

EIGHT-PRINCIPLE PATTERN IDENTIFICATION

八纲辨证

bā gāng biàn zhèng

hot

exterior

excess

yang

cold

interior

deficient

yin

Eight Principle Diagnosis

Exterior	Interior
Hot	Cold
Excess	Deficiency
Yang	Yin

Exterior Patterns

Exterior patterns of disease occur when any of the six exogenous pathogens (six evils) enter the body from the outside.

- simultaneous fever and chills (*heat effusion and aversion to cold*)
- headache, body ache, joint pain
- floating pulse

Interior Patterns

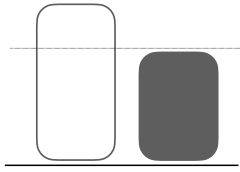
- Interior patterns describe diseases that occur in the inner body or at the level of the organs.
- Interior patterns may result from one or more of the six evils moving from the exterior to the interior.
- Or they may be caused by affect damage (the seven emotions), taxation, or dietary irregularities.
- Sign and symptoms will vary depending on which systems are affected.

Heat Patterns

Heat patterns are the result of either an invasion of a yang evil or an insufficiency of yin substance.

- **red:** red face, red eyes, red joints, reddish urine, red tongue body
- **yellow:** yellow phlegm, yellow discharge, yellow tongue coat
- **heat:** fever, sensation of heat, desire for cold drinks
- **dryness:** thirst, dry mouth, scanty fluids
- **demeanor:** restlessness, irritability, vexation
- **pulse:** rapid

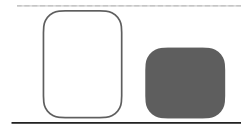
Excess Heat



excess heat, replete heat, full heat

- thirst
- feeling of heat
- restlessness
- red face
- dry stools
- dark, scanty urine
- red tongue with yellow coat
- rapid, excess pulse

Deficiency Heat



deficiency heat, vacuity heat, empty heat

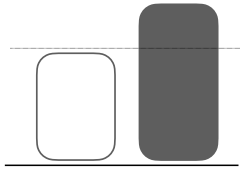
- feeling of heat in the afternoon/
evening
- dry mouth
- thirst with desire for small sips
- dry throat at night
- night sweats
- heat in the five hearts
- dry stools
- dark, scanty urine
- red tongue with little coat
- rapid, thin pulse

Cold Patterns

Cold patterns are the result of either an invasion of a yin evil or an insufficiency of yang qi.

- **pale/blue:** pale face, blue lips, clear urine, pale tongue body
- **white:** white phlegm, white discharge, white tongue coat
- **cold:** cold body, cold limbs, desire for warm drinks
- **fluids:** copious urination, watery diarrhea
- **demeanor:** listlessness
- **pulse:** slow

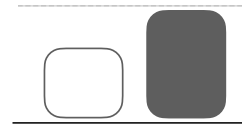
Excess Cold



excess cold, replete cold, full cold

- aversion to cold
- cold limbs
- no thirst
- pale face
- cold abdominal pain worse with pressure
- thirst for warm drinks
- loose stool
- copious, clear urine
- pale tongue with thick, white coat
- deep, full, tight pulse

Deficiency Cold



deficiency cold, vacuity cold, empty cold

- aversion to cold
- cold limbs
- no thirst
- dull, pale face
- listlessness
- sweating
- loose stools
- copious, clear urine
- pale tongue with thin, white coat
- deep, slow, weak pulse

	Heat	Cold
tissues	red	pale/blue
fluids	yellow	clear
temp	hot	cool
fluids	scanty, dry	copious
pulse	rapid	slow

Excess Patterns

excess, replete, full

Excess patterns occur when there is an exuberance of evil qi. That is, there's too much of something (e.g. phlegm, dampness, stagnation, for accumulation, invading evils).

Symptoms will vary according to the systems that are affected.

- recent onset
- pain worse with pressure
- large, forceful pulse

Deficiency Patterns

deficiency, vacuity, empty

- Deficiency patterns occur when the upright qi is damaged or insufficient. That is, there's not enough much of something (e.g. qi, blood, yin, yang).
- Deficiency patterns can be caused by weak constitution, enduring illness damaging the upright qi, loss of blood/fluids, etc.
- Symptoms will vary according to the systems that are affected.
 - chronic conditions
 - pain better with pressure
 - weak, forceless pulse

Yin and Yang Patterns

- **Yang Patterns:** exterior, heat, excess
- **Yin Patterns:** interior, cold, deficiency

Or we can talk about yin and yang as substances in the body...

Collapse of Yin and Yang

- When there is sudden and excessive loss of yin-fluid or yang-qi, this can create a condition of **collapse of yin** or **collapse of yang**.
- This is a serious, leading to fatal conditions.
- If collapse of either yin or yang is not dealt with correctly, it will lead to collapse of the other.
- When both yin and yang are collapsed, they will separate — called **separation of yin and yang** — and death will likely follow.

Yang Collapse

亡阳 wáng yáng - *yang collapse*

阳脱 yáng tuō - *yang desertion*

- The body's Yang-Qi is suddenly and/or excessively depleted.

Causes:

- ▶ Very strong pathogen severely damaging Yang-Qi
- ▶ Severe Yang-Qi weakness that collapses with overexertion
- ▶ Excessive sweating, bleeding, vomiting, diarrhea

Signs and symptoms: profuse, sudden, cold sweat that drips out like pearls, unconsciousness, faint slow pulse, severe fatigue, cold limbs and cold body, curled up into the fetus position (shrimp position)

Yin Collapse

亡阴 wáng yīn - *yin collapse*

阴脱 yīn tuō - *yin desertion*

- Sudden collapse of the body due to sudden and/or excessive consumption of the body's Yin-Fluids.

Causes:

- ▶ Very strong pathogenic heat
- ▶ Severe Yin-Fluid weakness that collapses with overexertion
- ▶ Excessive sweating, bleeding, vomiting, diarrhea

Signs and symptoms: profuse, sudden, sticky sweating, unconsciousness and faint, rapid pulse, warm limbs, SOB, thirst and irritability

Pulse Diagnosis

Exterior	floating
Interior	deep
Hot	rapid
Cold	slow
Excess	large, forceful
Deficiency	thin, forceless

Eight Principles

- combination
- conversion
- complex
- false signs

Combinations

- The Eight Principles are not mutually exclusive or unrelated.
- A **combination** refers to the simultaneous occurrence of two or more unpaired principles
- For example:
 - *exterior heat*
 - *interior, deficiency, cold*

Conversions

- **Conversion** refers to the symptoms of one principle transforming into its opposing pair
- For example:
 - a **cold** pattern can transform into a **heat** pattern over time
 - an **exterior** pattern become and **interior** pattern as the pathogen moves deeper in the body

Complexes

- **Complex** refers to two opposing principles occurring at the same time.
- For example:
 - **heat** above and **cold** below
 - **cold** on the exterior with interior **heat**
 - spleen qi **deficiency** with **excess** dampness
 - kidney yin **deficiency** with liver yang rising (**excess**)

When exterior and interior patterns occur simultaneously, this is still referred to as a "combination" rather than a complex.

False Signs

- **False signs** are misleading signs and symptoms that may look like one pattern but are actually caused by its opposing pair
- For example:
 - false cold with true heat
 - false heat with true cold
 - false excess with true deficiency
 - false deficiency with true excess

Examples of Eight Principles

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deficiency, cold, interior

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Examples of Eight Principles

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Examples of Eight Principles

INSOMNIA

Full

- Liver-Fire blazing
- Heart-Fire blazing
- Phlegm-Heat harassing the Mind
- Heart-Qi stagnation
- Heart- Blood stasis
- Residual Heat in the diaphragm
- Retention of Food

excess, heat,
interior

Empty

- Heart- and Spleen-Blood deficiency
- Heart-Yin deficiency
- Heart and Kidneys not harmonized
- Heart and Gall Bladder deficiency
- Liver-Yin deficiency

Case Study

A 38-year-old male complains of cough and a feeling of phlegm stuck in the throat. For the past two weeks he has been experiencing sudden bouts of a loud, barking, painful cough. Although he feels phlegm in the throat, not much is coughed out. You notice that his face is red and his skin is dry. He works a stressful job and has been very irritable as of late. He also reports dry stools, dark-reddish urine, and a bitter taste in the mouth.

His pulse is forceful, rapid, and wiry.

His tongue is red (redder on the sides) with a dry, yellow coat.

- A. External Invasion of Wind-Cold**
- B. Liver-Fire Insulting the Lung**
- C. Lung Yin Deficiency**
- D. Phlegm-Heat in the Lung**