

Table of Contents

INTRODUCTION—*xix*

Structure of the text—*xxi*

Acknowledgements—*xxiii*

CHAPTER 1

Abdominal Distention, 1

- 1 Liver qi constraint—4
- 2 Food stagnation—6
- 3 Damp-heat—8
- 4 Phlegm-dampness—10
- 5 Heat and cold mixed—12
- 6 Qi deficiency—13
- 7 Yang deficiency—15
- 8 Yin deficiency—17

CHAPTER 2

Abdominal Masses, 20

- 1 Blood masses—28
 - 1.1 Blood mass in the Liver—28
 - 1.2 Blood mass in the epigastrium—30
 - 1.3 Blood mass in the Spleen—31
 - 1.4 Blood mass in the Intestines—33
 - 1.5 Blood mass in the lower abdomen with cold—34
 - 1.6 Mild blood mass in the lower abdomen—36
- 2 Phlegm masses—38
 - 2.1 Phlegm mass in the Liver—38
 - 2.2 Phlegm and qi constraint; scattered masses—39
 - 2.3 Phlegm mass in the Spleen—40
 - 2.4 Phlegm mass in the epigastrium—41
 - 2.5 Phlegm masses in the lower abdomen—43
- 3 Heat masses—44
 - 3.1 Liver/Gallbladder: toxicity-heat mass—44
 - 3.2 Liver: damp-heat mass—45
 - 3.3 Liver: chronic damp-heat mass with qi and yin deficiency—46
 - 3.4 Liver: yin deficiency with blood stasis—48

3.5 Epigastric mass: Stomach heat and yin deficiency—49

3.6 Heat mass in the Intestines—50

3.7 Heat mass in the lower abdomen, with blood stasis—51

4 Cold and/or deficiency masses—53

4.1 Cold mass in the Liver and Gallbladder—53

4.2 Liver yang deficiency with blood stasis and accumulation of dampness—54

4.3 Cold mass in the epigastrium—55

4.4 Cold mass in the lower abdomen: with qi deficiency—57

4.5 Cold mass in the lower abdomen: Kidney deficiency with blood stasis—58

4.6 Cold mass in the lower abdomen: qi and blood deficiency—59

CHAPTER 3

Abdominal Pain, 61

- 1 Cold—69
 - 1.1 Excess cold—69
 - 1.2 Deficiency cold—72
- 2 Heat—75
- 3 Qi constraint—78
- 4 Blood stasis—81
- 5 Food stagnation—84
- 6 Worm accumulation—86

CHAPTER 4

Anorectal Disorders: Abscess, 89

- 1 Acute abscess: toxicity-heat—90
- 2 Chronic abscess—91
 - 2.1 Qi and blood deficiency with residual pathogen—91
 - 2.2 Yin deficiency with lingering dampness or toxicity-heat—93
 - 2.3 Yang deficiency with yin cold—94

CHAPTER 5

Anorectal Disorders: Anal Fissure, 96

- 1 Heat/fire-98
- 2 Blood and yin deficiency-99
- 3 Blood stasis-100

CHAPTER 6

Anorectal Disorders: Fistula, 102

- 1 Damp-heat-103
- 2 Qi and blood deficiency-104
- 3 Yin deficiency-105

CHAPTER 7

Anorectal Disorders: Hemorrhoids, 107

- 1 Intestinal wind-109
- 2 Intestinal dryness-110
- 3 Damp-heat-112
- 4 Spleen qi deficiency-113
- 5 Yin deficiency-115
- 6 Qi and blood stasis-117

CHAPTER 8

Anorectal Disorders: Anal Itch, 119

- 1 Wind-heat-120
- 2 Damp-heat-121
- 3 Blood deficiency-123
- 4 Parasites-124

CHAPTER 9

Anorectal Disorders: Rectal Prolapse, 126

- 1 Spleen qi deficiency, sinking qi-127
- 2 Lung qi and yin deficiency-128
- 3 Kidney yang deficiency-130
- 4 Damp-heat-131
- 5 Postpartum qi and blood deficiency-133

CHAPTER 10

Anorexia, Loss of Appetite, 135

- 1 Qi and yang deficiency-136
- 2 Lingering pathogens-138
 - 2.1 Damp-heat-138
 - 2.2 *Shào yáng* syndrome-139
 - 2.3 Phlegm-heat-140
- 3 Phlegm-dampness-141
- 4 Qi constraint-142
- 5 Yin deficiency-144

CHAPTER 11

Anxiety, 146

- 1 Qi deficiency-148
- 2 Blood deficiency-150
- 3 Yin deficiency-152
- 4 Qi constraint-155
- 5 Phlegm-heat-157
- 6 Blood stasis-158

CHAPTER 12

Ascites, 161

- 1 Qi and dampness stagnation-163
- 2 Cold-dampness encumbering the Spleen-164
- 3 Damp-heat-166
- 4 Blood stasis in the Liver and Spleen-168
- 5 Spleen and Kidney yang deficiency-170
- 6 Liver and Kidney yin deficiency-172

CHAPTER 13

Bleeding: Epistaxis, 174

- 1 Heat-176
 - 1.1 Lung heat-176
 - 1.2 Stomach heat-177
 - 1.3 Fire-178
 - 1.4 Constrained heat in the Lungs and Stomach-181
- 2 Yin deficiency with heat-182
- 3 Qi and yang deficiency-184
- 4 Blood stasis-186

CHAPTER 14

Bleeding: Gastrointestinal, 188

- 1 Heat-191
 - 1.1 In the nutritive and blood levels-191
 - 1.2 Fire-192
 - 1.3 Damp-heat-194
- 2 Blood stasis-196
- 3 Qi deficiency-199
- 4 Yang deficiency-200
- 5 Yin deficiency-202

CHAPTER 15

Bleeding: Hematuria, 205

- 1 Loss of Lung qi diffusion and descent-207

- 2 Heat–208
 - 2.1 Damp-heat–208
 - 2.2 Fire–209
 - 2.3 Toxicity-heat–211
- 3 Kidney yin deficiency with fire–212
- 4 Yang deficiency–214
- 5 Blood stasis–216

CHAPTER 16

Bleeding: Hemoptysis, 218

- 1 External pathogens–219
 - 1.1 Wind-heat–219
 - 1.2 Wind-dryness–220
 - 1.3 Wind-cold–221
 - 1.4 Heat in the Lungs–222
- 2 Liver fire invading the Lungs–224
- 3 Yin deficiency with heat in the Lungs–225
- 4 Qi deficiency–227
- 5 Blood stasis–228

CHAPTER 17

Bleeding: Purpura, 230

- 1 Heat–232
 - 1.1 Wind-heat–232
 - 1.2 Heat in the blood–233
- 2 Qi deficiency–235
- 3 Spleen and Kidney yang deficiency–236
- 4 Yin deficiency with fire–237
- 5 Blood stasis–239

CHAPTER 18

Chest and Cardiac Pain, 241

- 1 Blood stasis–246
- 2 Phlegm–248
- 3 Qi constraint–250
- 4 Cold–252
- 5 Heat–253
- 6 Qi deficiency–255
- 7 Yin deficiency–257
- 8 Yang deficiency–259

CHAPTER 19

Common Cold: Acute, 261

- 1 Common cold with acute excess–262
 - 1.1 Wind-cold–262

- 1.2 Wind-heat–264
- 1.3 Wind-dampness–266
- 1.4 Wind-dryness–267
- 1.5 Summerheat, summerdampness–269
- 1.6 Wind-cold with internal heat–271
- 1.7 Epidemic toxicity-heat–273
- 2 Common cold with underlying deficiency–274
 - 2.1 Qi deficiency with wind (cold or heat)–274
 - 2.2 Yang deficiency with wind (+ cold)–276
 - 2.3 Blood deficiency with wind (cold or heat)–278
 - 2.4 Yin deficiency with wind (cold or heat)–279

CHAPTER 20

Common Cold: Persistent, 281

- 1 Lingering pathogens on the surface–282
 - 1.1 Nutritive and protective qi disharmony–282
 - 1.2 Lung and Spleen qi deficiency with lingering wind-cold–284
- 2 Persistent heat in the qi level–285
 - 2.1 Heat in the qi level with qi and yin deficiency–285
 - 2.2 Damp-heat–286
 - 2.3 Phlegm-heat–288
- 3 *Shào yáng* syndrome–289

CHAPTER 21

Constipation, 292

- 1 Heat–298
 - 1.1 Chronic heat–298
 - 1.2 Acute heat (in disease with fever)–300
- 2 Qi constraint–301
- 3 Blood stasis–304
- 4 Food stagnation–306
- 5 Phlegm–308
- 6 Blood deficiency–309
- 7 Qi deficiency–311
- 8 Yang deficiency–313
- 9 Yin deficiency–315

CHAPTER 22

Cough, 317

- 1 Acute exterior pathogens–321
 - 1.1 Wind-cold–321
 - 1.2 Wind-heat–323

1.3 Wind-dryness–324	9 Blood stasis–396
1.3.1 Warm-dryness–325	10 Managing complications–399
1.3.2 Cool-dryness–325	10.1 Retinopathy–400
2 Heat in the Lungs–326	10.2 Vascular disease–400
3 Phlegm–328	10.3 Peripheral neuropathy–401
3.1 Phlegm-dampness–328	10.4 Nephropathy–401
3.2 Phlegm-heat–330	10.5 Skin infections, boils and sores–401
4 Liver fire invading the Lungs–332	
5 Lung yin deficiency–334	CHAPTER 25
6 Lung qi deficiency–336	Diarrhea, 402
7 Spleen and Kidney yang deficiency–338	1 Seasonal (summer) diarrhea–407
8 Blood stasis–339	1.1 Summerdampness–407
	1.2 Summerheat–408
CHAPTER 23	2 Damp-heat–409
Depression, 341	3 Cold-dampness encumbering the Spleen–411
1 Qi constraint–350	4 Food stagnation–413
1.1 Liver qi constraint–350	5 Liver and Spleen disharmony–415
1.2 Liver qi constraint with heat–352	6 Spleen qi deficiency–417
1.3 Heart and Liver fire–354	7 Spleen and Kidney yang deficiency–419
1.4 Qi and phlegm constraint–355	8 Blood stasis–422
1.5 Heart and Lung qi constraint–357	9 Chronic relapsing diarrhea–423
1.6 Spleen and Stomach qi constraint–358	
2 Blood stasis–360	CHAPTER 26
3 Phlegm-dampness–362	Diet, 426
4 Qi and blood deficiency–364	1 Qi deficiency–430
4.1 Heart blood and Spleen qi deficiency–364	2 Yang deficiency–431
4.2 Lung and Spleen qi deficiency–366	3 Blood deficiency–432
5 Yin deficiency–367	4 Yin deficiency–433
5.1 Liver yin deficiency–367	5 Liver qi constraint–434
5.2 Heart and Kidney yin deficiency–369	6 Dampness and phlegm–435
6 Spleen and Kidney yang deficiency–371	7 Heat, fire–436
	8 Blood stasis–438
CHAPTER 24	9 Dryness–438
Diabetes Mellitus, 373	10 Characteristics of common foods–439
1 Lung and Stomach heat with qi and fluid damage–381	
2 Spleen and Stomach qi deficiency–383	CHAPTER 27
3 Phlegm-dampness–385	Dizziness, Vertigo, 453
4 Damp-heat–387	1 External pathogenic invasion–457
5 Liver and Spleen disharmony with heat–389	2 Liver qi constraint with blood deficiency–458
6 Qi and yin deficiency–390	3 Ascendant Liver yang–459
7 Kidney, Heart and Liver yin deficiency–392	4 Liver and Kidney yin deficiency with ascendant yang–461
8 Kidney and Heart yang and yin deficiency–394	5 Phlegm-dampness–464
	6 Blood stasis–467

7 Qi deficiency–469
8 Qi and blood deficiency–471
9 Liver and Kidney deficiency–472
9.1 Liver and Kidney yin deficiency–472
9.2 Kidney yang deficiency–474
CHAPTER 28
Dysenteric Disorder, 476
1 Damp-heat–479
2 Toxicity-heat–482
3 Cold-dampness encumbering the Spleen–483
4 Liver and Spleen disharmony with heat–485
5 Chronic relapsing dysenteric disorder–488
6 Spleen yang deficiency–490
7 Yin deficiency (with residual damp-heat)–492
8 Qi and blood stasis–493
9 Anorectic dysenteric disorder–495
CHAPTER 29
Dysphagia, 497
1 Phlegm and qi obstruction–499
2 Blood stasis–502
3 Heat and yin deficiency–504
4 Qi and yang deficiency–506
CHAPTER 30
Dyspnea, 508
1 Wind-cold–512
2 Wind-cold with thin mucus–513
3 Wind-cold with internal heat–512
4 Wind-heat–514
5 Wind-dryness–515
6 Heat in the Lungs–516
7 Phlegm–518
7.1 Phlegm-dampness–518
7.2 Phlegm-heat–520
8 Constrained Liver qi invading the Lungs–522
9 Blood stasis–523
10 Food stagnation–525
11 Lung qi and yin deficiency–526
12 Lung and Spleen qi deficiency–528
13 Kidney deficiency–529
13.1 Kidney and Lung yin deficiency–530
13.2 Kidney yang deficiency–531

CHAPTER 31**Edema, 534**

- 1 Wind edema–540
 - 1.1 Wind-cold–540
 - 1.2 Wind-heat–541
- 2 Toxicity-heat in the skin–543
- 3 Damp-heat–544
- 4 Spleen dampness–546
- 5 Liver qi constraint–547
- 6 Blood stasis–549
- 7 Qi deficiency–551
- 8 Yang deficiency–554
 - 8.1 Spleen yang deficiency–554
 - 8.2 Kidney yang deficiency–556
- 9 Qi and yin deficiency–558

CHAPTER 32**Epigastric Pain, 561**

- 1 Liver qi invading the Stomach–563
- 2 Cold–566
- 3 Phlegm-dampness–567
- 4 Stomach heat–569
- 5 Food stagnation–571
- 6 Blood stasis–573
- 7 Spleen and Stomach yang deficiency–575
- 8 Stomach yin deficiency–577

CHAPTER 33**Fainting and Funny Turns, 579**

- 1 Instability of the anima–583
- 2 Spleen qi deficiency–585
- 3 Sinking ancestral qi (collapse of Heart and Lung qi)–587
- 4 Qi and blood deficiency–588
- 5 Heart qi and yin deficiency–590
- 6 Heart yang deficiency–591
- 7 Liver qi constraint with blood deficiency–593
- 8 Ascendant Liver yang–595
- 9 Liver and Kidney yin deficiency with ascendant yang or wind–597
- 10 Phlegm-dampness blocking the head and muscles–599
- 11 Wind-phlegm–600

- 12 Food stagnation, Stomach heat–602
- 13 Blood stasis–603
- 14 Miscellaneous–605

CHAPTER 34

Fever: Acute, 607

- 1 Protective level–610
 - 1.1 Wind-heat–610
- 2 Qi level–611
 - 2.1 Heat in the Lungs–611
 - 2.2 *Yáng míng* channel syndrome (without constipation)–613
 - 2.3 *Yáng míng* organ syndrome (with constipation)–614
 - 2.4 Damp-heat–615
 - 2.5 Summerheat–616
- 3 *Shào yáng* syndrome–617
- 4 Heat in the nutritive level–619
- 5 Heat in the blood level–620
- 6 Damp-heat–621
 - 6.1 Liver and Gallbladder–621
 - 6.2 Spleen and Stomach–623
 - 6.3 Large Intestine–624
 - 6.4 Bladder–625
- 7 Toxicity-heat–626
 - 7.1 Systemic toxicity-heat–626
 - 7.2 Toxicity-heat in the head and throat–628
 - 7.3 Toxicity-heat in the lower burner–629

APPENDIX: Classification of pathogens that can cause fever–631

CHAPTER 35

Fever: Chronic, 636

- 1 Lingering pathogens–640
 - 1.1 Lingering heat in the qi level–640
 - 1.2 *Shào yáng* syndrome–641
 - 1.3 Damp-heat–642
 - 1.4 Summerheat with qi and fluid damage–644
 - 1.5 Heat in the nutritive and blood levels–645
- 2 Liver qi constraint with heat–646
- 3 Blood stasis–648
- 4 Qi deficiency–650
- 5 Blood deficiency–652

- 6 Yin deficiency–654
- 7 Yang deficiency–656

CHAPTER 36

Forgetfulness, 659

- 1 Heart and Spleen deficiency–660
- 2 Heart-Kidney axis disruption–662
- 3 Kidney essence deficiency–664
- 4 Phlegm–665
- 5 Blood stasis–667

CHAPTER 37

Gallbladder Disorder, 670

- 1 Qi constraint–674
 - 1.1 Gallbladder qi constraint–674
 - 1.2 Qi constraint with heat–676
 - 1.3 Qi constraint with dampness encumbering the Spleen–677
 - 1.4 Qi constraint with phlegm–679
 - 1.5 Qi constraint with rebellious Stomach qi–681
- 2 Damp-heat–683
- 3 Toxicity-heat–685
- 4 Blood stasis–686
- 5 Yin deficiency–688
- 6 Yang deficiency–690

CHAPTER 38

Gastroesophageal Reflux: Acid Reflux, 692

- 1 Liver and Stomach disharmony–694
- 2 Stomach and Liver heat–696
- 3 Phlegm-dampness–698
- 4 Heat and cold mingling in the middle burner–700
- 5 Food stagnation–701
- 6 Blood stasis–703
- 7 Spleen and Stomach qi deficiency–705
- 8 Stomach and Liver yin deficiency–706

CHAPTER 39

Gastroesophageal Reflux: Bile Reflux, 709

- 1 Gallbladder heat invading the Stomach–710
- 2 Cold and heat mingling in the middle burner–711
- 3 Spleen and Stomach qi deficiency–713
- 4 Qi and yin deficiency–714
- 5 Qi and blood stagnation–715

CHAPTER 40

Gingivitis, Periodontitis, 718

- 1 Heat-719
- 2 Yin deficiency-722
- 3 Qi and blood deficiency-723
- 4 Blood stasis-725

CHAPTER 41

Halitosis, 727

- 1 Heat-728
 - 1.1 Stomach heat-728
 - 1.2 Lung heat-729
- 2 Food stagnation-731

CHAPTER 42

Headache, 733

- 1 External pathogens-746
 - 1.1 Wind-cold-746
 - 1.2 Wind-heat-747
 - 1.3 Wind-dampness-748
 - 1.4 Summerheat-750
- 2 Liver disharmony-751
 - 2.1 Liver qi constraint-751
 - 2.2 Liver fire-753
 - 2.3 Ascendant Liver yang-754
 - 2.4 Cold rebelling upwards along the Liver channel-757
- 3 Phlegm-dampness-758
- 4 Blood stasis-760
- 5 Stomach pathology-763
 - 5.1 Stomach heat-763
 - 5.2 Stomach and Gallbladder disharmony-764
- 6 Qi deficiency-766
- 7 Blood deficiency-767
- 8 Kidney deficiency-769
 - 8.1 Kidney yin deficiency-769
 - 8.2 Kidney yang deficiency-770

CHAPTER 43

Hiccup, 772

- 1 Cold in the Stomach-773
- 2 Stomach heat-774
- 3 Food stagnation-776
- 4 Liver qi invading the Stomach-777

- 5 Phlegm-dampness-778
- 6 Blood stasis-779
- 7 Spleen and Stomach yang deficiency-781
- 8 Stomach yin deficiency-782

CHAPTER 44

Hú Huò Disease: a Model for Chronic Inflammation, 784

- 1 Toxicity-heat in the Liver and Spleen-790
- 2 Damp-heat-792
- 3 Spleen deficiency with dampness-793
- 4 Yin deficiency-794
- 5 Qi and blood stagnation-796
- 6 Spleen and Kidney deficiency-797

CHAPTER 45

Hypochondriac Pain, 800

- 1 Qi constraint-803
- 2 Blood stasis-805
- 3 Heat-807
 - 3.1 Liver-Gallbladder damp-heat-807
 - 3.2 Liver-Gallbladder fire-808
- 4 Yin and blood deficiency-810
- 5 Liver yang deficiency-811

CHAPTER 46

Indefinable Epigastric Discomfort, 813

- 1 Liver qi invading the Stomach-814
- 2 Heat-816
 - 2.1 Stomach and Liver heat-816
 - 2.2 Phlegm-heat in the Stomach, following febrile illness-817
- 3 Yin deficiency-819
- 4 Qi deficiency-820
- 5 Blood stasis-822

CHAPTER 47

Indigestion, 824

- 1 Food stagnation-825
- 2 Liver qi invading the Stomach-827
- 3 Heat and cold intermingling in the middle burner-829
- 4 Phlegm-dampness-830
- 5 Spleen yang qi deficiency-832

CHAPTER 48

Insomnia, 834

- 1 Qi constraint–838
- 2 Heat/fire–840
 - 2.1 Heart–840
 - 2.2 Liver–841
- 3 Phlegm-heat–843
- 4 Lingering pathogen–845
- 5 Stomach disharmony–846
- 6 Blood stasis–847
- 7 Heart-Kidney axis disruption–849
- 8 Qi and blood deficiency–851
- 9 Yin deficiency–854

CHAPTER 49

Intestinal Abscess, 857

- 1 Acute abscess–859
 - 1.1 Qi and blood stagnation stage–859
 - 1.2 Damp-heat stage–861
 - 1.3 Toxicity-heat stage–863
- 2 Chronic abscess–864
 - 2.1 Cold or blood stasis and/or deficiency–864

CHAPTER 50

Jaundice, 867

- 1 Spleen and Stomach damp-heat–871
 - 1.1 Heat greater than dampness–871
 - 1.2 Dampness greater than heat–872
- 2 Liver-Gallbladder damp-heat–874
 - 2.1 Heat greater than dampness–874
 - 2.2 Dampness greater than heat–875
- 3 Gallbladder heat with blood stasis (bile duct obstruction with heat)–876
- 4 Toxicity-heat–877
- 5 Cold-dampness encumbering the Spleen–878
- 6 Yin deficiency with dampness blockage–880
- 7 Blood stasis in the Liver and Spleen–881

CHAPTER 51

Lingering Pathogens, 884

- 1 How to identify a lingering pathogen–885
- 2 Etiology–889
- 3 A simplified model–890
- 4 Mode of penetration–900
- 5 How to expel lingering pathogens–900

6 Acupuncture protocols–908

CHAPTER 52

Lip Wind, 912

- 1 Wind-dampness-heat in the Stomach channel–913
- 2 Damp-heat in the Spleen and Stomach–915
- 3 Liver qi constraint with heat/fire–916
- 4 Qi and blood stasis–917
- 5 Qi and blood deficiency–918
- 6 Yin deficiency with fire–920

CHAPTER 53

Lower Back Pain, 922

- 1 Cold-dampness–926
- 2 Damp-heat–927
- 3 Blood stasis–928
- 4 Liver qi constraint–930
- 5 Spleen qi deficiency–931
- 6 Kidney deficiency–932
 - 6.1 Kidney yang deficiency–932
 - 6.2 Kidney yin deficiency–933
- 7 Wind (dampness, cold or heat)–933

CHAPTER 54

Lung Atrophy, 935

- 1 Lung yin deficiency with heat–935
- 2 Lung yang deficiency–938
- 3 Heat and cold mixed–939
- 4 Lung and Heart blood stasis–940

CHAPTER 55

Lung Distention, 942

- 1 Cold thin mucus–943
- 2 Turbid phlegm–944
- 3 Phlegm-heat–946
- 4 Qi and yin deficiency–947
- 5 Yang deficiency–948

CHAPTER 56

Lung Infection/Abscess, 951

- 1 Early stage (wind-heat)–952
- 2 Suppuration stage (toxicity-heat)–954
- 3 Rupture stage (phlegm-heat and blood stasis)–956
- 4 Convalescent stage (Lung qi and yin damage with residual toxicity)–958

CHAPTER 57

Men's Health: Benign Prostatic Hyperplasia, 960

- 1 Liver qi constraint–962
- 2 Blood stasis–964
- 3 Damp-heat–965
- 4 Phlegm–967
- 5 Spleen qi deficiency with sinking qi–968
- 6 Kidney deficiency–970
 - 6.1 Kidney yang deficiency–970
 - 6.2 Kidney yin deficiency–972

CHAPTER 58

Men's Health: Erectile Dysfunction, 974

- 1 Liver qi constraint–976
- 2 Blood stasis–978
- 3 Damp-heat–980
- 4 Qi and blood deficiency–982
- 5 Kidney deficiency–984
 - 5.1 Kidney yang deficiency–984
 - 5.2 Kidney yin deficiency–986

CHAPTER 59

Men's Health: Male Factor Infertility, 988

- 1 Liver qi constraint–990
- 2 Damp-heat–992
- 3 Phlegm-dampness–994
- 4 Blood stasis–995
- 5 Qi and blood deficiency–997
- 6 Kidney deficiency–998
 - 6.1 Kidney yang deficiency–998
 - 6.2 Kidney yin deficiency–999
 - 6.3 Kidney essence deficiency–1001

CHAPTER 60

Men's Health: Prostatitis, 1002

- 1 Damp-heat–1004
 - 1.1 Acute damp-heat–1004
 - 1.2 Chronic damp-heat–1005
- 2 Qi and blood stasis–1007
- 3 Kidney yin deficiency–1009
- 4 Kidney yang deficiency–1010

CHAPTER 61

Men's Health: Benign Scrotal Lumps, 1013

- 1 Liver qi constraint–1015

- 2 Phlegm-dampness–1016

- 3 Blood stasis–1018

- 4 Damp-heat–1020
 - 4.1 Acute damp-heat–1020
 - 4.2 Chronic damp-heat–1021

- 5 Qi deficiency with sinking qi–1023

- 6 Liver and Kidney deficiency–1024
 - 6.1 Liver and Kidney yang deficiency–1024
 - 6.2 Liver and Kidney yin deficiency–1025

CHAPTER 62

Mouth Ulcers, 1027

- 1 Acute external heat–1029
 - 1.1 Wind-heat–1029
 - 1.2 Damp-heat–1030
 - 1.3 Toxicity-heat–1031

- 2 Internal heat–1033

- 3 Lingering heat pathogen–1035

- 4 Primary pathological triad–1036

- 5 Qi and blood deficiency–1038

- 6 Yin deficiency–1040

- 7 Yang deficiency–1042

CHAPTER 63

Muscle Weakness and Atrophy, 1045

- 1 Lung and Stomach heat–1049

- 2 Damp-heat–1051

- 3 Phlegm-dampness–1053

- 4 Blood stasis–1055

- 5 Spleen and Stomach qi deficiency–1056

- 6 Spleen and Kidney yang deficiency–1058

- 7 Qi and blood deficiency–1060

- 8 Liver and Kidney yin deficiency–1061

CHAPTER 64

Nausea and Vomiting, 1064

- 1 External pathogens invading the Stomach–1069
 - 1.1 Summerdampness–1069
 - 1.2 Summerheat–1069
 - 1.3 *Shào yáng* syndrome–1070

- 2 Damp-heat–1071
 - 2.1 Spleen-Stomach (qi level)–1072
 - 2.2 Gallbladder–1073

- 2.3 Liver–1074
 - 3 Liver qi invading the Stomach–1075
 - 4 Phlegm-dampness–1078
 - 5 Cold–1080
 - 5.1 Stomach–1080
 - 5.2 Liver channel–1081
 - 5.3 Cold-dampness in the middle burner–1081
 - 6 Food stagnation–1082
 - 7 Spleen-Stomach qi deficiency–1084
 - 8 Stomach yin deficiency–1085
- CHAPTER 65**
- Numbness and Paresthesia, 1088**
- 1 Nutritive and protective qi disharmony–1091
 - 2 Cold in the channels–1092
 - 3 Phlegm-dampness–1093
 - 4 Qi and blood stasis–1094
 - 5 Phlegm and blood stasis–1095
 - 6 Wind-dampness–1097
 - 7 Damp-heat–1099
 - 8 Qi deficiency–1101
 - 8.1 Lung, Heart, Spleen qi deficiency–1101
 - 8.2 Qi deficiency with blood stasis–1102
 - 9 Blood deficiency–1103
 - 10 Liver and Kidney yin deficiency–1104
- CHAPTER 66**
- Obesity, 1107**
- 1 Stomach heat with food stagnation–1110
 - 2 Phlegm-dampness–1111
 - 3 Spleen deficiency–1113
 - 3.1 Qi deficiency–1113
 - 3.2 Yang deficiency–1115
 - 4 Liver and Kidney yin deficiency–1116
 - 5 Qi and blood stasis–1118
- CHAPTER 67**
- Painful Obstruction Syndrome, 1120**
- 1 Dampness–1132
 - 1.1 Wind-dampness–1132
 - 1.2 Cold-dampness–1134
 - 2 Heat–1135
 - 2.1 Damp-heat localized in a joint–1135
 - 2.2 Damp-heat, systemic–1137
 - 2.3 Persistent heat in the nutritive level–1138
 - 2.4 Toxicity-heat–1139
 - 3 Blood stasis–1141
 - 4 Phlegm–1142
 - 4.1 Phlegm in the joints–1142
 - 4.2 Phlegm and blood stasis–1144
 - 5 Qi and blood deficiency–1146
 - 6 Qi and yin deficiency–1147
 - 7 Liver and Kidney deficiency–1149
 - 7.1 Kidney yang deficiency–1149
 - 7.2 Liver and Kidney yin deficiency–1150
 - 7.3 Yin and yang deficiency–1152
- CHAPTER 68**
- Palpitations, Arrhythmia, 1154**
- 1 Qi deficiency–1156
 - 1.1 Heart qi deficiency–1156
 - 1.2 Heart-Kidney axis disruption–1157
 - 1.3 Heart and Gallbladder qi deficiency–1158
 - 2 Heart blood deficiency–1159
 - 3 Heart yang deficiency–1161
 - 4 Heart yin deficiency–1163
 - 5 Heart qi and yin deficiency–1164
 - 6 Phlegm–1166
 - 7 Liver qi constraint with Heart and Liver fire–1167
 - 8 Blood stasis–1169
- CHAPTER 69**
- Regurgitation, 1171**
- 1 Spleen and Stomach yang qi deficiency–1172
 - 2 Phlegm–1174
 - 3 Liver qi invading the Stomach–1176
 - 4 Stomach heat–1178
 - 5 Blood stasis–1179
- CHAPTER 70**
- Rhinitis, 1181**
- 1 Acute, with severe symptoms–1184
 - 1.1 Cold thin mucus assailing the Lungs–1184
 - 1.2 Wind-heat invading the Lungs–1186
 - 2 Lingering pathogen in the qi level–1187
 - 3 Liver and Spleen disharmony with heat–1188
 - 4 Qi deficiency–1189

- 4.1 Lung qi deficiency–1190
- 4.2 Spleen qi deficiency–1191
- 4.3 Kidney and Lung qi deficiency–1192
- 5 Yin deficiency–1194
- 6 Qi and blood stasis–1195

CHAPTER 71

Seizures, 1198

- 1 Heat–1200
 - 1.1 Heat in the Liver–1201
 - 1.2 Heat in *yáng míng*–1202
 - 1.3 Heat in nutritive level–1203
- 2 Phlegm–1205
 - 2.1 Phlegm generating wind–1205
 - 2.2 Phlegm obscuring the orifices–1206
 - 2.3 Phlegm and qi blocking the channels–1206
- 3 Blood stasis–1208
- 4 Qi deficiency–1210
- 5 Qi and blood deficiency–1211
- 6 Yin deficiency–1213

CHAPTER 72

Sinusitis, 1216

- 1 Heat–1218
 - 1.1 Wind-heat–1218
 - 1.2 Stomach heat–1219
 - 1.3 Liver–Gallbladder fire–1220
- 2 Phlegm–1222
- 3 Heat in the Lung channel–1224
- 4 Liver qi constraint with heat–1225
- 5 Lung qi deficiency with lingering pathogenic cold–1226
- 6 Spleen qi deficiency with dampness–1228
- 7 Kidney yang deficiency–1229
- 8 Qi and blood stasis–1230

CHAPTER 73

Somnolence, 1233

- 1 Dampness encumbering the Spleen–1234
- 2 Phlegm–1236
- 3 Damp-heat–1237
- 4 Blood stasis–1239
- 5 Qi deficiency–1241
- 6 Yang qi deficiency–1244

CHAPTER 74

Sore Throat, 1246

- 1 Wind-cold–1247
- 2 Wind-heat–1249
- 3 Lung and Stomach heat–1250
- 4 Phlegm-fire–1252
- 5 Qi and blood stasis–1253
- 6 Lung and Spleen qi deficiency–1255
- 7 Yin deficiency–1256
- 8 Kidney yang deficiency–1258

CHAPTER 75

Sudden Turmoil Disorder, 1260

- 1 Cold-dampness–1261
- 2 Damp-heat–1263
- 3 Dry–1265

CHAPTER 76

Sweating, 1267

- 1 Night sweats–1273
 - 1.1 Yin deficiency with internal heat–1273
 - 1.2 Heart blood and Spleen qi deficiency–1276
 - 1.3 Liver qi constraint with heat–1278
 - 1.4 Lingering pathogens–1279
 - 1.4.1 Damp-heat in the qi level–1279
 - 1.4.2 Heat in the qi level–1281
 - 1.4.3 *Shào yáng* syndrome–1282
 - 1.4.4 Phlegm-heat–1283
 - 1.4.5 Heat in the nutritive level–1285
- 2 Spontaneous sweating–1285
 - 2.1 Qi deficiency–1286
 - 2.2 Yang deficiency–1288
 - 2.3 Nutritive and protective qi disharmony–1290
 - 2.4 Lingering pathogens–1291
 - 2.4.1 Heat in the qi level–1291
 - 2.4.2 *Shào yáng* syndrome–1292
 - 2.4.3 Phlegm-heat–1292
- 3 Sweating from the hands and feet–1292
 - 3.1 Qi deficiency–1292
 - 3.2 Yang deficiency–1293
 - 3.3 Instability of the *shén*–1293
 - 3.4 Heart fire–1293

- 3.5 Heat in the qi level–1293
 - 3.6 Spleen and Stomach yin deficiency–1293
 - 4 Underarm sweating–1294
 - 4.1 Yin deficiency–1294
 - 4.2 Liver-Gallbladder damp-heat–1296
 - 4.3 Heart and Liver fire–1297
 - 4.4 *Shào yáng* syndrome–1298
 - 4.5 Instability of the *shén*–1298
 - 5 Sweating on the head and chest–1299
 - 5.1 Qi and yin deficiency–1299
 - 5.2 Yang deficiency–1299
 - 5.3 Liver qi constraint–1300
 - 5.4 Food stagnation (accumulation disorder)–1301
 - 5.5 Lingering heat in the chest–1302
 - 5.6 Damp-heat in the qi level–1302
 - 6 Unilateral sweating–1302
 - 6.1 Qi and blood deficiency–1302
 - 6.2 Cold-dampness–1304
 - 7 Sweating on the genitals–1304
 - 7.1 Liver-Gallbladder damp-heat–1305
 - 7.2 Kidney yang deficiency–1306
 - 8 Yellow sweating–1307
 - 8.1 Liver-Spleen damp-heat–1307
- CHAPTER 77
- Thyroid Dysfunction, 1308**
- 1 Goitre and nodules–1318
 - 1.1 Phlegm-dampness–1318
 - 1.2 Liver and Kidney deficiency (Penetrating and Conception vessel deficiency)–1318
 - 1.3 Liver qi constraint with phlegm stagnation–1319
 - 1.4 Yang deficiency with congealed phlegm–1320
 - 1.5 Phlegm and blood stasis–1321
 - 2 Hyperthyroid conditions–1323
 - 2.1 Liver qi constraint with heat–1323
 - 2.2 Liver qi constraint with phlegm-heat–1324
 - 2.3 Liver (+ Heart, Stomach) fire–1325
 - 2.4 Wind-warmth (warm disease)–1326
 - 2.5 Heart and Kidney yin deficiency–1328
 - 2.6 Heart yin and qi deficiency–1329
 - 2.7 Liver and Kidney yin deficiency with heat, ascendant yang and wind–1330
 - 2.8 Liver and Heart yin deficiency–1331
 - 2.9 Kidney yin and yang deficiency–1332
 - 2.10 Heart blood and Spleen qi deficiency–1334
- 3 Hypothyroid–1335
 - 3.1 Spleen and Kidney qi deficiency–1335
 - 3.2 Spleen, Kidney and Heart yang deficiency–1336
 - 3.3 Kidney essence deficiency–1338
- APPENDIX: *Ying bìng* and the traditional analysis of goitre and nodules–1339
- 1 *Qì yǐng* (diffuse goitre; literally ‘qi type thyroid swelling’)—1339
 - 2 *Ròu yǐng* (literally ‘flesh thyroid swelling’; benign nodules, single or multiple)—1339
 - 3 *Yǐng yōng* (thyroiditis; literally ‘thyroid swelling abscess’)—1340
 - 4 *Shí yǐng* (literally ‘stone thyroid swelling’; includes malignant growths)—1340
 - 5 *Yǐng qí* (hyperthyroid)—1341
- CHAPTER 78
- Tics and Tremors, 1342**
- 1 Heat–1344
 - 2 Phlegm–1346
 - 2.1 Wind-phlegm–1346
 - 2.2 Phlegm-heat–1347
 - 3 Blood stasis–1349
 - 4 Qi and blood deficiency–1351
 - 5 Yin deficiency–1353
 - 6 Yang deficiency–1355
- CHAPTER 79
- Tinnitus and Hearing Loss, 1358**
- 1 Wind blocking the ear–1360
 - 2 Liver qi constraint–1361
 - 3 Liver-Gallbladder fire–1363
 - 4 Phlegm-fire–1364
 - 5 Qi and blood stasis–1366
 - 6 Qi and blood deficiency–1367
 - 6.1 Spleen qi deficiency–1367
 - 6.2 Heart blood deficiency–1368
 - 7 Kidney deficiency–1370
 - 7.1 Kidney yin deficiency–1370
 - 7.2 Kidney yang deficiency–1371

CHAPTER 80

Tiredness, 1373

- 1 Liver qi constraint–1378
- 2 Dampness–1380
 - 2.1 Dampness encumbering the Spleen and Stomach–1380
 - 2.2 Dampness in the muscles–1381
 - 2.3 Damp-heat–1383
- 3 Phlegm–1384
 - 3.1 Phlegm-dampness–1385
 - 3.2 Phlegm-heat–1386
 - 3.3 Phlegm and qi constraint–1387
 - 3.4 Wind-phlegm–1388
- 4 Lingering pathogens–1389
 - 4.1 *Shào yáng* syndrome–1390
 - 4.2 Lingering heat in the qi level–1391
- 5 Blood stasis–1391
- 6 Qi deficiency–1394
 - 6.1 Lung qi deficiency–1394
 - 6.2 Spleen qi deficiency–1396
 - 6.3 Kidney qi deficiency–1397
 - 6.4 Heart qi deficiency–1398
- 7 Yang deficiency–1399
 - 7.1 Spleen yang deficiency–1400
 - 7.2 Kidney yang deficiency–1401
 - 7.3 Heart yang deficiency–1403
 - 7.4 Liver yang deficiency–1403
- 8 Blood deficiency–1405
 - 8.1 Liver blood deficiency–1406
 - 8.2 Heart blood deficiency–1407
- 9 Yin deficiency–1407
 - 9.1 Lung yin deficiency–1409
 - 9.2 Kidney yin deficiency–1410
 - 9.3 Liver yin deficiency–1411
 - 9.4 Heart yin deficiency–1413
 - 9.5 Spleen and Stomach yin deficiency–1414
- 10 Kidney essence deficiency–1415

CHAPTER 81

Tooth Abscess, 1417

- 1 Acute abscess–1418
 - 1.1 Toxicity-heat–1418

- 1.2 Stomach heat/fire–1419

- 2 Chronic tooth abscess–1421

- 2.1 Qi deficiency with residual toxicity–1421

- 2.2 Yin deficiency with residual toxicity–1423

CHAPTER 82

Urination: Cloudy, 1425

- 1 Damp-heat–1426
- 2 Spleen qi deficiency–1427
- 3 Kidney deficiency–1429
 - 3.1 Kidney yin deficiency–1429
 - 3.2 Kidney yang deficiency–1430
- 4 Blood stasis–1431

CHAPTER 83

Urination: Difficult, 1433

- 1 Liver qi constraint–1434
- 2 Blood stasis–1437
- 3 Urinary tract stones–1438
- 4 Loss of Lung qi diffusion and descent–1439
- 5 Damp-heat–1441
- 6 Spleen qi deficiency–1443
- 7 Kidney deficiency–1445
 - 7.1 Kidney yang deficiency–1445
 - 7.2 Kidney yin deficiency–1446

CHAPTER 84

Urination: Incontinence or Frequent, 1449

- 1 Kidney deficiency–1451
 - 1.1 Kidney yang deficiency–1451
 - 1.2 Kidney yin deficiency–1453
- 2 Heart–Kidney axis disruption–1454
- 3 Spleen and Lung qi deficiency–1456
- 4 Damp-heat–1458
- 5 Liver qi constraint–1459
- 6 Blood stasis–1461

CHAPTER 85

Urination: Painful, 1463

- 1 Heat painful urination–1467
 - 1.1 Damp-heat in the bladder–1467
 - 1.2 Heart fire–1469
 - 1.3 Liver fire–1469

2	Stone painful urination–1471
2.1	Asymptomatic stones–1472
2.2	Stones with damp-heat–1472
3	Qi painful urination–1473
3.1	Liver qi constraint–1473
4	Blood painful urination–1475
4.1	Damp-heat (Fire)–1475
4.2	Blood stasis–1476
4.3	Kidney yin deficiency–1477
5	Cloudy painful urination–1479
5.1	Damp-heat–1479
5.2	Kidney qi deficiency–1480
6	Exhaustion painful urination–1481
6.1	Kidney deficiency–1481
6.2	Spleen qi deficiency–1483
6.3	Heart qi and yin deficiency with fire–1484
CHAPTER 86	
Voice Disorder, 1486	
1	External pathogenic invasion–1488
1.1	Wind-cold–1488
1.2	Wind-heat–1489
1.3	Wind-dryness, Lung dryness–1490
2	Liver qi constraint–1491
3	Phlegm-heat–1493
4	Qi and blood stasis–1495
5	Lung and Spleen qi deficiency–1496
6	Lung and Kidney yin deficiency–1497
CHAPTER 87	
Wheezing, 1499	
1	During an acute episode–1502
1.1	Cold type–1502
1.2	Hot type–1503
1.3	Lung and Liver qi constraint–1505
1.4	Lingering pathogen–1507
1.5	Deficiency type–1508
2	Constitutional treatment between episodes–1509
2.1	Lung qi deficiency–1510
2.2	Spleen qi deficiency–1511
2.3	Kidney deficiency–1513
2.3.1	Kidney yang deficiency–1513
2.3.2	Kidney yin deficiency–1515

CHAPTER 88**Wind-Stroke, 1517**

- 1 External wind–1522
 - 1.1 Wind-dampness-heat invading the *tài yáng* and *yáng míng* channels–1522
 - 1.2 Emptiness of the channels with wind invasion–1526
- 2 Internally-generated wind–1526
 - 2.1 Ascendant Liver yang with wind-fire–1526
 - 2.2 Liver-Kidney yin deficiency with ascendant yang and wind–1528
 - 2.3 Wind-phlegm and blood stasis–1530
 - 2.4 Phlegm-heat with wind-phlegm–1532
 - 2.5 Qi deficiency with blood stasis–1533

CHAPTER 89**Withdrawal Mania, 1536**

- 1 Phlegm and qi constraint–1538
- 2 Qi deficiency with phlegm–1540
- 3 Heart and Spleen deficiency–1541
- 4 Heart and Liver fire–1543
- 5 Phlegm-fire–1544
- 6 Blood and phlegm stasis affecting the Pericardium–1546
- 7 Yin deficiency–1547

APPENDIX 1**Hot Spot Therapy, 1551****APPENDIX 2****Preparation of Herbs, 1553****APPENDIX 3****Obsolete Herbs and Substances with Possible Substitutes, 1555****APPENDIX 4****Endangered Species with Possible Substitutes, 1559****APPENDIX 5****Bibliography and References, 1561**

- Chinese sources–1561
- English sources and references–1565

ACUPUNCTURE INDEX, 1571**GENERAL INDEX, 1575****ABOUT THE AUTHORS, 1623**