

# DUÌ YÀO

## THE ART OF FORMULA CONSTRUCTION

[Using Standardised Granular Extractions]

### Glossary C: TCM Terms and History

#### Golden Mirror:

In the last month of 1739, the third of the Manchu rulers, the Qianlong emperor (r. 1736-1795), ordered the compilation of a treatise on medicine "to rectify medical knowledge" throughout the empire. By the end of 1742, eighty participants chosen from several offices within the palace bureaucracy based in Beijing completed the Golden Mirror of the Orthodox Lineage of Medicine, the only imperially commissioned medical text the Qing government's Imperial Printing Office published and it was assembled by Wu Jian

The Golden Mirror represents both the limitations in the power of the Qianlong emperor and the dominance in the Manchu court of Chinese scholarship from the Jiangnan region during the first decade of his reign. Chinese scholars participating in the compilation of the Golden Mirror fashioned a medical orthodoxy for the empire in the mid-eighteenth century from regional trends since the sixteenth century. The Golden Mirror is an illuminating example of how medical scholars participated in the formation of evidential scholarship in early-modern China and why Manchu patronage, southern Chinese scholarship, and medical orthodoxy, coalesced in the imperial court of the Qianlong emperor.

#### TERMS:

##### Blood Deficiency

The main function of 'blood' is to nourish and moisten the body. When someone is blood deficient it simply means that the blood is not nourishing the body, as it should. Digestive disorders, not assimilating nutrients properly or loss of blood may cause it. When you are blood deficient you may experience dizziness, blurred vision, pale complexion, dry skin, and hair loss and there may be menstrual difficulties. The tongue will appear pale.

Symptoms: pale, dim or sallow complexion, pale lips, tongue and fingernails, dizziness, blurred vision, palpitation, insomnia, numbness of limbs, rough skin, delayed menstruation or amenorrhea; thready or feeble pulse.

##### Blood Stagnation

Blood stagnation means that the blood is not flowing freely. An injury or a blockage of energy circulation, which is not allowing the blood to flow, can cause this. The primary symptom of blood stagnation is pain, which is often fixed, stabbing pain. Other symptoms, which may accompany blood stagnation, are dark complexion, delayed menses, and purplish nails. The tongue will appear purplish and may have purple spots.

Symptoms: Pain, the most prominent symptom, is fixed in location and is stabbing in nature. It is aggravated by palpation and worse at night. Dark complexion, purplish lips and nails. Delayed menses with dark blood and blood clots, or amenorrhea (no menses) Dark purple tongue, could have purple spots. Thready, uneven pulse.

##### Blood Heat

Symptoms: shortened menstrual cycle, menorrhagia--excessive menstrual flow. Any bleeding patterns--from eyes, ears, nose, mouth, haemoptysis, excessive thirst. Red tongue. Slippery, rapid pulse.

##### Blood Cold

Symptoms: Coldness and pain in the hands, feet, and lower abdomen which can be relieved by heat. Aversion to cold, preference for warmth. Irregular menstrual cycle, dysmenorrhea--painful menstrual cycle, menses will be dark purple with clots. Tongue will be pale with white fur. Pulse is slow and deep.

##### Cold Syndrome of Excess

Symptoms: Aversion to cold, cold limbs, pale complexion, abdominal pain and tenderness, constipation or diarrhoea, profuse sputum, cough, inability to taste, copious clear urine. Whitish, moist or thick, greasy fur on tongue. Slow or tense pulse.

### **Dampness/Phlegm**

Dampness is a common condition and it is often seen in hot, humid climates or in modern times from too much worry. Damp weather and/or weak digestive function can cause it. Most people who have dampness will complain of a heavy feeling in their bodies or 'fuzzy' feeling in their heads. Other symptoms can be loss of appetite, loose stools, sticky taste, or vaginal discharge. The tongue will have a greasy coating. Phlegm is similar to dampness however it may manifest in other parts of the body including Lungs, Stomach, and channels. It may appear as a variety of symptoms such as a cough with phlegm or can cause swellings or lumps under the skin.

### **Damp Heat**

Damp heat is a common condition in Chinese medicine and it is often seen in hot, humid climates. It can be caused by damp weather, by poor dietary choices or as the result of a low-grade viral infection. Excessive intake of alcohol, spicy or greasy foods may aggravate dampness leading to damp heat. Some symptoms of damp heat will be a heavy feeling in the body, burning feeling with defecation, dark yellow urine, vaginal discharge, or or a desire for ice cold drinks. The tongue will have a greasy yellow coat.

### **Damp heat in Spleen**

Symptoms: nausea, heavy sensation in limbs, sticky bitter taste in mouth, yellow complexion, feeling hot, loose stool, burning sensation with stool, scanty brownish urine. Red tongue with yellow, greasy fur. Rapid, soft pulse.

### **Disturbance of the Spirit**

One of the strong points of Chinese medicine is its recognition of the psycho-spiritual aspects of the individual and how these manifest physically. The Spirit can be easily affected in our everyday hectic lives and as a result it manifests as anxiety, stress, insomnia, or palpitations. By treating the spirit it allow people to better deal with their demanding lifestyles. The tongue may have a red tip.

### **Food Stagnation**

Symptoms: acid regurgitation, borborygmus with bad odour, fullness or pain in the upper abdomen. Putrid or foul smelling stools. Thick, greasy fur. Slippery pulse.

### **Heat Syndrome of Excess**

Symptoms: high fever, thirst, flushed face, delirium, abdominal distension, pain and tenderness, dry stool, dark urine. Yellow thick or greasy coat of tongue. Full, rapid pulse or slippery, rapid pulse.

### **Heart Qi Deficiencies**

Symptoms: Palpitation, shortness of breath and oppression in the chest, aggravated by movements. Pale complexion, listlessness and fatigue, spontaneous perspiration. Pale tongue with white fur. Feeble, knotted or intermittent pulse.

### **Heart Yang Deficiency**

Symptoms: Aversion to cold, cold limbs, bright pale complexion, oedema of hands and feet, purplish lips. Pale and swollen tongue, white, moist, smooth fur. Thready, feeble pulse.

### **Heart Blood Deficiency**

Symptoms: Palpitation, insomnia, dull or pale complexion, pale lips and tongue. Feeble, thready pulse.

### **Heart Yin Deficiency**

Symptoms: Palpitation, irritability, insomnia, hot hands and feet, night sweats. Dry mouth and throat, tongue sores. Dry and deep red tongue. Thready, rapid pulse.

### **Jing Deficiency**

Jing Deficiency (and problems with the Kidneys storing Jing) frequently has many of the symptoms of Kidney Yang and Kidney Yin Deficiency PLUS problems having to do with development and maturity. Bones don't develop properly, premature ageing, the menstrual cycle problems and problems with conception (though Jing disorder is not the only possible cause of this), the hair may be prematurely grey, there may be congenital retardation, the genitals may fail to develop properly, there may be hereditary enzyme problems, birth defects, and a host of other genetic disorders as well as impotence and low libido.

**Kidney Yang Deficiency**

Symptoms: lassitude in the loins and knees, cold hands and feet, intolerance of cold, feeling listless and inert, pale complexion, loose stool with undigested food, frequent urination or frequent urination at night. Impotence, seminal emission, infertility.  
Swollen tongue with white fur. Deep and thready pulse.

**Kidney Yin Deficiency**

Symptoms: lassitude in the loins and knees, dizziness, tinnitus, insomnia, heat in the hands and feet, dry mouth and throat, night sweats. Scanty menstruation, amenorrhea, metrorrhagia. Red tongue with little fur. Rapid pulse.

**Lung Qi Deficiency**

Symptoms: feeble cough that is worse with exertion, fatigue, pale complexion, feeble voice, spontaneous perspiration, aversion to wind, catch cold easily. Pale tongue with white fur. Weak pulse.

**Lung Yin Deficiency**

Symptoms: cough without or blood stained sputum, dry throat, flushed cheeks in the afternoon, fever in the afternoon, night sweats, hot hands and feet. Red tongue with little fur. Thready, rapid pulse.

**Lung Heat**

Symptoms: cough, yellow and thick sputum, cough with blood, fever, thirst, dry stool, deep-coloured urine. Red tongue with yellow fur. Slippery, rapid pulse.

**Liver Qi Stagnation**

The Liver in Chinese medicine is the organ that ensures smooth flow of energy and is the primary organ involved with menstruation. When the liver qi is stagnant, the energy is obstructed and this gives rise to emotional disturbances. In a contrary fashion, emotional repression itself may cause constraint. When someone has Liver Qi Stagnation they will most likely have emotional disturbance, PMT, and menstrual irregularities. Other common symptoms will be sighing frequently, irritability, anger, depression, painful menstruation, and any symptoms that get worse with emotional turmoil. The tongue may have red sides. Symptoms: sensation of oppression in the chest, sighs frequently, depression or anger. Dysmenorrhea--painful periods, irregular periods. Symptoms which worsen according to stress or emotional turmoil. Wiry or taut pulse.

**Liver Blood Deficiency**

Symptoms: dizziness, tinnitus, dull or sallow complexion, dry eyes, night blindness, numbness of the limbs, pale nails, trembling hands and feet. Delayed menses, scanty menstruation, pale lips, and amenorrhea. Pale tongue with white fur. Taut and thready pulse.

**Liver Yin Deficiency**

Symptoms: dizziness, tinnitus, dry eyes, blurred vision, hot sensation in hands and feet, night sweats. Red tongue. Rapid, thready pulse.

**Liver Yang Uprising**

Symptoms: flushed face, dizziness, tinnitus, distending pain in head and eyes, feeling heavy in the head, insomnia. Red tongue.  
Forceful, taut or thready pulse

**Liver Affecting Spleen**

The Liver in Chinese medicine ensures smooth flow of energy in the body and directly affects the other organs; it is also the primary organ involved with menstruation. The Spleen is primarily involved with digestion and transformation. It is common with our western dietary habits to weaken the Spleen; as a result it is easy for the Liver energy to overwhelm the Spleen. Some symptoms involved with Liver affecting Spleen are alternating constipation and diarrhoea, tiredness, irritability, abdominal distension, and fullness in the chest. The tongue may be red on the sides or pale.

### **Phlegm Accumulation**

Phlegm accumulation is the result of long term Spleen qi xu and Liver constraint. The Lung and Kidney are also involved. Feelings of oppression in the chest, nausea, a feeling of heaviness and a 'fuzzy' head with dizziness. Swollen tongue body with a sticky coat. A slippery or wiry pulse.

### **Qi Deficiency**

Symptoms: shortness of breath, dizziness, blurred vision, spontaneous sweat, listlessness, lassitude, pale tongue and weak pulse. Symptoms are worse after exertion.

Qi is a term that refers to our body's vital energy; it is what fuels us to get through our daily lives. Qi can easily become deficient for a variety of reasons after an illness or simply due to our lifestyle, whether it is simply too demanding or stressful. Some symptoms you may have with qi deficiency are fatigue, dizziness, shortness of breath, and tiredness after exertion or meals. The tongue may be pale or puffy.

### **Qi Stagnation**

Symptoms: oppression and distending pain in the chest, hypochondrium and abdomen, frequent sighing, onset of pain or symptoms are related to emotions. Symptoms may be relieved by borborygmus or flatus. Patient will feel better after exercise.

### **Qi and Blood Deficiency**

Symptoms: shortness of breath and unwillingness to speak, fatigue, vertigo, blurred vision, spontaneous perspiration, palpitation, insomnia, pale or sallow complexion, pale and tender tongue, thready and feeble pulse.

### **Spleen Disharmony**

The Spleen is primarily concerned with digestion and through this function it has a direct relationship with our energy. This is a common complaint seen in clinic and is often the result of poor dietary habits. Any Spleen disharmony will always involve the digestive process with such symptoms as abdominal distension, loose stools and lack of appetite. Other symptoms involved in a Spleen disharmony will be weakness of limbs, tiredness, and abdominal pain. The tongue may appear swollen and wet.

### **Spleen Qi Deficiency**

Symptoms: poor appetite, loose stool, abdominal distension after meals, sallow complexion, fatigue. Pale tongue with white fur. Relaxed feeble pulse.

### **Spleen Yang Deficiency**

Symptoms: poor appetite, abdominal distension, dull abdominal pain, loose stool, and intolerance of coldness, cold extremities, and profuse leucorrhoea. Plump, pale tongue with white fur. Deep, feeble pulse.

### **Stomach Yin Deficiency**

Symptoms: dull stomach-ache, gastric discomfort with acid regurgitation, hungry but not able to eat, dry mouth and throat, dry stool, fullness in the upper abdomen, hiccups. Red tongue with little fur. Thready, rapid pulse.

### **Yin Deficiency**

The yin energy of the body is associated with moistening, cooling and nourishing. When the yin is deficient, the body fluids have been damaged and it will result in heat signs. Some signs of yin deficiency will be thirst, night sweats, hot flashes, and a red flushed face. The person in general will feel warm and cool, nourishing herbs are advised.

Symptoms: Afternoon fever, malar flush, heat sensation in the palms and soles, night sweating, dryness of throat and mouth, yellow urine, dry stools. Red tongue w/little coating. Thready and rapid pulse.

### **Yang Deficiency**

The yang energy of the body is associated with warming, movement, and energy. When the yang is deficient, the heat of the body has been damaged and it will result in too much cold internally. Some signs of yang deficiency will be loose stools, cold hands and feet, and a pale complexion. The person will feel cold in general and will prefer to be covered up and want warm drinks. The tongue will be pale and slightly wet.

Symptoms: Chills, cold limbs, listlessness, lassitude, spontaneous sweat, absence of thirst, clear urine increased in volume, loose stools.

Pale tongue w/white coating. Weak pulse