

Zang Fu Patterns Deng

Heart Deficiency Patterns:

D E F I C I E N C Y	HT Yin Vacuity	Heart palpitations, heart vexation, insomnia, tidal fever or low fever, vexing heat of the five hearts, night sweating, dry lips and throat, a bitter taste in the mouth, yellow urine and bound stools T: red, with reduced fluids, no fur or thin yellow fur P: Fine, Rapid Herb RX: Bu Xin Dan (Heart Supplementing Elixir)
	HT Blood Vacuity	Heart palpitations, heart vexation, insomnia, forgetfulness, head and eye dizziness, a white face without luster, pale lips and nails T: pale, white body P: Fine, Weak Herb RX: Si Wu Tang (Four Agents Decoction) plus spirit-calming agents
	HT Qi Vacuity	Heart palpitations, a tendency to be easily frightened, difficulty in falling asleep, forgetfulness, a pale white facial color, shortage of Qi, laziness in speaking, spontaneous sweating, fatigued spirit and lack of strength T: pale body, white fur P: Fine, Weak Herb RX: Yang Xin Tan (Heart Nourishing Decoction)
	HT Yang Vacuity	Heart palpitations, a tendency to be easily frightened, forgetfulness, difficulty in falling asleep despite a desire to sleep, a bright white facial color, spontaneous sweating, fatigued spirit, shortage of Qi, laziness in speaking, fear of cold, cold limbs; Severe HT Yang Vacuity: there is copious, dripping sweat, reverting cold of the four limbs and possibly stupor T: pale, moist and white fur P: Fine, Weak and Slow; severe HT Yang Vacuity P: Faint, verging on Expiry, Bound or Regularly Interrupted Herb RX: Bao Yuan Tang (Origin Preserving Decoction)

Heart Excess Patterns:

E X C E S S	Depressed HT Qi	<p>Heart palpitations, heart vexation, insomnia, unregulated joy and anger, sorrow for no reason, fear of light and preference for dim places, chest oppression, frequent yawning and stretching</p> <p>T: pale P: Deep, Weak or Deep, Rough Herb RX: Gan Mai Da Zao Tang (Licorice, Wheat and Jujube Decoction) with An Shen Ding Zhi Wan (Spirit Quieting, Mind Stabilizing Pill)</p>
	HT Blood Stasis	<p>Dull and stagnant-looking facial complexion, heart palpitations, shortness of breath, glomus blockage in the heart or stifling oppression and pain, especially around Shan Zhong (Ren17), possibly referring to the back and inside shoulder, rising to the neck or descending to the epigastrium and abdomen; the pain is sometimes present and sometimes stops; when the heart pain is severe, the facial complexion is somber white and there is sweating and reverting cold of the four limbs</p> <p>T: dull red, stasis macules and papules may be seen P: Fine, Rough and Bound or Regularly Interrupted; in serious cases, it is Faint and on the verge of Expiry Herb RX: Zhi Shi Xie Bai Gui Zhi Tang (Unripe Bitter Orange, Chinese Chive and Cinnamon Twig Decoction) combined with Tong Qiao Huo Xue Tang (Orifice Freeing, Blood Quickening Decoction)</p>
	Irregularity of HT Vessel	<p>Palpitations, shortness of breath, spirit fatigue with a desire to sleep, dizziness of the head and eyes and a pale white facial complexion</p> <p>T: pale P: Skipping, Bound or Regularly Interrupted Herb RX: Zhi Gan Cao Tang (Honey-Fried Licorice Decoction)</p>
	Phlegm Confounding HT Orifice	<p>Feeble-mindedness of the spirit affect, somnolence or even stupor, vomiting of phlegm-drool or gurgling phlegm in the throat</p> <p>T: pale with white and slimy fur P: Slippery Herb RX: Dao Tan Tang (Phlegm Abducting Decoction)</p>



Heart Excess Patterns:

E X C E S S	Phlegm Fire Harassing HT	<p>Confused essence-spirit, nonsensical speech, mania, agitation, frenetic movement, abnormal laughing and crying, a red face, hasty breathing, yellow urine and bound stools</p> <p>T: red with yellow and slimy fur P: Slippery, Rapid Herb RX: Meng Shi Gun Tang Wan (Chlorite/Mica Phlegm Rolling Pill)</p>
	HT Fire Flaming Upward	<p>Red face and lips, heart vexation, thirst, erosion and scorching pain on the tip of the tongue</p> <p>T: red with yellow fur P: Rapid Herb RX: Xie Xin Tang (Heart Draining Decoction)</p>



Small Intestine Excess Patterns:

Small Intestine Patterns		
E X C E S S	SI Repletion Heat	<p>Red face and lips, heart vexation, thirst, short, red, rough and painful urination</p> <p>T: red with yellow fur P: String-like, Rapid Herb RX: Dao Chi San (Redness Abducting Powder)</p>
	SI Qi Pain	<p>Mounting Qi distention and pain, binding stagnation of the lesser abdomen that is sometimes severe, sometimes moderate, that is worse with cold and relaxes with heat</p> <p>T: white, glossy fur P: Deep, String-like and Slow Herb RX: Ju He Wan (Tangerine Pip Pill)</p>

Liver Deficiency Patterns:

Liver Patterns		
D E F I C I E N C Y	LV Yin Vacuity	<p>Dryness and roughness of the eyes, blurred vision, rib-side pain, tidal fever or low fever, vexing heat of the five hearts, night sweating, dry lips and throat, a bitter taste in the mouth, yellow urine and bound stools</p> <p>T: red with little fluids, no fur or thin, yellow fur P: String-like, Fine and Rapid Herb RX: Yi Guan Jian (All-the-way-through Brew)</p>
	LV Blood Vacuity	<p>Dry, rough eyes, blurred vision, possibly night blindness, dizziness of the head, a white face lacking luster, pale white lips and nails, rib-side pain, diminished menstruation or menstrual block</p> <p>T: pale white body P: String-like, Fine Herb RX: Bu Gan Tang (Liver Supplementing Decoction)</p>
	LV Yang Vacuity	<p>Depression, unhappiness, blurred vision, rib-side fullness or pain, possible hypertonicity below the ribs, tenseness or withering of the sinews, weakness of the feet or an inability to stretch the feet, a bright white facial complexion, fear of cold and cold limbs</p> <p>T: pale white fur P: Deep, Fine, String-like and Slow or Tight Herb RX: Bu Gan Tang (Liver Supplementing Decoction)</p>

Liver Excess Patterns:

E X C E S S	Binding Depression of LV Qi	<p>Depression, a tendency to sigh, distention and pain of the chest and rib-side area, distention of the breasts, abdominal pain prior to menstruation, lack of regulation of the time of menstruation, possibly accumulations and gatherings</p> <p>T: none noted P: String-like Herb RX: Chai Hu Shu Gan Tang (Bupleurum Liver Coursing Decoction)</p>
	Ascendant Hyperactivity of LV Yang	<p>Tenseness, agitation and a tendency to be easily angered, a red face and eyes, headache, distention of the eyes, possibly dizziness, yellow urine and bound stools</p> <p>T: red with yellow fur P: String-like, Rapid Herb RX: Tian Ma Gou Teng Yin (Gastrodia and Uncaria Beverage)</p>
	LV Yang Transforming into Wind	<p>Dizziness, headache and heaviness of the head, numbness of the limbs, tremor of the hands, possibly inhibited speech, possibly an abnormal gait; for sudden fainting, there may be deviation of the mouth and eyes, stiffness of the tongue impeding speech, gurgling phlegm in the throat and hemiplegia: this is called 'wind stroke'</p> <p>T: red P: String-like, Rapid Herb RX: Zhen Gan Xi Feng Tang (Liver Settling Wind Extinguishing Decoction)</p>
	Extreme Heat Stirring Wind	<p>High fever, stupor, scurrying movement or an upward turning of the eyes, tightly closed jaw, a stiffly straight back and neck, agitation or convulsions of the hands and feet and dry lips</p> <p>T: red with little fluid or crimson with yellow or black and dry fur P: String-like, Rapid Herb RX: Ling Yang Gou Teng Tang (Antelope Horn and Uncaria Decoction)</p>
	LV Fire Flaming Upward	<p>Hot, red face, red eyes that are swollen and painful, headache, a tendency to be easily angered, vexing agitation, difficulty in sleeping, a bitter taste in the mouth, a dry throat, short, red urination and bound stools</p> <p>T: red with yellow fur P: String-like, Rapid Herb RX: Long Dan Xie Gan Tang (Gentian Liver Draining Decoction)</p>

Liver Excess Patterns:

M I X E D	LV and GB Damp Heat	<p>Yellow body and eyes, a bitter taste in the mouth, rib-side pain, thirst without a large fluid intake, torpid intake, nausea, fever or alternating cold and heat, yellow, short and turbid urine; possible damp papules on the scrotum, swelling, pain and scorching heat of the testicles, or yellow and foul vaginal discharge</p> <p>T: yellow, slimy fur P: String-like, Rapid Herb RX: Yin Chen Hao Tang (Capillaris Decoction)</p>
	Vacuity Vexation of LV and GB	<p>Blurred and flowery vision, a bitter taste in the mouth, dry throat, vacuity vexation, difficulty in sleeping, Gall Bladder Timidity, a tendency to be easily frightened, frequent dreaming, shortness of breath, lack of strength, laziness in speaking and sweating easily</p> <p>T: pale with white fur P: String-like, Fine and Rapid Herb RX: Suan Zao Ren Tang (Sour Jujube Decoction)</p>



Gallbladder Excess Patterns:

Gall Bladder Patterns		
E X C E S S	GB Heat Congesting and Stagnating	<p>Fever or alternating cold and heat, a bitter taste in the mouth, unceasing retching, hypertonicity and pain below the ribs, yellow urine and bound stools</p> <p>T: red with yellow fur P: String-like, Rapid Herb RX: Da Chai Hu Tang (Major Bupleurum Decoction)</p>
	Depressed GB with Phlegm Harassing	<p>Dizziness of the head and eyes, fright palpitations, vexing heat, difficulty in sleeping, fullness and oppression of the chest and rib-side, a bitter taste in the mouth with a desire to vomit</p> <p>T: yellow and slimy fur P: Slippery, slightly Rapid Herb RX: Huang Lian Wen Dan Tang (Coptis Gallbladder Warming Decoction)</p>

Spleen Deficiency Patterns:

Spleen Patterns		
D E F I C I E N C Y	SP Yin Vacuity	<p>Emaciation and lack of strength, torpid intake with no thought of food, abdominal distention with eating, dry lips and mouth, vexing heat of the five hearts, yellow urine and bound stools</p> <p>T: red with little fur P: Fine, Rapid or Rough Herb RX: Zhong He Li Yin Tang (Center Harmonizing, Yin Rectifying Decoction)</p>
	SP Not Controlling Blood	<p>White face without luster or a withered yellow face, pale white lips and nails, shortage of Qi, fatigue, torpid intake, abdominal distention, flooding and spotting, bloody urine, bloody stools and purple patches (purpura)</p> <p>T: pale, moist body P: Fine, Weak Herb RX: Gui Pi Tang (Spleen Returning Decoction)</p>
	SP and ST Qi Vacuity	<p>Shortage of Qi, laziness in speaking, fatigue and lack of strength, tearing of the eyes, torpid intake and diminished appetite, abdominal distention after eating and sloppy stools</p> <p>T: pale with white fur P: Weak Herb RX: Si Jun Zi Tang (Four Gentlemen Decoction) or Shen Ling Bai Zhu San (Ginseng, Poria and Ovate Atractylodes Powder)</p>
	Dual Vacuity of HT and SP	<p>White face without luster or a withered yellow face, pale white lips and nails, dizziness, heart palpitations, heart vexation, difficulty in sleeping, shortage of Qi, laziness in speaking, fatigue, lack of strength, torpid intake, diminished appetite and abdominal distention</p> <p>T: none noted P: Weak Herb RX: Gui Pi Tang (Spleen Returning Decoction)</p>
	SP Yang Vacuity	<p>Bright white facial color, physical cold and cold limbs, a bland taste in the mouth, no thirst, torpid intake, diminished appetite, clear urine, sloppy stools, possibly floating edema, diminished urine, possibly clear and thin vaginal discharge</p> <p>T: pale with white, slippery fur</p>



D E F I C I E N C Y		P: Deep, Fine, Slow and Weak Herb RX: Li Zhong Wan (Center Rectifying Pill) or Wu Ling San (Poria Five Powder)
	SP and KD Yang Vacuity	<p>Bright white facial color, physical cold and cold limbs, a bland taste in the mouth, lack of thirst, torpid intake, diminished appetite, abdominal distention after eating, head dizziness, ringing in the ears, cold pain of the lumbus and knees and fifth watch diarrhea</p> <p>T: pale with white and moist fur P: Deep, Fine, Slow and Weak Herb RX: Fu Zi Li Zhong Tang (Aconite Center Rectifying Decoction)</p>

Spleen Excess Patterns:

E X C E S S	Damp Heat of SP and ST	<p>Bright yellow body and eyes, a bitter taste in the mouth, nausea, torpid intake with no thought of food, distention and oppression of the stomach duct and abdomen, cumbersome fatigue of the limbs, possibly fever, yellow urine and sloppy stools</p> <p>T: red with slimy yellow fur P: Rapid or Soggy, Rapid Herb RX: Yin Chen Hao Tang (Capillaris Decoction)</p>
	Cold Damp Encumbering SP	<p>Heavy head, a bland but slimy taste in the mouth, nausea, epigastric oppression, torpid intake, abdominal distention, pain and hypertonicity of the stomach duct and abdomen, preference for warmth, cumbersome limbs and heavy body, possibly smoky yellow skin, inhibited urination and sloppy stools</p> <p>T: white and slimy fur P: Slow, Moderate and possibly Soggy Herb RX: Wei Ling Tang (Stomach Calming Poria Five Decoction)</p>



Stomach Deficiency Patterns:

Stomach Patterns		
D E F I C I E N C Y	ST Yin Vacuity	<p>Dry mouth and tongue, thirst with an ability to drink, no intake of food or swift digestion with increased appetite, scorching pain of the stomach duct, clamoring stomach, glomus and distention, dry retching and hiccups, possibly wasting thirst and dysphagia-occlusion</p> <p>T: red, dry with little fur or red-crimson that is bare and bright</p> <p>P: Fine, Rapid</p> <p>Herb RX: Yi Wei Tang (Stomach Boosting Decoction)</p>

Stomach Excess Patterns:

E X C E S S	ST Cold Qi Stagnation	<p>Cold pain in the stomach and stomach duct, no thirst but a preference for warm fluids, a liking of pressure, hiccups and clear urine</p> <p>T: pale and fat P: Deep, String-like and Slow Herb RX: Liang Fu Wan (Lesser Galangal and Cyperus Pill) combined with Da Jian Zhong Tang (Major Center Fortifying Decoction)</p>
	Scorching Exuberance of ST Heat	<p>Scorching pain of the stomach duct that refuses pressure, thirst with a preference for cold fluids, acid upflow, rapid hungering, swelling and pain of the teeth, scorched lips, bad breath, yellow urine and bound stools</p> <p>T: red with yellow fur P: String-like, Rapid Herb RX: Qing Wei San (Stomach Clearing Powder)</p>
	Food Stagnation in the ST Duct	<p>Aversion to food, refusal of food, sour vomiting, rotten belching, distention and pain of the stomach duct and abdomen and diarrhea with complete food</p> <p>T: yellow, white, thick and slimy fur P: Slippery Herb RX: Bao He Wan (Harmony Preserving Pill)</p>

Lung Deficiency Patterns:

Lung Patterns		
D E F I C I E N C Y	LU Yin Vacuity	<p>Red cheeks, tidal fever, night sweating, vexing heat of the five hearts, a dry mouth, hoarse voice, dry cough without phlegm, with a little phlegm or with blood-streaked phlegm, yellow urine and bound stools</p> <p>T: red tongue with little fur P: Fine, Rapid Herb RX: Bai He Gu Jin Tang (Lily Bulb Metal Securing Decoction)</p>
	LU Qi Vacuity	<p>Shortage of Qi, laziness in speaking, fatigue and lack of strength, frequent spontaneous sweating, low voice, hasty breathing, cough and panting without force, copious thin clear phlegm and a tendency to contract exterior patterns easily</p> <p>T: pale body with thin white fur P: Vacuous, Weak Herb RX: Bu Fei Tang (Lung Supplementing Decoction)</p>
	HT and LU Qi Vacuity	<p>Palpitations, a tendency to be easily frightened, difficulty in sleeping, forgetfulness, pale white facial color, laziness in speaking, spontaneous sweating, spirit fatigue and a lack of strength, low voice, hasty breathing, cough and panting without force and copious thin white phlegm</p> <p>T: pale body with thin white fur P: Fine, Weak Herb RX: Ding Zhi Wan (Mind Stabilizing Pill) with Bu Fei Tang (Lung Supplementing Decoction)</p>
	LU and SP Qi Vacuity	<p>Shortage of Qi, laziness in speaking, fatigue and lack of strength, frequent spontaneous sweating, torpid intake, reduced appetite, abdominal distention after eating, low voice, hasty breathing, coughing and panting without force, copious thin, white phlegm and sloppy stools</p> <p>T: pale with white fur P: Weak Herb RX: Liu Jun Zi Tang (Six Gentlemen Decoction)</p>

Lungs Excess Patterns:

E X C E S S	Wind Cold Assailing LU	<p>Aversion to wind, fever, headache, body aches, no sweating, nasal discharge with snivel and cough, thin white phlegm</p> <p>T: thin white fur P: Floating, Tight Herb RX: Ma Huang Tang (Ephedra Decoction)</p>
	Heat Evil Congesting LU	<p>Fever, thirst, chest pain, cough, hasty breathing, flaring nostrils, yellow or blood-streaked phlegm, a bitter taste in the mouth, a dry throat, yellow urine and bound stools</p> <p>T: red with yellow fur P: String-like, Rapid or Surging, Rapid Herb RX: Ma Xing Shi Gan Tang (Ephedra, Apricot Kernel, Gypsum and Licorice Decoction); lung welling abscess: Qian Jin Wei Jing Tang (Thousand Gold Pieces Phragmites Decoction)</p>
	LU Dryness Cough	<p>Dry mouth, nose and throat, cough with a small amount of sticky phlegm or a dry cough; severe: chest pain; possible exterior signs and symptoms: aversion to cold, headache, body heat and thirst</p> <p>T: thin, yellow fur, a red tip with little fluid P: Rapid; exterior pattern: Floating and Rapid Herb RX: Sang Xing Tang (Mulberry Leaf and Apricot Kernel Decoction)</p>
	Phlegm Turbidity Obstructing LU	<p>Cough, panting, copious, clear, thin and white phlegm, possibly chest oppression or palpitations</p> <p>T: white and slimy fur P: Slippery Herb RX: San Zi Yang Qin Tang (Three Seed Filial Devotion Decoction)</p>
	Water Cold Shooting into LU	<p>Cough, panting, copious foamy phlegm; an inability to lie flat, no thirst or little thirst, inhibited urination; cold more prominent: aversion to cold and body aches</p> <p>T: white and glossy fur P: String-like, Tight; cold: Floating Herb RX: Xiao Qing Long Tang (Minor Green-blue Dragon Decoction)</p>

Large Intestine Excess Patterns:

Large Intestine Patterns		
E X C E S S	LI Cold Damp	<p>Rumbling intestines, cold pain of the umbilicus and abdomen, clear and thin diarrhea</p> <p>T: white, glossy fur P: Moderate Herb RX: Wei Ling Tang (Stomach Calming Poria Five Decoction) or Huo Xiang Zheng Qi San (Agastache Qi Righting Powder)</p>
	LI Damp Heat	<p>Abdominal pain, diarrhea with pus and blood, tenesmus (abdominal urgency and rectal heaviness), or abdominal pain followed by diarrhea, fulminant distressing downpour, burning of the anus, foul stools and possibly fever</p> <p>T: red with slimy and yellow fur P: Slippery, Rapid Herb RX: Bai Tou Weng Tang (Pulsatilla Decoction)</p>
	Intestinal Welling Abscess	<p>Pain in the left lower abdomen, lying with a huddled body, pain that refuses pressure, scorching heat and violent pain with pressure; generally there is fever, also yellow, short and red urine</p> <p>T: red with yellow fur P: String-like, Rapid Herb RX: Da Huang Mu Dan Pi Tang (Rhubarb and Moutan Decoction)</p>

Kidney Deficiency Patterns:

Kidney Patterns		
D E F I C I E N C Y	KD Yin Vacuity	<p>Soreness and weakness of the lumbus and knees, head dizziness, ringing in the ears, seminal emission, a thin and emaciated body, vexing heat of the five hearts, tidal fever or low fever, night sweating, red cheeks, a dry mouth and throat, yellow urine and bound stools</p> <p>T: red with little fur or fluids P: Fine, Rapid Herb RX: Liu Wei Di Huang Wan (Six Ingredient Rehmannia Pill)</p>
	LU and KD Yin Vacuity	<p>Red cheeks, tidal fever, night sweating, vexing heat of the five hearts, a dry mouth and throat, hoarse voice, dry cough with-out phlegm, with little phlegm or with blood-streaked phlegm, soreness and weakness of the lumbus and knees, head dizziness, ringing in the ears or deafness, a thin and emaciated body, yellow urine and bound stools</p> <p>T: red with little fur, little fluids P: Fine, Rapid Herb RX: Qing Jin Zhuang Shui Wan (Metal Clearing, Water Strengthening Pill)</p>
	Non-Interaction of HT and KD	<p>Soreness and weakness of the lumbus and knees, head dizziness, ringing in the ears or deafness, seminal emission, a thin and emaciated body, vexing heat of the five hearts, heart palpitations, difficulty in sleeping, tidal fever or low fever, night sweating, red cheeks, heart vexation, thirst, erosion and scorching pain of the lips and tongue, yellow urine and bound stools</p> <p>T: red with yellow fur P: String-like, Rapid or Fine, Rapid Herb RX: Liu Wei Di Huang Wan (Six Ingredient Rehmannia Pill) and Jiao Tai Wan (Peaceful Interaction Pill)</p>
	KD Yang Vacuity	<p>Lumbar soreness, weakness of the knees, ringing in the ears, head dizziness, a bright white facial color, spirit fatigue and lack of strength, preference for lying down, predilection for sleep, physical cold, cold limbs, possibly Yang wilt (impotence), clear urine and sloppy stools</p> <p>T: pale, fat with moist, white fur P: Deep, Fine, Slow and Weak Herb RX: Fu Gui Ba Wei Wan (Aconite and Cinnamon Eight Ingredients Pill)</p>

Kidney Deficiency Patterns:



	HT and KD Yang Vacuity	Heart palpitations, a tendency to be easily frightened, sore lumbus, weak knees, head dizziness, ringing in the ears, fatigued spirit and lack of strength, preference for lying down and predilection for sleep, physical cold, cold limbs, clear urine and sloppy stools T: pale, fat with moist, white fur P: Deep, Fine, Slow and Weak Herb RX: Gui Zhi Jia Ren Shen Fu Zi Tang (Cinnamon Twig Decoction plus Ginseng and Aconite)
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Kidney Excess Patterns:

E X C E S S	KD Vacuity Water Flood	<p>Soreness and weakness of the lumbus and knees, head dizziness, ringing in the ears, a bright white facial color, physical cold, cold limbs, puffy edema over the entire body, eyelids like sleeping silkworms, distention and fullness of the abdomen, swelling of the lower legs that maintains fingermarks after pressing, heart palpitations, hasty breathing, possibly cough and panting or gurgling phlegm and scanty urine</p> <p>T: pale, fat with glossy white fur P: Deep, Fine and Slow Herb RX: Zhen Wu Tang (True Warrior Decoction)</p>
	Insufficiency of KD Essence	<p>In children: slowed development, weak bones, emaciated flesh, delayed closure of the fontanel, slowed movement and lowered intelligence; in adults: early senility, loss of hair, withered teeth, burnt face, white hair, difficulty in walking, soreness of the lumbus and weakness of the knees, head dizziness and ringing in the ears; in men: there may be scanty semen; in women: there may be infertility</p> <p>T: pale P: Weak Herb RX: He Che Da Zao Wan (Placenta Great Creation Pill)</p>
	Insecurity of KD Qi	<p>Soreness of the lumbus and weakness of the knees, head dizziness, ringing in the ears, seminal emission, premature ejaculation, frequent, clear urination with dribbling after urinating; in women, there may be bleeding during pregnancy, pain in the abdomen and stirring of the fetus</p> <p>T: pale with white fur P: Deep, Fine Herb RX: Sang Piao Xiao San (Mantis Egg-case Powder)</p>
	KD Not Absorbing Qi	<p>Soreness of the lumbus and weakness of the knees, head dizziness, ringing in the ears, a pale white or bright white facial color, shortage of Qi, laziness in speaking, fatigue and lack of strength, frequent spontaneous sweating, panting, hasty breathing, more exhalation and less inhalation and severe panting with exercise</p> <p>T: pale P: Weak Herb RX: Du Qi Wan (Metropolis Pill)</p>



Urinary Bladder Deficiency Patterns:

Urinary Bladder Patterns		
D E F I C I E N C Y	UB Vacuity Cold	Bright white facial color, physical cold, cold limbs, frequent, clear urination, possibly enuresis or nocturia T: pale, fat with moist, white fur P: Deep, Fine, Slow and Weak Herb RX: Suo Quan Wan (Stream Reducing Pill)



Urinary Bladder Excess Patterns:

E X C E S S	UB Damp Heat	<p>Frequent urination, urgent urination, scorching heat and pain on urination, possibly sand and stone strangury, dribbling urinary block or bloody urine (possibly accompanied by fever and lumbar pain)</p> <p>T: red with yellow, slimy fur P: Slippery, Rapid or String-like, Rapid Herb RX: Ba Zheng San (Eight Corrections Powder)</p>
	UB Damp Turbidity	<p>Turbid urine (like rice-water), rough and painful urination (possibly with slippery or slimy matter), after a long time dribbling that is like oil, emaciation, soreness of the lumbus and weakness of the knees</p> <p>T: pale with slimy fur P: Fine, Rapid Herb RX: Cheng Shi Bi Xie Fen Qing Yin (Cheng's Fish Poison Yam Clear Turbid Separation Beverage) with Liu Wei Di Huang Wan (Six Ingredient Rehmannia Pill)</p>