

The background image shows a top-down view of a traditional Chinese medicine preparation setup. In the upper left, there is a dark, ribbed mortar. To its right is a small, dark ceramic cup. In the lower left, a larger, light-colored mortar contains a mixture of dried herbs, roots, and slices of ginger. To the right of this mortar is a small, round, light-colored bowl filled with more dried ingredients. In the upper right, a dark ceramic teapot is partially visible. The entire scene is set on a dark, textured wooden surface. A semi-transparent dark purple rectangular box is overlaid in the center, containing the title text in white.

Illness and Healing in Traditional Chinese Medicine



Objectives

- ✓ Learn basic diagnostic methods
- ✓ Learn about the different “*zheng*” (证) for common illnesses

4 Diagnostic Methods

“望闻问切，四诊合参”

Observe/See

Smell/Hear

Ask

Feel/Touch



望

Observe/See

General

- Posture
- Facial Expression

Colour

- Pale/White
- Red
- Yellow
- Purple
- Black

Tongue

- Colour
- Coating
- Shape

望

Observe/See



Kidney

Stomach

Liver and
Gall Bladder

Heart/Lungs



闻

Smell/Hear

Odour

- Strong
- None

Sound

- Volume
- Pitch
- Unique sound
(e.g burping /
hiccups)

问

Ask

1) Hot/Cold

2) Sweat

3) Head/Body

4) Bowel
Movements

8) Thirsty

7) Hearing
Ability

6)
Chest/Abdomen

5) Appetite

9) History

10) Cause



切

Feel/Touch

Pulse

- 28 Types of Pulse

Palpation

- Abnormities
- Temperature

寒热辨证 (*Han Re Bian Zheng*)

To diagnose if the illness has a hot or cold characteristic.

- 寒证 (*Han Zheng*): Cause by contracting the 'cold virus' or deficient in *yang qi*.
- Common Symptoms: Afraid of cold, pain increases when contact with cold, likes warmth, coldness at four limbs, clear phlegm.
- Tongue: Pale with white coating
- Pulse: Tight and/or Slow



寒热辨证 (*Han Re Bian Zheng*)

To diagnose if the illness has a hot or cold characteristic.

- 热证 (*Re Zheng*): Cause by contracting the 'heat virus' or deficient in *yin qi* or *yang qi* in abundance.
- Common Symptoms: Fever, likes cold, thirsty, face in red colour, easily frustrated, yellow phlegm, dark coloured urine.
- Tongue: Red; Coating is dry and yellow
- Pulse: Rapid



虚实辨证 (*Xu Shi Bian Zheng*)

To diagnose if one's immune system is strong or weak or if the pathogens are still present

- 实证 (*Shi Zheng*): Early stage of the illness, when one's immune system is still strong to fight the pathogens.
 - Common Symptoms: Acute disease, loud voice, severe pain, pain worsen on pressure, constipation, face red.
 - Tongue: Red with thick coating
 - Pulse: Strong



虚实辨证 (*Xu Shi Bian Zheng*)

To diagnose if one's immune system is strong or weak or if the pathogens are still present

- 虚证 (*Xu Zheng*): Late stage of the illness, when one's immune system is too weak to fight the pathogens.
- Common Symptoms: Chronic disease, weak voice, tired, pain alleviated on pressure, frequent urination, loose stools.
- Tongue: Pale with thin coating
- Pulse: Weak



风淫证 (*Feng Yin Zheng*)

Illness caused by the 'wind pathogens'

- Common symptoms: Afraid of cold wind, slight fever, perspiration, running nose (clear mucus and phlegm), slight cough, skin itches, pain in joints (pain does not stay at one position).
- Tongue: Pale with thin, white coating
- Pulse: Floating and/or Moderate

暑淫证 (*Shu Yin Zheng*)

Illness caused by 'summer heat pathogens'



- Occurs usually in summer.
- Common symptoms: Afraid of heat, high fever, perspire a lot, thirsty, breathlessness, exhausted, dark coloured urine, nausea, dizziness.
- Tongue: Red with dry, yellow coating
- Pulse: Rapid

湿淫证 (*Shi Yang Zheng*)

Illness caused by dampness

- Common symptoms: Dizziness (feels like there's something wrapped around your head), sleepy, chest tightness, no appetite, nausea, eczema, skin itches.
- Tongue: Pale with thick, white coating
- Pulse: Slippery, Soggy





气虚证 (*Qi Xu Zheng*)

Illness due to deficiency in qi

- Common symptoms: Tiredness, does not feel like talking, breathlessness, perspire a lot, face is pale, frequent urination, loose stools, diarrhea
- Tongue: Pale with thin, white coating
- Pulse: Weak

血虚证 (*Xue Xu Zheng*)

Illness due to deficiency in xue

- Common symptoms: Face and lips are pale, dizziness, tachycardia, a lot of dreams, tiredness, numbness
- Tongue: Pale with no or thin coating
- Pulse: Thin

血瘀证 (*Xue Yu Zheng*)

Illness due to blood clot



- Common example
- Common symptoms: Sharp pain like needles pricking, pain does not move to other areas, blood clot, purple lips, skin bruises
- Tongue: Dark spots can be seen on the tongue
- Pulse: Thin, Choppy, Knotted, Regular Intermittent

气滞证 (*Qi Zhi Zheng*)

Illness due to Qi stagnation

- Common symptoms: Chest pain, sigh, other emotional disturbances, frustration, bloating, loss of appetite
- Tongue: Pale with thin, white coating
- Pulse: Wiry

气逆证 (*Qi Ni Zheng*)

Illness due to the abnormal upward flow of qi

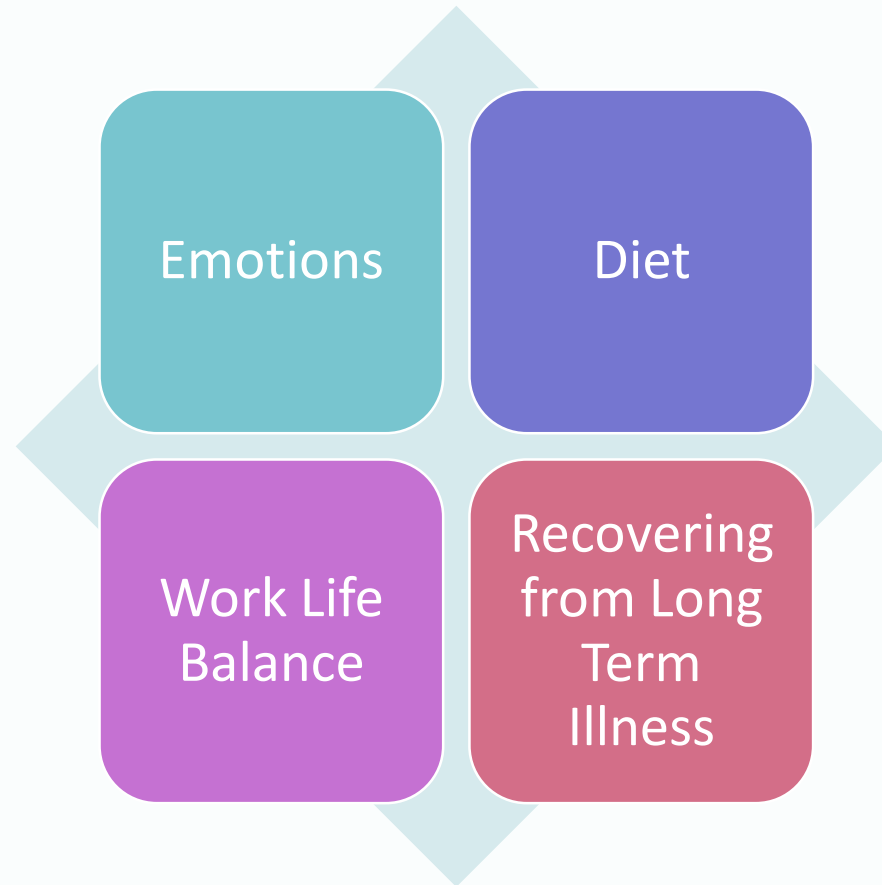
- Common symptoms: Frequent coughs, fast breathing, burp, vomit, hiccups, headache, dizziness
- Tongue: Pale with thin, white coating
- Pulse: Moderate

Insomnia

不寐

-
- Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep.
 - Difficulty falling asleep
 - Waking up often during the night and having trouble going back to sleep
 - Unable to sleep for the whole night
 - Sub quality sleep

Factors



Example of Diagnosis

肝火扰心 (*Gan Huo Rao Xin*)

- Caused by the fire in the liver affecting the heart.
- Common symptoms: Unable to sleep, easily angered, frustrated, dry throat, bitter taste in mouth, dark coloured urination.
- Tongue: Red with yellow coating
- Pulse: Wiry and Rapid
- Treatment: a) 龙胆泻肝汤 (*Long Dan Xie Gan Tang*);
b) Let live and let go

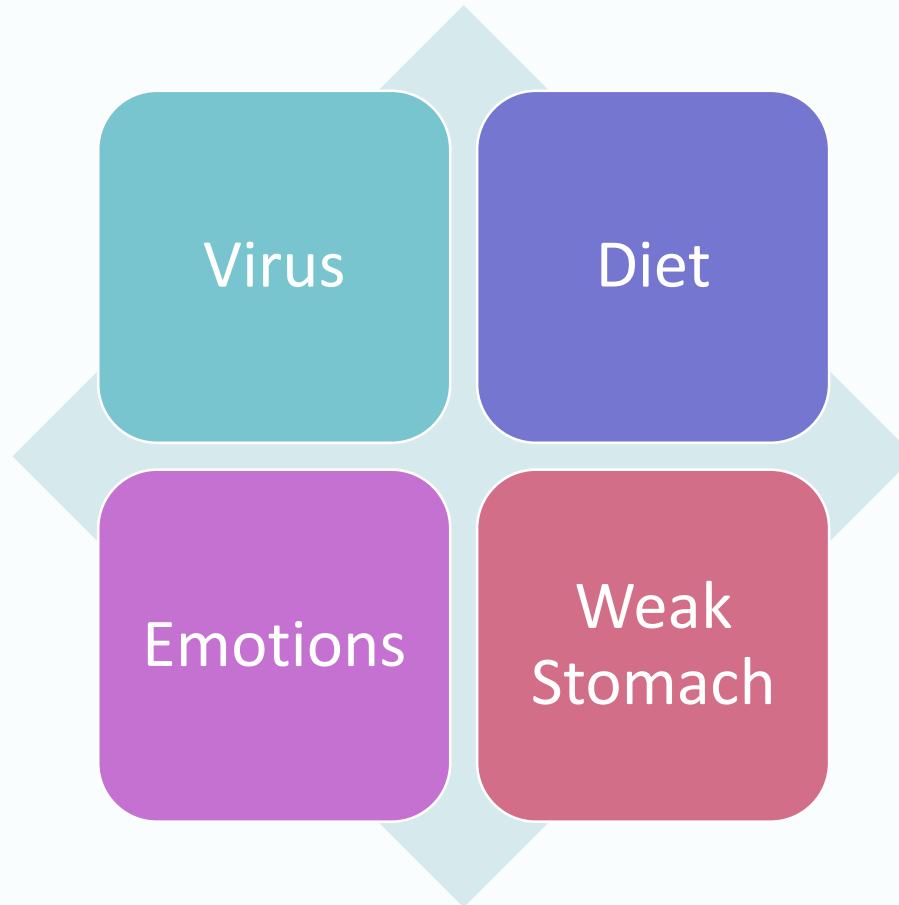
Diarrhea

泄泻

- Characterized by loose, watery stools or a frequent need to have a bowel movement.
- Cause mainly by dampness (湿邪)



Factors



Example of Diagnosis

寒湿停滞 (*Han Shi Ting Zhi*)

- Caused by cold (寒邪) and dampness (湿邪)
- Common symptoms: Clear stool, passing water, stomachache, loss in appetite, usually accompanied with flu.
- Tongue: Pale with white coating
- Pulse: Slippery and Moderate
- Treatment: 藿香正气散 (*Huo Xiang Zheng Qi San*)

Example of Diagnosis

湿热壅滞 (*Shi Re Yong Zhi*)

- Caused by dampness (湿邪) and heat (热邪) virus.
- Common symptoms: Severe stomachache, brown stool, strong odour, watery, burning sensation at the rear, thirsty, dark coloured urination.
- Tongue: Red with thick, yellow coating
- Pulse: Slippery and Rapid
- Treatment: 葛根芩连汤 (*Ge Gen Qin Lian Tang*)

Example of Diagnosis

饮食停滞 (*Yin Shi Ting Zhi*)

- Caused by diet
- Common symptoms: Stomachache, pain reduces after bowel movement, feces smell like rotten egg and accompanied with undigested food, bad breath, loss in appetite.
- Tongue: Pale
- Pulse: Wiry or Moderate
- Treatment: 保和丸 (*Bao He Wan*)

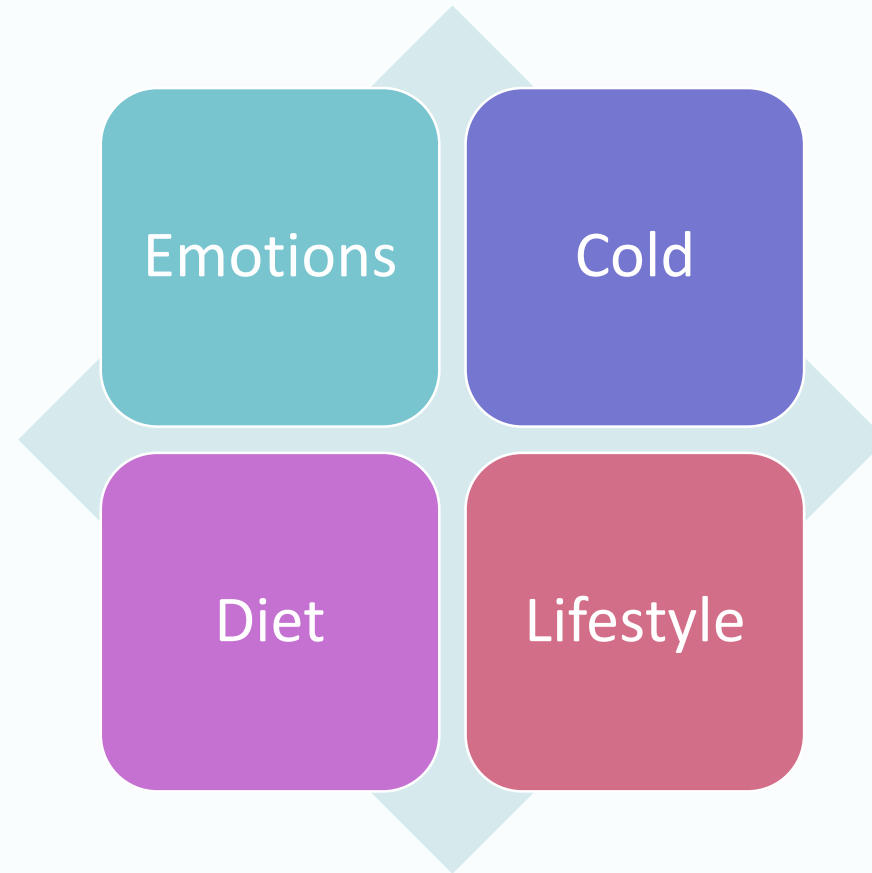


Irregular Menstrual Cycle

月经失调

- Menstrual cycle is counted from the first day of your last period to the start of your next period. Period is considered irregular if
 - It's longer than 38 days
 - The duration varies

Factors



Example of Diagnosis

肝郁血热 (*Gan Yu Xue Re*)

- Due to emotions
- Common symptoms: Period occurs more than once a month, dark/bright red, may have blood clots, cramps, easily angered, thirsty, dry throat.
- Tongue: Red with yellow coating
- Pulse: Wiry and Rapid
- Treatment: 丹栀逍遥散 (*Dan Zhi Xiao Yao San*)

Example of Diagnosis

血虚证 (*Xue Xu Zheng*)

- Due to deficiency in blood
- Common symptoms: Period occurs once in more than a month, shorter cycle, pale red, face looks pale, dizzy, faint spells, tachycardia
- Tongue: Pale with white coating
- Pulse: Thin
- Treatment: 八珍汤 (*Ba Zhen Tang*)

Example of Diagnosis

实寒证 (*Shi Han Zheng*)

- Caused by cold
- Common symptoms: Period occurs once in more than a month, shorter cycle, dark red, blood clots, abdomen pain, pain relieved when heat is applied, afraid of cold.
- Tongue: Pale with white coating
- Pulse: Tight and Slow
- Treatment: a) 温经汤 (*Wen Jing Tang*)
b) Avoid cold drinks/food