Eight Principle Diagnosis

- Cold vs Hot
  - cold
    - aversion to cold
    - preference for warmth
    - tastelessness in the mouth
    - absence of thirst
    - pail complexion or even blue tinge
    - cold limbs
    - lying with body curled up
    - loose stools
    - voluminous clear urine
    - pale (or bluish) moist tongue
    - slow or tense pulse
    - exposure to cold = excess yin, deficient yang
  - hot
    - red complexion
      - irritable and restless
    - fever
    - thirst
    - preference for cold
    - constipation
    - deep yellow scanty urine
    - red tongue, yellow and dry coating
    - rapid pulse
    - invasion of heat = excess yang, deficient yin
  - heat above cold below
    - suffocation and heat in chest
    - desire to vomit
    - thirst and mouth ulcers
    - abdominal pain that is better with heat
    - loose stools
  - exterior cold and interior heat
    - invasion of cold with yin deficiency
  - exterior heat and interior cold
    - invasion of heat with yang deficiency
  - cold can transform in to heat and heat to cold
  - true heat, false cold
    - heat on the interior and signs of cold on the exterior
    - feverish, flushed face and thirst with superficial pulse
    - wants to cover body, drink warm drinks and pulse also weak
      - clear urine
      - pale tongue
      - white coating
  - true cold, false heat
    - cold on the interior and signs of heat on the exterior
    - cold limbs
    - burning sensation in chest and abdomen, aversion to heat, deep forceful pulse, cold drinks
      - irritability
      - dry throat
      - scanty urine
      - constipation
      - deep red tongue with yellow dry coat
- Deficiency/Empty/Vacuous vs. Excess/Full/Replete
  - Excess
    - strength of pathogenic factors vs anti-pathogenic Qi
    - Pain worse with pressure
    - tenesmus
    - pathogenic factor
      - sufficient anti-pathogenic qi
      - exterior
        - cold
        - wind
        - damp
        - heat
      - all internal
        - if there is any anti-pathogenic Qi
        - cold
        - heat
        - damp
        - wind
        - fire
        - phlegm
        - stagnation of Qi
        - stagnation of Blood
  - Defiency
    - Pain relieved by pressure
    - lack of anti-pathogenic Qi
    - deficient
      - Qi
      - Blood
      - Yin
        - afternoon fever
        - malar flush
        - five palm heat
        - night sweats
        - dryness (throat and mouth)
        - yellow urine
        - dry stools
        - red with little or no coat on tongue
        - rapid or thready pulse
      - Yang
        - chills
        - cold limbs
        - listlessness / lassitude
        - spontaneous sweating
        - no thirst
        - clear copious urine
        - loose stool
        - pale delicate tongue with white coat
        - weak (and deep) pulse
  - True Excess with False Deficiency
    - Excess with some signs similar to deficiency
    - dryness and heat in intestines and stomach hindering circulation
      - like deficiency
        - cold limbs
        - deep slow pulse
      - excess
        - forceful pulse
        - distention and fullness in abdomen
        - red tongue with burnt yellow coating
        - throaty voice
  - True Deficiency and False Excess
    - Deficiency with some signs similar to excess
    - deficiency of intestines and stomach
      - like excess
        - distention
        - fullness
        - pain
        - Wiry
      - deficiency
        - weak pulse
        - pressure on stomach reduces pain
- Interior vs. Exterior
  - depth of disease
    - not it's cause
  - direction of development
    - depth increases as a result of
      - defeat of Wei Qi
      - hyperactivity of pathogen
      - delayed / incorrect treatment
    - decrease of depth
      - patient is recovering
    - as depth increasing possible to see both interior and external symptoms
    - possible to be suffering from an internal disease and an external attack
  - interior
    - zang fu
  - exterior
    - skin, hair, muscles, superficial meridians
  - syndromes
    - interior
      - attack at level of zang fu
        - some direct attack of organ by pathogen
        - direct affect of varying causes (emotions)
      - further differentiation
        - deficiency vs. excess
        - internal organ differentiation
      - usually
        - fever with no aversion to cold
        - or aversion to cold with no fever
        - pulse not superficial
        - changes on tongue indicate depth
    - exterior
      - sudden onset
      - short duration
      - intolerance to cold / wind
      - fever / chills at same time
      - thin tongue coat
      - superficial pulse
      - headache
      - cough
      - general ache
      - nasal obstruction
      - further differentiation
        - cold
          - severe chills
          - fever is mild
          - no sweating
          - no thirst
          - thin, moist, white tongue
          - superficial and tense pulse
          - body aches
        - heat
          - mild chills
          - severe fever
          - thirst
          - thin, yellow tongue
            - thin white with red tip and sides at first
          - superficial and rapid pulse
          - some sweating
          - sore throat
          - mild body aches
        - deficiency
          - sweating
        - excess
          - no sweating
    - intermediate / shao yang
      - alternating chills and fever
      - discomfort/fullness of chest and/or hypochondrium
      - vomiting
      - anorexia = not eating
      - bitter taste in mouth and dry throat
      - blurred vision
      - string-taut / wiry pulse
    - bi syndrom (painful obstruction syndrome)
      - painful invasion of channels
      - cold
        - painful
        - relief with heat
      - wind
        - moving pain
      - damp
        - swelling
        - heaviness
      - heat
        - inflammation
        - relief with cold
- Yin vs Yang
  - collapse
    - most extreme case
    - complete separation of yin and yang
      - cad cause death
    - yin
      - excessive exhaustion of fluids
      - severe vomiting
      - severe diaghrea
      - aggravation of deficient yin
      - symptoms
        - sticky sweat
        - feverish
        - warm limbs
        - shortness of breath
        - irritable and restless
        - thirst
        - red dry coat / peeled short dry
        - thready rapid weak
    - yang
      - extreme exhaustion of yang Qi in body
      - profuse sweating
      - aggravation of deficient yang
      - symptoms
        - profuse cold sweat
        - cool
        - cold limbs
        - feeble breathing
        - listlessness
        - desire for warm intake
        - swollen pale moist tongue
        - fading pulse