, tongue without coating or with rootless coating in the centre</i>
STOMACH QI STAGNATION	T: No particular signs on the tongue except that in severe cases it may be Red on the sides in the central section P: Wiry on the right middle position	<i>None noted</i>
STOMACH HEAT (OR PHLEGM HEAT)	T: Red in the centre with a dry yellow or dark-yellow (or even black) coating P: Rapid and slightly overflowing on the right middle position	<i>Burning sensation in the epigastrium, thirst with a desire to drink cold liquids, thick yellow coating, Red tongue</i>
COLD INVADING THE STOMACH	T: Thick white coating P: Deep, tight, slow	<i>Sudden pain in epigastrium, vomiting, a feeling of cold, Deep-Tight Pulse</i>
STOMACH QI REBELLING UPWARDS	T: No changes P: Tight or wiry on the right middle position	<i>Nausea, belching</i>
DAMP HEAT IN THE STOMACH	T: Red with sticky yellow coating P: Slippery, rapid	<i>Epigastric fullness, a feeling of heaviness, nausea, sticky yellow tongue coating</i>

PATTERN NAME	Tongue and Pulse	Key Symptom
RETENTION OF FOOD IN THE STOMACH	T: Thick coating (which could be white or yellow) P: Full, slippery	<i>Epigastric fullness, sour regurgitation, thick tongue coating</i>
STASIS OF BLOOD IN THE STOMACH	T: Purple P: Wiry	<i>Stabbing pain in the epigastrium. vomiting of dark blood</i>
STOMACH AND SPLEEN QI DEFICIENCY	T: Pale P: Empty, especially on the right middle position	<i>Poor appetite, epigastric discomfort, tiredness</i>

SMALL INTESTINE PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
FULL HEAT IN THE SMALL INTESTINE	T: Red with redder and swollen tip, yellow coating P: Overflowing, rapid, especially in the front position. If there are urinary symptoms the pulse will be wiry on the left rear position	<i>Abdominal pain, tongue ulcer and scanty, dark, painful urination</i>
SMALL INTESTINE QI PAIN	T: White coating P: Deep, wiry, especially on the rear positions	<i>Lower abdominal twisting pain, borborygmi, and Deep, wiry pulse</i>
SMALL INTESTINE QI TIED	T: Thick, white coating P: Deep, wiry	<i>Sudden severe abdominal pain, constipation, vomiting, deep, wiry pulse</i>
INFESTATION OF WORMS IN THE SMALL INTESTINES	T: None noted P: None noted	<i>None noted</i>
SMALL INTESTINE DEFICIENT AND COLD	T: Pale body, white coating P: Deep, weak, slow	<i>Dull abdominal pain, borborygmi, and diarrhea</i>

LARGE INTESTINE PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
DAMP HEAT IN THE LARGE INTESTINE	T: Red with sticky yellow coating P: Slippery, rapid	<i>Abdominal pain, diarrhea with mucus and blood in the stools</i>
HEAT IN THE LARGE INTESTINE	T: Thick yellow (or brown or black) dry coating P: Full, rapid	<i>Dry stools, burning sensation in anus and a thick, yellow, dry coating</i>
HEAT OBSTRUCTING THE LARGE INTESTINE	T: Red body with a thick, dry yellow (or brown-black) coating P: Deep, full	<i>Constipation, abdominal pain, fever and a thick, dry, yellow tongue coating</i>
COLD INVADING THE LARGE INTESTINE	T: Thick, white coating P: Deep, tight	<i>Sudden abdominal pain, diarrhea, feeling of cold</i>
QI STAGNATION IN THE LARGE INTESTINE	T: Either normal or slightly red on the sides P: Wiry on both rear positions	<i>Abdominal distension and pain, bitty stools</i>
LARGE INTESTINE DRY	T: Dry, either pale or red body with rootless coating P: Fine	<i>Dry stools that are difficult to discharge, thin body</i>
LARGE INTESTINE COLD	T: Pale P: Deep, weak	<i>Loose stools, dull abdominal pain, cold limbs</i>
COLLAPSE OF THE LARGE INTESTINE	T: Pale P: Deep, fine, weak	<i>Chronic diarrhea, prolapse anus</i>

GALL BLADDER PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
DAMPNESS IN THE GALL BLADDER	T: Thick, sticky, white coating either bilateral in two strips or unilateral P: Slippery, wiry	<i>Hypochondrial fullness, feeling of heaviness and unilateral sticky coating</i>
DAMP HEAT IN THE GALL BLADDER	T: Thick, sticky yellow coating, either bilateral in two strips or unilateral P: Slippery, wiry, rapid	<i>Hypochondrial fullness, bitter taste and thick, sticky yellow coating on the right side</i>
GALL BLADDER DEFICIENCY	T: Pale or normal P: Weak	<i>Timidity, lack of initiative, indecision</i>
DAMP HEAT IN THE GALL BLADDER AND LIVER	T: Thick, sticky yellow coating either bilateral or on one side only P: Slippery, wiry, rapid	<i>Hypochondrial fullness, a bitter taste, sticky yellow tongue coating on right side, genital skin rashes and itching</i>

BLADDER PATTERNS:

PATTERN NAME	Tongue and Pulse	Key Symptom
DAMP HEAT IN THE BLADDER	T: Thick, sticky yellow coating on the root with red spots P: Slippery, rapid and slightly wiry on the left rear position	<i>Burning on urination, dark urine, difficult urination</i>
DAMP COLD IN THE BLADDER	T: White, sticky coating on root P: Slippery, slow and slightly wiry on left rear position	<i>Difficult urination, a feeling of heaviness and pale, turbid urine</i>
BLADDER DEFICIENT AND COLD	T: Pale, wet P: Deep, weak	<i>Frequent pale abundant urination and a deep weak pulse</i>