### Zang Fu Patterns

**Mary Anne Matta**

<table>
<thead>
<tr>
<th>ST/Qi Stagnation</th>
<th>SYMPTOMS</th>
<th>PULSE</th>
<th>TONGUE</th>
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<tbody>
<tr>
<td>LV Qi Stagnation</td>
<td>Emotional upset, rib, chest or abdominal distention, lump in the throat, skin, PMS &amp; menstrual irregularity. Can turn to Heat: feeling hot, irritability</td>
<td>Wiry, if Heat: slightly Rapid</td>
<td>Normal</td>
</tr>
<tr>
<td>Rebellious LV Qi</td>
<td>Indigestion: hiccup, belching, nausea, vomiting (obstructs ST Qi)</td>
<td>Wiry on LV &amp; ST</td>
<td>Normal or red sides</td>
</tr>
<tr>
<td>LV Blood Stasis</td>
<td>Menstrual issues (painful, irregular, dark or clotted), palpable masses, purple nails/lips, dry skin. Bleeding: Vomiting of blood, nose bleeds</td>
<td>Wiry or Firm</td>
<td>Purple sides and/or spots</td>
</tr>
<tr>
<td>LV Blood Deficiency</td>
<td>Dizzy, dull pale, blurred vision esp. at night, dry eyes/hair/skin, brittle nails, numb limbs, weak cramped muscles, scanty menses, feeling aimless</td>
<td>Choppiness fine</td>
<td>Pale body, paler sides, can be orange and dry</td>
</tr>
<tr>
<td>LV Yin Deficiency</td>
<td>All LV Blood Deficiency symptoms + red cheeks, afternoon fever, hot palms, nervous tension, dizziness, dry eyes</td>
<td>Floating empty, slightly rapid</td>
<td>No coat or rootless coat. Red if Empty Heat</td>
</tr>
<tr>
<td>LV Yang Rising</td>
<td>Stems from LV Yin or Blood Def: temporal headaches, irritability, dizziness, tinnitus with high pitched whistle, deafness, dry mouth &amp; throat, anger, shouting, insomnia. If generating from LV &amp; KD Yin Def: sore lower back, night sweats</td>
<td>Wiry</td>
<td>Red sides</td>
</tr>
<tr>
<td>LV Fire Blazing</td>
<td>Fire dries up fluids, causes bleeding, and agitates the Mind. Headache, dizziness, high pitched tinnitus, deafness, rage, dream-disturbed sleep. More heat than LV Yang Rising: bloody stools, nosebleeding, vomiting, red face &amp; eyes, thirst, bitter taste</td>
<td>Wiry, rapid, full</td>
<td>Red, dry, redder sides, yellow coat</td>
</tr>
<tr>
<td>Extreme Heat → Wind</td>
<td>Xue Level Heat: Ventricular swirling Wind: high fever, neck stiffness, convulsions, arching of the back. The blood is hot and the Yin is being burned away.</td>
<td>Wiry, rapid, full</td>
<td>Stiff red, thick yellow coat</td>
</tr>
<tr>
<td>Yang Rising → Wind</td>
<td>Extreme upset leading to wind: Dizziness, sudden unconsciousness, convulsion, deviation of eyes &amp; mouth</td>
<td>Wiry, rapid, thin or floating empty</td>
<td>Red, peeled, deviated</td>
</tr>
<tr>
<td>LV Blood Def → Wind</td>
<td>Numb limbs, dry throat/eyes, blurry vision, facial tics, tremors</td>
<td>Wiry</td>
<td>Pale, thin, deviated</td>
</tr>
<tr>
<td>Cold Stagnation In LV</td>
<td>Lower abd. pain radiating to genitalia, worse with cold &amp; better with warmth, vertex headache, cold hands &amp; feet, dry heaving</td>
<td>Wiry, pale, slow</td>
<td>Pale, wet, white coat</td>
</tr>
<tr>
<td>Damp Heat In LV</td>
<td>Damp: sticky taste, heavy body, poor appetite, abd. fullness, nausea Heat: bitter taste, yellow foul-smelling vaginal discharge and genital itching &amp; pain, mid-cycle bleeding Urine: burning, dark, difficult, scanty</td>
<td>Wiry, rapid, slippery</td>
<td>Red, redder sides with sticky yellow coating</td>
</tr>
<tr>
<td>LV Fire Insulting LU</td>
<td>SOB, asthma, bloody cough, stuffy chest/hypochondriac, headache, dizzy, red face, thirst, bitter taste, scanty dark urine, constipation</td>
<td>Wiry, slippery</td>
<td>Red, redder sides, dark yellow coat, front swollen</td>
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<table>
<thead>
<tr>
<th>GB Deficiency</th>
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<tr>
<td>GB Deficiency</td>
<td>Timid, lack of courage &amp; intuitive, sighing. Concurrent with LV Blood Deficiency: dizziness, blurred vision, floaters, startles easily</td>
<td>Weak</td>
<td>Pale or normal</td>
</tr>
<tr>
<td>GB Damp</td>
<td>Bile backing up: jaundice (eyes/skin), not digesting fats, subcostal pain &amp; fullness, nausea, turbid urine, no thirst, sticky taste, dull headache, heaviness</td>
<td>Slippery Wiry Slow</td>
<td>Thick sticky white coat bilateral or one sided</td>
</tr>
<tr>
<td>LV/GB Damp Heat</td>
<td>LV Heat + can’t digest fats, alteration of hot and cold feelings, numbness of limbs, heavy body, thirst without desire to drink, swollen feet</td>
<td>Wiry Rapid</td>
<td>Unilateral yellow coat on R (thick sticky)</td>
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<tr>
<th>SI Deficiency</th>
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<tr>
<td>Full Heat In the SI</td>
<td>Stems from HT Fire: mental restlessness, insomnia, mouth/tongue ulcers, throat pain, heat in chest. Spilling into SI &amp; BL: deafness, abd. pain, thirst for cold drinks, scanty dark burning urine, in urine.</td>
<td>Overflowing rapid in Cun. Wiry on BL with urinary sx</td>
<td>Red w/ redder swollen tip, yellow coat</td>
</tr>
<tr>
<td>SI Qi Pain</td>
<td>Stagnant Qi in SI and LV: borborogymus, lower abdominal twisting pain radiating to back or testes (worse with pressure, relieved by flatulence)</td>
<td>Deep wry esp in rear</td>
<td>White coat</td>
</tr>
<tr>
<td>SI Qi Tied</td>
<td>Like SI Qi Pain, but acute/sudden, and more severe (possible vomiting &amp; constipation)</td>
<td>Deep wry</td>
<td>Thick white coat</td>
</tr>
<tr>
<td>SI Deficient &amp; Cold</td>
<td>Caused by SI Yang Def → Cold obstructing SI dull abd. pain alleviated by pressure, desire for hot drinks, borborogymus, diarrhea, clear copious urine, cold limbs</td>
<td>Deep weak slow</td>
<td>Pale body, white coat</td>
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<table>
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<th>HT Deficiency</th>
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<tr>
<td>HT Qi Def.</td>
<td>Palp, SOB on exertion, spontaneous sweating, tired, depressed, pallor</td>
<td>Empty, esp in HT</td>
<td>Pale or normal. Heart Crack</td>
</tr>
<tr>
<td>HT Yang Def.</td>
<td>Palpitations, SOB on exertion, spontaneous sweating, listless, tired, chest discomfort, cold feeling (esp hands), bright pale face, purple lips</td>
<td>Deep, weak, knotted</td>
<td>Pale, wet, swolen</td>
</tr>
<tr>
<td>HT Yang Collapse</td>
<td>Palpitations, weak shallow breathing, profuse sweating, cold limbs, blue lips, greyish white face, coma in severe cases. Can cause HT Blood Stasis</td>
<td>Hidden, minute, Knotted</td>
<td>Blue-purple, short, or very pale</td>
</tr>
<tr>
<td>HT Blood Def.</td>
<td>Palpitations, insomnia, poor memory, dizziness, pale, anxiety, easily startled</td>
<td>Choppiness or fine</td>
<td>Pale, thin slightly dry</td>
</tr>
<tr>
<td>HT Yin Deficiency</td>
<td>HT Blood Deficiency + mental restlessness, fitfulness, dry mouth, 5 palm heat, night sweats, afternoon fever, feeling hot and bothered</td>
<td>Floating, empty, rapid or Fine, rapid</td>
<td>Red, swollen redder tip, no coat. Heart Crack, red spots</td>
</tr>
<tr>
<td>HT Qi Stag</td>
<td>Suppressed emotion causing Qi Stagnation: palpitations, slight SOB, sighing, depression, chest &amp; throat hurt, weak cold limbs, pale face, purple lips</td>
<td>Empty but Overflowing in HT</td>
<td>Pale Purple chest area and sides</td>
</tr>
<tr>
<td>HT Vessel Obstruction</td>
<td>Palpitations, SOB with inability to lie down, mental restlessness, depression, flustered, stabbing or prickly chest pain that comes and goes and might radiate to upper back or shoulder. Sx of Phlegm &amp; Cold: aggravated by cold, better with heat, expectoration of phlegm, heavy, cold hands, sighing, purple, lips, face &amp; nails</td>
<td>Wiry, choppiness, or knotted. Slippiness if Phlegm is predominant</td>
<td>Purple chest area. Swollen. Sticky coat.</td>
</tr>
<tr>
<td>HT Blood Stasis</td>
<td>Stems from HT Yang Def → Qi Stag: palpitations, stabbing/prickling chest pain, can radiate to inner aspect of left arm/shoulder, blue lips/face/nails, cold hands, sweating</td>
<td>Wiry, choppiness, or knotted</td>
<td>Purple on the whole tongue or purple chest area.</td>
</tr>
<tr>
<td>HT Fire Blazing</td>
<td>Palpitations, mental restlessness, dream-disturbed sleep, impulsive, agitated, thirsty, red face, hot, bitter taste in the morning only after a bad nights sleep, mouth &amp; tongue ulcers, hot dark urine, excessive sweating</td>
<td>Full, rapid, flooding in HT, and hasty</td>
<td>Red, yellow coat, pulpy red tip. Heart Crack, red spots</td>
</tr>
<tr>
<td>Phlegm Fire Harassing HT</td>
<td>HT: palpitations, depression, manic behavior, Phlegm: coughing up phlegm, unclear mind. Fire: agitation, dream-disturbed sleep, thirst, red face, bitter taste, constipation, dark yellow urine</td>
<td>Full, rapid, slippery, wiry, or overfloaing</td>
<td>Red, swollen redder tip, yellow dry sticky coat, red spots, Heart Crack</td>
</tr>
<tr>
<td>Phlegm Misting the Mind</td>
<td>Mental depression, confusion, weeping &amp; laughing w/o reason, fainting, throat rattle, problems speaking, vomiting, very dull eyes</td>
<td>Slippiness</td>
<td>Swollen, thick sticky coat, Heart Crack</td>
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<tr>
<td>Rebellious ST Qi</td>
<td>Nausea, belching, vomiting, hiccup, difficulty swallowing. Can occur when LV Qi invades</td>
<td>Wiry tight in ST</td>
<td>Normal</td>
</tr>
<tr>
<td>ST Qi Deficiency</td>
<td>Epigastric px (mild/dull), lack of taste, fatigue in morning, weak limbs, loose stools, no appetite</td>
<td>Empty esp in ST</td>
<td>Pale</td>
</tr>
<tr>
<td>ST Deficient + Cold</td>
<td>Stems from ST Yang Def. epigastric px worse after bowel movement, better after eating &amp; with massage. Preference for warm liquids, cold limbs, fatigue, loose stools, no appetite.</td>
<td>Deep weak slow esp in R-middle</td>
<td>Pale, wet, swollen</td>
</tr>
<tr>
<td>Cold Invasion In ST</td>
<td>Exterior: sudden epigastric pain, worse with cold (ie. drinking cold liquids which are quickly vomited), better with warmth.</td>
<td>Deep slow tight</td>
<td>Thick white coat</td>
</tr>
<tr>
<td>ST Yin Deficiency</td>
<td>Epigastric px (burning, empty), feels full quickly after eating or hungry but can’t eat, dry heaving, hiccup, dry mouth with desire to drink in small sips, constipation</td>
<td>Floating empty, rapid thread</td>
<td>Pealed in center, or Coat w/o root</td>
</tr>
<tr>
<td>Damp Heat In ST</td>
<td>Epigastric px, heaviness, facial pain, blocked nose, sticky nasal discharge, sticky mouth with no desire to drink, feeling hot, nausea</td>
<td>Slippery rapid</td>
<td>Red, sticky yellow coat</td>
</tr>
<tr>
<td>ST Fire or</td>
<td>Epigastric px (burning), sour regurgitation, vomiting soon after eating, foul breath, always hungry &amp; hot, bleeding gums,</td>
<td>Full rapid</td>
<td>Red w/ thick yellow dry</td>
</tr>
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ZANG FU PATTERNS
Mary Anne Matta

**Phlegm in ST**
- Thirsty for cold drinks, dry mouth & stools, mouth ulcers

**ST Food Retention**
- Epigastric fullness, sour regurgitation, nausea, better after vomiting, belching, foul breath, insomnia, no desire to eat.
- Can be either a hot or cold pattern

**ST Blood Stasis**
- Epigastric px (severe, fixed, worse w/ heat, eating or pressure). Vomiting blood, bloody stools
- Wiry, chopy, Purple w/ purple spots

### SP

**SP Qi Deficiency** Poor appetite, abstention, sleepiness after eating, weak limbs, loose stools, yellow face
- Empty
- Pale, middle depression

**SP Sinking** SP Qi Def + bearing down sensation in abd., any organ prolapse, frequent urgent urination
- Empty weak
- Pale

**SP Not Holding Blood** SP Qi Def + heavy menstrual bleeding, bloody urine/stools, red skin spots, easy bruising.
- Fine
- Pale

**SP Qi Def → Dam** SP Qi Def + nausea, epigastric fullness, heaviness in head & limbs
- Slippy
- Pale, middle depression

**SP Yang Deficiency** SP Qi Def + cold limbs, edema, bright white complexion. Abdominal px (worse w/ eating, better with heat or pressure), desire to lie curled up
- Weak, slow, deep
- Pale, wet, swollen

**Damp Cold in SP** Oppression in chest-epigastrum (better w/ heat), sense of heaviness, sticky saliva, sweet taste or absence of taste, no thirst or appetite, leucorrhoea
- Slippy, slow
- Sticky thick white coat

**Damp Heat Invading SP/ST** No appetite, sense of heaviness esp in abdomen, drinking only small sips, nausea, vomiting, foul smelling stools, burning anus, scanty dark urine, low grade fever, headache, yellow skin
- Slippy rapid
- Sticky yellow coat

### LU

**LU Qi Deficiency** Weak cough, SOB, clear sputum, weak voice, dislike of speaking, tired, aversion to wind & cold, daytime sweating, catches colds easily, bright white face
- Empty in LU/LI
- Pale or normal

**LU Dryness** Occurs before Yin Def: DRY (cough, skin, throat, mouth) thirsty, hoarse voice
- Empty in LU/LI
- Dry, no coat

**LU Yin Deficiency** Cough (dry, scanty, sticky, or blood tinged), dry mouth, itchy throat. Essentially LU Dryness + yin deficiency signs like 5 palm heat, night sweats
- Floating empty rapid
- Red peeled dry, cracks in LU

**LU Heat** Cough, slight SOB, flaring nostrils, feeling hot, achy chest, thirsty, red face
- Floating rapid
- Red with yellow coat

**Wind Cold Invasion** Cough with clear mucus, aversion to cold, stuffy clear runny nose, itchy throat, sneezing, occipital headaches, body aches, no sweating
- Floating in LU/LI
- White thin coat

**Wind Heat Invasion** Cough with yellow mucus, fever, thirst, heat sensation, aversion to wind & cold, sore throat, yellow nasal discharge, headache, body aches, sweating
- Floating rapid
- Slight red tip
- Thin coat (white or yellow)

**Wind Water Invasion** Sudden swelling of face and eyes, spreads to whole body. LU obstructed by Wind-Cold & Damp: scanty but pale urine, aversion to wind, fever, cough, SOB
- Floating slippery
- White sticky coat

**Dry Phlegm in the LU** Dry cough with difficult to expectorate scanty sputum, wheezing, dry throat, SOB, heavy, nasty dry face
- Slippy fine
- Swollen, sticky dry coat

**Phlegm Damp Obstruction** Internal Full Cold Pattern: Chronic productive cough with sticky white sputum, stuffy chest, SOB lying down
- Slippy weak
- Floating fine
- Thick sticky white coat

**Phlegm Heat Obstruction** Barking cough w/ chest pain, thick yellow/green, bloody or foul smelling sputum SOB, asthma, coarse breathing, dry mouth, yellow urine, constipation
- Slippy rapid full
- Red, thick sticky yellow coat

**Phlegm Fluid Obstruction** Chronic condition. Frothy white & watery Phlegm-Fluids obstructs LU b/c the Yang of SP, KD, LU is failing to transform fluids. Seen in elderly, cough sometimes elicited by a scare, splashing chest sounds.
- Fine, slippery, weak, hollow
- Pale, thick sticky white coat

### LI

**LI Heat** Interior Pattern: dry hard stools, burning mouth & anus, scanty dark urine
- Full rapid
- Thick yellow coat

**Heat Obstructing Li** Acute, always a fever, constipation, abd pain, burning anus, thirst (Qi Level)
- Deep full
- Dry, thick yellow dry coat

**Dryness in Li** Occurs with ST Yin Def: Dry difficult to pass stools, dry mouth and throat, thin body, foul breath, dryness
- Fine
- Dry, pale or red w/o coat

**LI Cold** Stems from SP Yang: loose stools like duck droppings, cold limbs, dull abdominal pain, borborygmi
- Fire
- Pale

**Cold invading Li** Exterior full pattern. Sudden cramping pain, diarrhea, and cold.
- Deep Tight
- Thick white coat

**LI Qi Stagnation** Abd distention & pain, bitty stools, irritability aggravating the condition
- Wiry in Rear
- Normal, red sides

**LI Collapse** Stems from SP Qi Def & Sinking: tried after bowel movement, prolapsed anus, chronic diarrhea, hemorrhoids, poor appetite, cold sx. Might affect BL
- Deep-Fine
- Weak
- Pale

### BL

**BL Deficient & Cold** Associated with KD Yang Deficiency but more bladder symptoms: frequent, pale and copious urination, incontinence, enuresis, lower back pain, diziness, nocturia, white discharge
- Deep - weak
- Pale, wet

**Damp Cold in the UB** Difficult urination with no heat signs: frequent, urgent urination, difficult urination (stopping mid-stream), heavy in hypogastrica and lower burner. Pale; cloudy if damp
- White sticky coating in the rear
- Slippy-Slow, Wiry in L rear

**Damp Heat in the UB** Difficult urination with heat signs and frequent, urgent, burning, difficult, dark, cloudy, bloody urine, gravel/stones in urine, fever, thirst, heat, lower abd fullness.
- Slippy rapid, wiry in BL
- Sticky yellow coat, red spots on root

### KD

**KD Qi Def** Weak sore back & knees, dribbling after urination, nocturnal emissions w/o dreams.
- Weak-deep-thready
- Pale, white coat

**KD Yang Def** KD Qi Def + cold, impotence, infertility, diziness, tinnitus, bright white complexion
- Deep weak
- Pale, swollen, wet

**KD Yin Def** KD Qi Def + diziness, tinnitus, restlessness/irritable, poor memory, nocturnal emissions, night sweats, dry mouth & thirst, 5 palm heat, constipation, dark scanty urine
- Floating-empty-rapid
- Red, no coat, cracks

**KD Essence Def** KD Qi Def. In Kids: slow development, late fontanelle closure. In Adults: brittle bones, falling/greying hair, senility, bad teeth, poor memory, weak libido
- Floating-empty
- Leathery
- Red, peeled

**KD Yang Def → Water Overflowing** KD Qi Def + edema of legs, ankles, abdomen, cold signs.
- Water in HT, palpitations, SOB, cold hands
- Deep-weak-slow
- Pale, swollen, white coat

**KD Yin Def → Empty Fire Blazing** KD Qi Def + scanty dark or blood in urine, nocturnal emissions w/ dreams, afternoon fever, night sweats, dry throat esp at night, excessive libido, mental restlessness
- Floating-empty-rapid
- Red, peeled, cracked, red tip

**KD not receiving Qi** Subset of KD Yang Def with pronounced SOB on exertion or inhalation
- Deep-weak-tight
- Pale

**KD Qi not Firm** Def of Ming Men Fire weakness of Lower Burner: incontinence, dribbling urination, profuse clear urine, prolapse, dreamless nocturnal emissions, premature ejaculation
- Deep-weak
- Pale