

Heart Syndromes

Phlegm-Fire disturbing the mind/heart

- symptoms
 - palpitations
 - manic-depression
 - kuang - aggression, uncontrollable laughter
 - + Heart Fire
 - severe emotional issues
- causes
 - excessive hot greasy food consumption
 - fever from exterior heat invading pericardium
- pulse
 - rolling, rapid, forceful
- tongue
 - red with sticky yellow coating
 - also mid-line crack with yellow prickles in it
- Phlegm obstructing the heart
 - coma caused by excess

Phlegm misting the heart

- symptoms
 - dian - mental confusion / depression
 - rattling sound in throat
- causes
 - qi not circulating and distributing body fluids
 - excess consumption of cold, raw foods + emotional problems
 - wind stroke
- pulse
 - wiry, rolling
- tongue
 - whit sticky thick coat (sometimes swollen body)
 - mid-line crack reaching tip w/ prickles

Fire

- symptoms
 - palpitations
 - thirst
 - mouth and tongue ulcers
 - dark urine
 - mental restlessness / agitation
 - from disturbed dreams insomnia
 - red face
 - in the morning bitter taste in mouth
- causes
 - chronic anxiety and depression
 - often from liver-fire
- pulse
 - full rapid overflowing
 - or hasty
- tongue
 - red with coating (yellow) and red/swollen tip

Yin deficiency

- symptoms
 - cheek bones malar flush
 - feeling of heat
 - metal restlessness
 - + Yin deficiency (night sweats, etc.)
 - difficult to fall asleep
 - wakes up often / dream disturbed sleep
 - insomnia
 - palpitations
- causes
 - chronic anxiety and worry
 - attack of exterior heat
- pulse
 - rapid, thin
 - floating empty or fine
- tongue
 - red
 - peeled
 - deep mid-line crack
 - red / red dots at tip

Qi deficiency

- symptoms
 - palpitations
 - light and occasional
 - on exertion
 - + Qi deficiency (tiredness, etc.)
- causes
 - blood loss
 - sadness
- pulse
 - deficient, thin, sometimes missed beats
- tongue
 - pale white coat

Yang deficiency

- symptoms
 - palpitations
 - cold limbs, cyanosis of lips if extreme
 - stuffiness of the chest / heart region
 - + Yang Qi deficiency (Qi Def. + Cold)
- causes
 - blood loss
 - sadness
 - kidney yang deficiency
- pulse
 - deep and weak
 - or knotted (slow irregular stops)
- tongue
 - pale, swollen, delicate possible purple
- complexion
 - bright - pale
- Yang Collapse
 - extreme yang deficiency
 - cyanosis of the lips
 - pulse
 - hidden-minute-knotted / feeble fading
 - coma caused by deficiency

Blood deficiency

- symptoms
 - palpitations
 - at rest
 - evening
 - uneasy feeling in chest / anxiety
 - insomnia
 - difficult to fall asleep
 - poor memory
 - + blood deficiency (dizziness, etc.)
- causes
 - Spleen Qi deficiency
 - anxiety and worry
 - severe hemorrhage
- pulse
 - thready, thin, weak and may be choppy
- tongue
 - pale, dry, thin
- complexion
 - dull - pale

Stagnation of heart blood

- symptoms
 - palpitations
 - stabbing chest pain (radiates to arms or Jaw in women)
 - pulse
 - wiry, choppy
 - + Blood stasis
 - if severe
 - cyanosis of lips, nails
 - cold limbs
 - spontaneous sweating
- only occurs with other patterns
- tongue
 - purple dark, purple spots
- pulse
 - hesitant or missed beats