

Numbness and Tingling: (Direct Translation by Jason Blalack)

Pattern				Tongue		Pulse	Pathomechanism	Numbness and Tingling	
				Body	Fur			Location	Type
Excess	Qi stagnation	Qi stagnation blockage (?)			Thin white	Floating and Choppy	Depressive anger, emotions unsmooth, external, outside contraction of cold	Limbs	Sore with [a sensation] of heaviness, if massaged then feels relaxed
	Dead blood	Blood stasis obstructing the network vessels	Network vessel stasis, internal damage	Purple stasis	white	Choppy and stagnant		Limbs	Insensitivity, pinching is not painful
			Blood stasis obstructing network vessels	Pale purple stasis	White	Choppy and stagnant			
	Wind yang	Ascendant hyperactivity of Wind yang		Red tip	Yellow or thin white	Wiry, fast, and energetic (劲)	Effulgent Liver yang, repeated contraction of anger when provoked (复受恼怒刺激)	Hands and feet	Hands and feet tremble and shake
	Wind phlegm	Wind phlegm obstruction			White slimy	Floating and slippery	External wind stirring internal wind, phlegm turbidity scurrying into the channels and network vessels.	Hands and feet	Skin and flesh insensitivity
	Damp-Phlegm	Damp phlegm obstructing the network vessels	Damp phlegm obstructing the network vessels	distended	White	Wiry, slippery, moderate	1. Irregular diet, excessive consumption of fatty, sweet, hot, spicy, and acrid foods. 2. excessive thought damaging the spleen 3. Long-term fatigue damaging the qi 4. Constitutional yang deficiency	limbs	Insensitivity, pinching is not painful, limbs are heavy and has discomfort
			Damp phlegm confined vacuity ??	Distended pale	White	Deep moderate			
	Phlegm turbidity	Phlegm turbidity obstructing the middle	Phlegm turbidity obstructing the middle	Distended	White slimy	Soggy and slippery		Hands and feet	Hands and feet numbness and tingling, symptoms are relatively mild
			Phlegm depression transforming to heat	Possibly Distended	Yellow slimy	Wiry slippery			
	Damp impediment	Damp impediment obstructing the	Damp impediment obstructing the	Distended	White slimy	Soggy moderate or deep	Damp pathogen entering and the organism.	limbs	Insensitivity, fixed heavy sore pain, pain has a fixed location.

		network vessels	network vessels			and thin	Hindering qi and blood.		
			Phlegm-stasis impediment obstruction	purple	White possibly slimy	small	Enduring impediment entering the network vessels, congealing of static blood, vessels and networks impeded.	Whole body	Insensitivity and pain is very severe, stubborn and not able to heal
Vacuity	Qi vacuity	Qi vacuity leading to loss of transportation	Qi vacuity leading to loss of transportation	pale	white	Floating soggy or weak	1. Irregular diet damaging the spleen. 2. Long-term fatigue damaging the qi 3. deficiency due to enduring sickness	Hands and feet	Hands and feet numbness and tingling
			Defensive qi moving yin (?)	pale	white	Soft and wiry fast		Whole Body	
	Blood vacuity	Blood vacuity – source dryness (?)	Pale red	scant	Choppy moderate	1. long-term fatigue causing 2. long-term excessive anxiety and thought 3. Chronic disease, after a great disease, excessive loss of blood 4. excessive sexual desire and activity 5. constitutional insufficiency	Shoulder and back, lumbus and legs	In the daytime less severe, nighttime more severe, eyes closed is worse, eyes open is decreased	
							Arms from wrist up		
							Both legs		
	Dual vacuity	Qi and blood vacuity stasis	Pale purple stasis	scant	Vacuous-weak or thin choppy	Limbs	Insensitivity or hemilateral withering, often seen in half of the body's limbs (and body)		
Yīn vacuity	Yīn vacuity yáng hyperactivity	Liver and kidney yīn vacuity	red	scant	Thin wiry fast	Hands and feet	Hands and feet or see trembling		
		Yīn vacuity yáng hyperactivity	red	scant	Wiry thin fast				

Pattern	Expression of Spirit	Face color	Food & Drink	Copious Phlegm	Limbs	Urine	Bowels	Formula
Qi stagnation	Heart vexation, depression	usual	Devitalized	Not copious	Normal	Normal	ungratifying	Qiang huo xing bi tang, da huo luo dan, xiao huo luo dan,
Dead blood - Network vessel stasis, internal damage	Heart vexation easily anger	green-blue complexion	Devitalized	Not copious	Possibly cold	inhibited	Possible constipation	Shen tong zhu yu tang
Dead blood - Blood stasis obstructing network vessels	Fatigue and heart vexation		Reduced eating					Qing xuan yu xue fang, tao ren qiao xian dan
Wind yang	Dizziness, clouded and heavy head and light feet, can have clouding collapse and convulsion, twitching (convulsions?) speechless (抽搐不语)	Eyes red	Possibly normal	Copious phlegm	Vexation heat likes cold	Possibly yellow	Possible constipation	Tian ma gout eng yin, ling yang jiao gu tang
Wind phlegm		pale						Da qin fang tang, bu yang hai wu tang
Damp phlegm obstructing the network vessels	chest oppression, abdominal fullness, spirit fatigue with sleepiness	Excessively plump	Devitalized	Copious phlegm	Normal	Long and clear	Possibly sloppy	Er cehn tang
Damp phlegm confined vacuity ??								liu jun zi tang
Phlegm turbidity obstructing the middle	Chest oppression, nausea, lots of sleep	obese	Glomus and fullness	Copious phlegm	Normal	Long and clear	Possibly sloppy	Ban xia bai zhu tian ma tang, di tan tang
Phlegm depression transforming to heat	Chest oppression vexation, insomnia							Possible heat
Damp impediment obstructing the network vessels	Heavy cumbersome uncomfortable body	Deficiency puffiness	Reduced eating	Possible copious phlegm	Not warm	Copious and clear	Possibly sloppy	Chu shi juan bi tang, chuan xiong fu ling tang, huang qi wu shi tang
Phlegm-stasis	fatigued spirit							Xing yu tong luo wan

impediment obstruction	lacking strength heavy cumbersome							
Qi vacuity leading to loss of transportation	Fatigue, shortness of breath, somnolence	Sallow yellow	Reduced eating	Possible copious phlegm	Not warm	Long and clear	sloppy	Si jun zi tang, bu zhong yi qi tang
Defensive qi moving yin (?)	Heart vexation, shortness of breath, somnolence							Bu zhong he zhong sheng yang fang
Blood deficiency disease in the limbs	Palpitations, dizziness, fatigued spirit lacking strength, constitution is weak	Pale lacking luster	Appetite devitalized	Not copious	Not warm or heart vexation	Possible yellow	Possible constipation	Qin fang si wu tang
Blood deficiency – arms from the wrist up								Sang ji si wu tang
Blood deficiency disease in the legs								Niu xi si wu tang
Dual vacuity	Shortness of breath, laziness to move, lacking strength	Sallow yellow	Low appetite	Not copious	Not warm	Possible clear	Possible sloppy	Bu yang hai wu tang
Liver and kidney yin vacuity	Dizziness clouded head, flowery vision, empty head, deficiency vexation insomnia	Emaciated cheek bones	Possible normal	Not copious	Hands and feet heart vexation	Possible yellow	Possible constipation	Gou qi di huang tang
Yin vacuity yang hyperactivity								Tian ma gout eng yin, jing zhui bing fang

Formula	Pattern	Contents
Qiang huo xing bi tang	Qi stagnation	Qiang huo, fang feng, qin jiao, chuan duan, dang gui, ru xiang, mo yao, wei ling xian, mu xiang, xiang fu
Da huo luo dan		Patent
Xiao huo luo dan		Chuan wu, cao wu, dan xing, di long, ru xiang, mo yao
Shen tong zhu yu tang	Dead blood - Network vessel stasis, internal damage	Hong hua, tao ren, dang gui, chi shao, chuan xiong, pu huang, ling zhi, qin jiao, sum u, pian jiang huang, lao shi teng, huai niu xi, hǔ tóu jiāo (Anectochili Herba), zhi gan cao

Qing xuan yu xue fang	Dead blood - Blood stasis obstructing network vessels	Fu hua, xin jiang, yu jin, lu sun, xian pa ye, qing cong guan
Tao ren qiao xian dan		Tao ren, gan zhu, da ji, bai jie zi
Tian ma gou teng yin,	Wind yang	Tian ma, gou teng, shi jue ming, niu xi, du zhong, ji sheng, zhi zi, huang qin, yi mu cao, zhu fu shen, ye jiao teng, di long, jiang can, xi xian cao, zhu li, ban xia
Ling yang jiao gu tang		Ling yang jiao gu, bai shao, du zhong, niu xi, gout eng, shi jue ming, tian zhu huang
Da qin fang tang,	Wind phlegm	Qin jiao, dang gui, bai shao, shu di, sheng di, chuan xiong, fu ling, bai zhu, qiang huo, fang feng, du huo, xi xin, bai zhi, gan cao, jiang can, quan chong, di long, dan shen
Bu yang hai wu tang		Huang qi, dang gui, chi shao, chuan xiong, tao ren, niu xi, dan shen, di long
Er chen tang	Damp phlegm obstructing the network vessels	Ban xia, fu ling, chen pi, gan cao, cang zhu, tian ma, dan xing, bai jie zi, zhu li, jiang zhi
Liu jun zi tang	Damp phlegm confined vacuity ??	Dang shen, fu ling, bai zhu, gan cao, chen pi, ban xia, dan xing, zhi shi, tian ma
Ban xia bai zhu tian ma tang	Phlegm turbidity obstructing the middle	Ban xia, bai zhu, tian ma, jie hong, fu ling, ze xie, bai ji li,
Di tan tang		Dang shen, fu ling, gan cao, ban xia, chen pi, zhu ru, dan xing, zhi shi, shi chang pu
Wen dan tang	Phlegm depression transforming to heat	Ban xia, jie hong, fu ling, gan cao, zhu ru, zhi shi, huang qin, huang lian, huang bai
Chu shi juan bi tang	Damp impediment obstructing the network vessels	Cang zhu, bai zhu, fu ling, ze xie, chen pi, qiang huo, gan cao, jiang zhi (juice), zhu li, fang ji, yi yi ren, can sha
Chuan xiong fu ling tang		Chuan xiong, chi ling, fang ji, sang zhi, ma huang, dang gui, chi shao, chen pi, zhi gan cao, da zao, cang zhu, huang bai, fu zi, qiang huo
Huang qi wu shi tang		Huang qi, bai shao, gui zhi, sheng jiang, da zao
Xing yu tong luo wan	Phlegm-stasis impediment obstruction	Zhi nan xing, bai fu zi, bai jie zi, zhi jiang can, chuan chong, feng fang, bao shan jia, tu bie chong, tao ren, hong hua, hu zhang
Si jun zi tang	Qi vacuity leading to loss of transportation	Dang shen, fu ling, bai zhu, gan cao, ji xue teng, xi xian cao
Bu zhong yi qi tang		Dang shen, huang qi, bai zhu, gan cao, dang gui, chai hu, sheng ma, chen pi, sheng jiang, da zao, ji xue teng, xi xian cao
Bu zhong he zhong sheng yang fang	Defensive qi moving yin (?)	Dang shen, huang qi, bai zhu, gan cao, dang gui, chai hu, sheng ma, shen pi, bai shao, cao kou (Alpiniae Katsumadai Semen), fu ling, cang zhu, huang bai, ze xie, fo er cao (佛耳草)
Qin fang si wu tang	Blood deficiency disease in the limbs	Qin jiao, dang gui, bai shao, chi shao, shu di, sheng di, chuan xiong, mu gua, he shou wu, [gou] qi guo
Sang ji si wu tang	Blood deficiency – arms from the wrist up	Niu xi, dang gui, bai shao, chi shao, shu di, sheng di, chuan xiong, mu gua, he shou wu, [gou] qi guo
Niu xi si wu tang	Blood deficiency disease in the legs	
Bu yang hai wu tang	Dual vacuity	Huang qi, [dang] gui wei, chi shao, chuan xiong, tao ren, hong hua, di long, dan shen, niu xi, gui zhi, sang ji sheng, ji xue teng, hong shen
Gou qi di huang tang	Liver and kidney yin vacuity	Gou qi zi, ju hua, shu di, shan yao, fu ling, mud an pi, ze xie, long gu, mu li, tong ji li (Astragali Complanati Semen), xi xian cao, di long, ji xue teng, quan chong
Tian ma gout eng yin,	Yin vacuity yang hyperactivity	Tian ma, gout eng, sheng di, dang gui, huang qin, sang ji sheng, ci shi, cao jue ming (Cassiae Semen), niu xi, du zhong, fu shen, zhi zi, ji xue teng, xi xian cao
Jing zhui bing fang		Bai shao, mu gua, wei ling xian, xi xian cao, ji xue teng, sheng gan cao

Modifications:

Numbness and tingling	lao guan cao (Highest quality), xi xian cao, ji xue teng, fang ji, mu gua, wu jia pi
Limb tremor and quivers	di long, quan chong, wu she, bai hua she, gout eng, tian ma
Limbs severe pain	ru xiang, mo yao, wu gong, wu she
Limbs with pain enduring (disease?)	qin jiao, huang qi, dang gui, wei ling xian
Enduring disease that does not heal, qi and blood blocking the network vessels	quan chong, di long, wu gong, wu she, bai hua she, x she, shan jia, qiang lang (dung beetle)
Upper limb numbness and tingling pain	jiang huang, sang zhi
Lower limb numbness and tingling	niu xi
Back pain numbness and tingling	du zhong, ji sheng, huai niu xi
Shoulder and back (back of the shoulder?) numbness and tingling	jie geng, qiang huo
Limbs flooding numbness	fu zi, rou gui
Proliferation of osseous tissues	wei ling xian

Numbness and tingling refers to a loss or decreased sensation in part of the body. This is essentially a sensational disorder and primarily encompasses intervertebral disc disease, cervical vertebra, or lumbar vertebral joint disease leading to spinal nerve root pathology, rheumatic disease, cerebral vascular sclerosis, frequently occurring neuritis, hysteria type feeling disorder (癔病性感觉障碍), leprosy, as well as other peripheral nerve issues and spinal nerve and central nervous system disorders.

Chinese medicine disease classifications are: numbness and tingling as painful obstruction syndrome, wind strike, phlegm disorders, stasis patterns, depressive patterns, and tetany. In all of these disease there is historical record of potentially having numbness and tingling. The fundamental pathomechanism of an symptomatic episode as well as the root of the disease is a functional disorder of the liver, spleen, and kidney. Many times the cause is an external contraction of cold-damp with evil obstructing the channels and network vessels; or depression damaging the liver, qi mechanism depressive bind, blood stasis internal bind, vessel and networks obstruction; or irregular food and drink, anxiety and excessive thought injuring the spleen qi; or excessive fatigue damaging the qi, excessive sex damaging the kidney, leading to spleen and kidney qi depletion, and the sinews and vessels losing their nourishment.

Chinese medicine herbal therapy is extremely effective is treating the root as well as the symptoms.

If you have any questions or comments on this subject, please do not hesitate to email me at: JBlalack@chinesemedicinedoc.com