

Differentiate Type	Pattern Identification		Tongue signs		Pulse	Disease cause/ pathomechanism	Expression and emotion	Sleep
			Body	Fur				
Repletion Patterns	Liver constraint Qi Stagnation	<b>Binding constraint of liver qi</b>	Normal	thin slimy	Wiry	Depressed anger unexpressed emotions  - Liver qi horizontal counterflow, ascending invasion of the heart-spirit, restraining spleen /stomach, opposite (flow) (of the liver) bullying lung-metal, horizontal fleeing into the vessels and networks, downward penetration into the intestinal spaces	Depressed essence-spirit  Suspicious and worrying too much  Heart vexation and easily angered	Many times normal   Can have insomnia
		<b>Liver-stomach disharmony</b>	Normal	thin slimy	Wiry			
		<b>Liver-spleen disharmony</b>		White slimy	Wiry			
		<b>Chronic constraint entering the network (vessels)</b>		White slimy	Deep Wiry			
	<b>Qi stagnation and blood stasis</b>		Maybe Purple	Thin slimy	Wiry choppy	Chronic qi stagnation leading to blood stasis	Constraint, vexation and agitation. Menstruation not moving	Perhaps insomnia
	<b>Qi constraint transforming to fire</b>		Red	yellow	Wiry rapid	Chronic constraint transforming to fire	Emotional rashness	Many times insomnia
	Phlegm-Qi bind	<b>Phlegm-Qi bind</b>		Thin slimy	Slippery wiry	- Ongoing excessive thought - compromising oneself for others, unexpressed emotions	Hard obstruction in throat when swallowing (like a piece of baked meat) unable to swallow or spit up.	Perhaps insomnia
		<b>Qi constraint phlegm-heat</b>	red	yellow	Wiry rapid <sup>ii</sup>			
		<b>Phlegm-damp obstructing the stomach</b>		Grimy slimy	Diminished slippery	Liver constraint reaching the spleen weakening of the spleen's transportation gathering and generation of phlegm contentious binding of phlegm-qi obstruction of the stomach and overtime transforming to heat.	Called: "Plum-pit qi syndrome"	"didn't have enough sleep last night"  disquieted
		<b>Phlegm turbidity assailing upwards</b>		Grimy slimy	Slippery wiry			
<b>Congestive exuberance of phlegm-fire</b>		red	Yellow slimy	Slippery rapid	Damp-evil remaining and over time transforming to heat			
Vacuity Patterns	Chronic constraint damaging the heart	<b>Chronic constraint damaging the spirit</b>		Thin white	Wiry rapid	Liver qi constraint over time inhibiting the qi dynamic, reduced food intake, qi and blood loses their source, heart and spleen dual depletion	Heat vexation easily angered	Easily waken Little sleep Many dreams
		<b>Heart and spleen dual vacuity</b>	pale	Thin white	Vacuous soft		Essence-spirit is dimmed, Sadness, fear, & tendency to cry, often time. Lassitude of spirit and forgetfulness. Called: "visceral agitation syndrome"	
	Chronic constraint damaging the yin	<b>Chronic constraint damaging yin</b>	red	Scant & bare	Wiry thin	If there is chronic qi constraint transforming to fire then it leads to injury to yin and blood.	Heart vexation easily angered Seminal emission & backache Irregular menstruation	Little sleep with tendency to wake
		<b>Liver effulgence yin vacuity</b>	crimson	Scant	Wiry thin rapid			

Pattern	Chest & rib-side	Stomach duct and abdomen	Diet	Vomiting	Face color	Taste	Headache	Dizziness	Tinnitus	Palpitations	urination	Bowel	Formula
<b>Binding constraint of liver qi</b>	Oppression pain	Abdominal distension	No thought of food Reduced eating, torpid intake	belching	Often normal	Maybe dry bitter	--	--	--	--	As usual	Maybe impaired	<b>Si ni san Li qi ping gan tang</b>
<b>Liver-stomach disharmony</b>	Oppression	Stomach oppression		Sour belching			--	--	--	--		Impaired	<b>Xuán fū dài zhě tāng</b> <b>Er chen tang + zuo jin wan</b>
<b>Liver-spleen disharmony</b>	fullness	Abdominal distension		--		--	--	--	--	Sloppy diarrhea		<b>Tong xiè yào fāng</b>	
<b>Chronic constraint entering the network (vessels)</b>	Oppression pain	Distention		belching		Maybe dry bitter	--	--	--	Impaired		<b>Xuán fū huā tāng</b>	
<b>Qi stag and blood stasis</b>	Stabbing pain	Distention	No thought	Belching	Dull dark	dry bitter	--	--	--	--	Maybe yellow	Constipation	<b>Xuán fū huā tāng</b>
<b>Qi constraint transforming to fire</b>	Oppression distension	--	Clamoring stomach	Acid regurg.	Red		+	+	+	--	yellow	Binding constipation	<b>Dān zhī xiǎo yao sǎn + yuè jú wán</b> <b>Gèng yī wán</b> <b>Dān zhī xiǎo yao sǎn + zuo jin wan</b>
<b>Phlegm-Qi bind</b>	Chest oppression qi counterflow	--	No thought	--	As usual	--	--	--	--	--	As usual	Maybe constipation	<b>Bàn xia hòu po tāng</b>
<b>Qi constraint phlegm-heat</b>		--		Hiccup	As usual	bitter	+	+	+	--	yellow	Constipation	<b>Wēn dǎn tāng</b>
<b>Phlegm-damp obstructing the stomach</b>		Stomach oppression	Torpid intake, (things have) no flavor	Belching	As usual	--	--	--	--	--	As usual	Dry	<b>Bǎo hé tāng</b> <b>Bàn xia shú mǐ tāng + wēn dǎn tāng</b>
<b>Phlegm turbidity assailing upwards</b>		Torpid intake, reduced eating	hiccup	As usual	bitter	+	+	+	--	As usual	Maybe constipation	<b>Fú líng tāng</b>	
<b>Congestive exuberance of phlegm-fire</b>	--	--	--	Red face	--	+	+	+	--	Yellow-red	Constipation	<b>Lóng dǎn xiè gān tāng</b>	
<b>Chronic constraint damaging the spirit</b>	Tight	--	--	--	Pale	--	--	--	--	--	Possibly sloppy	<b>Gān mài dà zao tāng</b>	
<b>Heart and spleen dual vacuity</b>	--	Abdominal distension	Reduced eating	--	Withered yellow	--	--	--	+	--	Sloppy	<b>Gui pi tāng</b>	
<b>Chronic constraint damaging yin</b>	<b>Tight</b>	--	--	--	<b>Reddening of the cheeks</b>	<b>Dry mouth</b>	+	+	+	+	--	<b>Constipation</b>	<b>Yī guàn jiān</b>

Formula Name	Pattern	Medicinal ingredients
Si ni san	Binding constraint of liver qi	Chai hu, bai shao, zhi ke, gan cao, xiang fu, yu jin, qing pi
Li qi ping gan tang		Wu yao, xiang fu, qing pi, zhi ke, bai shao, chuan xiong, chai hu, mu xiang, sheng jiang, gan cao
Xuán fù dài zhě tǎng	Liver-stomach disharmony	Fu hua, zhe shi, dang shen, ban xia, sheng jiang, da zao, gan cao
Er chen tang + zuo jin wan		Chen pi, ban xia, fu ling, gan cao, huang lian, wu zhu yu
Tong xiè yào fāng	Liver-spleen disharmony	Bai shao, bai zhu, chen pi, fang feng, sheng ma
Xuán fù huā tǎng	Chronic constraint entering the network (vessels)	Xuan fu hua, xin jiang, dang gui, tao ren, ze lan, yu jin, hong hua
Xuán fù huā tǎng	Qi stag and blood stasis	Xuan Fu hua, xin jiang, dang gui, tao ren, dan shen, yu jin
Dān zhī xiāo yào sǎn + yuè jú wán	Qi constraint transforming to fire	Mu dan pi, zhi zhi, chai hu, bai shao, fu ling, bai zhu, bo he, sheng jiang, gan cao, xiang fu, cang zhu, chuan xiong, shen qu
Gèng yī wán		Lu hui, zhu sha (These are added for constipation)
Dān zhī xiāo yào sǎn + zuo jin wan		Mu dan pi, zhi zhi, chai hu, bai shao, fu ling, bai zhu, bo he, sheng jiang, gan cao, huang lian, wu zhu yu
Bàn xia hòu pō tǎng	Phlegm-Qi bind	Ban xia, hou po, fu ling, zi su ye, sheng jiang
Wēn dǎn tǎng	Qi constraint phlegm-heat	Ban xia, jie hong, fu ling, gan cao, zhu ru, zhi shi, zhi zi, huang lian
Bǎo hé tǎng	Phlegm-damp obstructing the stomach	Chen pi, hou po, xiang fu, lai fu zi, mai ya, shan zha, lian qiao, gan cao
Bàn xia shú mǐ tǎng + wēn dǎn tǎng		Ban xia, bei shu mi, jie hong, fu ling, gan cao, zhu ru, zhi shi, zhi zi, huang lian
Fú líng tǎng	Phlegm turbidity assailing upwards	Fu ling, ban xia, chen pi, gan cao, dang shen, xiang fu, wu mei, yi zhi ren, zhu li, jiang zhi, dan xing
Lóngdǎn xiè gān tǎng	Congestive exuberance of phlegm-fire	Long dan cao, huang qin, zhi zi, ze xie, mu tong, che qian zi, dang gui, sheng di, chai hu, gan cao
Gān mài dà zāo tǎng	Chronic constraint damaging the spirit	Gan cao, fu xiao mai, da zao
Gui pi tǎng	Heart and spleen dual vacuity	Dang shen, huang qi, fu ling, bai zhu, gan cao, long yuan rou, zao ren, dang gui, yuan zhi, mu xiang, sheng jiang, da zao
Yī guǎn jiǎn	Chronic constraint damaging yin	Bei sha shen, mai men dong, gui shen, sheng di, gou qi zi, chuan lian zi
Zī shuǐ qīng gān yǐn	Liver effulgence yin vacuity	Sheng di, shan zhu yu, shan yao, fu ling, mu dan pi, ze xie, gui shen, bai shao, chai hu, zhi zi, da zao

Signs	Herbs to Add
Insomnia	Chao zao ren, yuan zhi
Chest & rib-side tightness	Fo shou, xiang yuan
Stomach oppression	Fo shou, shen qu
Belching	Xuan fu hua, dai zhe shi
Sour belching	Huang lian, wu zhu yu
hiccup	Zhu ru, ban xia
Dry mouth	Sheng di, mai men dong, shi hu
Bitter taste in the mouth	Huang lian, long dan cao
Headache	Ju hua, bai ji li, shi jue ming
Dizziness	Gou teng, shi jue ming, bai ji li
Palpitations	Zhu fu shen
Constipation	Yu li ren, huo ma ren
Sloppy stool	Lian zi rou, qian shi, yi yi ren
Tinnitus	Ci shi, yuan zhi

Ideas not to forget: Many times in the treatment of constraint patterns qi rectifying herbs are used. Qi rectifying herbs are fragrant and dry and can damage yin. In chronic disease yin and blood are secretly consumed therefore one must be cautious in their use. Chinese herbs that rectify qi but do not damage the yin are: fo shou, xiang fu, bai ji li, lu e mei, mei gui hua, jie luo. (These are suitable to use with yin vacuity and chronic disease)

#### Translator's Comments:

One should notice the fine differentiations made between seemingly ordinary patterns such as liver qi constraint. The liver-spleen and liver-stomach are common differentiations, but the chronic constraint entering the network vessels is a somewhat overlooked pattern. One can see that the pulse becomes deep, emotions start to become more active, there starts to become a chance of insomnia. This pattern is starting to show signs of blood stagnation (arising from qi stagnation) – Hence the diagnosis ‘entering the network vessels’. It is a long-term problem and because of this a very different herbal approach is undertaken, moving the blood with xuan fu hua tang.

