**CHEST BI BY PATTERN**  
Mary Anne Matta

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**Big Four Points**

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Chest Bi or angina attacks lasts under 5 minutes. If pain lasts up to 15 minutes or more, suspect infarction.

### Stagnation of Qi in Chest
- Chest pain that is distending or wandering, hypochondriac sx (LV and HT)
  - Big Four Points – BL 15, PC 6, CV 14, CV 17
  - Points to open the chest – BL 17 (diaphragm), PC 4 (xi cleft, moves blood)
  - Points to move qi – GB 34 + TW 6 (hypochondria)
  - Points to treat the LV – BL 18, LV 3

### HT Blood Stasis
- Stabbing chest pain, worse at night, palpitations, insomnia, restlessness
  - Tongue is purple, dark spots, veins are enlarged
  - Pulse is choppy
  - Big Four Points – BL 15, PC 6, CV 14, CV 17
  - Points to move blood – SP 10, BL 17, PC 4

### Phlegm Stagnation in Chest
- Heavy chest, SOB, dizzy, white sputum (dizzy is a damp sx)
  - Phlegm is transformed and resolved by invigorating Yang and Qi
  - Tongue is swollen with a sticky white coat
  - Pulse is slippery
  - Big Four Points – BL 15, PC 6, CV 14, CV 17
  - Points to resolve phlegm damp – ST 40, SP 9, CV 9 (transform fluids), LU 7 (cough with mucus)
  - Points to invigorate the Qi – ST 36
  - Points to open the chest – BL 17 (release diaphragm)

### Cold Stagnating in Chest
- Chest pain that radiates to shoulders, inside arm, and back, chest oppression, SOB, palpitations. Cold symptoms – whole body is cold, aversion to cold, sx are worse in the cold.
  - Tongue is normal to blue. Pale thin white coat
  - Pulse is slow and deep
  - Big Four Points – BL 15, PC 6, CV 14, CV 17. Use moxa
  - Points to move Qi in the HT – HT 5 (luo)

### HT & KD Yin Deficiency
- Oppressive chest pain, palpitations, insomnia, restlessness, dizziness. Yin Deficiency signs – tidal fever, night sweats, 5-palm heat. KD signs – low back pain, sore knees, tinnitus.
  - Tongue is red with no coat. Heart crack
  - Pulse is fine and rapid
  - Big Four Points – BL 15, PC 6, CV 14, CV 17
  - Points to nourish Yin
  - Points to calm Shen

### Qi, Yin & Blood Deficiency
- Oppressive chest pain, palpitations, dizziness, low energy, no desire to speak, SOB, pale, blurred vision, worse at night and after work
  - Tongue is red with no coat. Heart crack
  - Pulse is fine and weak
  - Big Four Points – BL 15, PC 6, CV 14, CV 17
  - Points to tonify Yin and Qi – SP 6, ST 36, CV 4
  - Points to tonify the Lungs (for breathing problems) – LU 9, BL 13, HT 5 (luo)

### SP & HT Yang Deficiency
- Dull chest pain, breathless, palpitations, sweating. Cold signs – cold limbs, bright pale face, cyanosis, tired, poor appetite.
  - Tongue is pale and blue purple
  - Pulse is weak and deep
  - Big Four Points – BL 15, PC 6, CV 14, CV 17
  - Points to tonify Yang. Use moxa on all – HT 5, BL 20, CV 12, CV 6, ST 36, SP 6
  - Points to tonify the lungs – BL 13 (breathlessness)
  - Points for local pain – KD 25 (on the chest)