

Syndromes of Distress: The Eight Guiding Principles

<i>Guiding Principles</i>	<i>Physiological process</i>	<i>Clinical Manifestations</i>	<i>Pulse and Tongue Picture</i>
<i>Cold</i>	retarded metabolic activity	generalized or localized sensations of cold or chill; measured decrease in body temperature; pallid complexion, skin, or mucous membrane	very white tongue fur; pale or purplish tongue body; slow or tense pulse
<i>Heat</i>	accelerated metabolic activity	generalized or localized sensations of heat or burning; measured increase in body temperature; reddening or flushing of complexion, skin, or mucous membrane	yellow tongue fur; reddened tongue body; rapid or bounding pulse
<i>Deficiency</i>	hypofunction or diminished capacity of any organ or physiological process; decreased resistance to stress or infection	persistent generalized or localized feelings of fatigue, weakness, emptiness, or dull pain	scanty or absent tongue fur; pale flabby, or scalloped tongue body; weak and/or thin pulse
<i>Excess</i>	hyperfunction or obstruction of any organ or physiological process; increased reactivity to stress or infection	persistent generalized or localized feelings of fullness, tension, agitation, or intense pain	thickened, viscous tongue fur; reddened, swollen, stiff, or quivering tongue body; very strong, large, or tense pulse
<i>Internal</i>	affecting deeper layers of tissue and levels of function of the visceral organs, brain, spinal cord, bones, deep vessels and nerves, middle and inner ears, lining of body cavities, and internal reproductive organs	no special symptoms	changes in the tongue body; changes in the pulse at the deep level
<i>External</i>	affecting the superficial layers of tissue and levels of function including the skin, hair, nails, peripheral vessels and nerves, muscles, tendons, ligaments, joints, eyes, external ears, nose, mouth, teeth, breasts, anus, and external genital organs	no special symptoms	changes in the tongue fur; changes in the pulse at the superficial level
<i>Yin</i>	<i>Cold, deficient and internal syndromes.</i> This category summarizes the fundamental or composite nature of a disease process that includes <i>Cold, deficient, and internal syndromes.</i>		
<i>Yang</i>	<i>Heat, excess, and external syndromes.</i> This category summarizes the fundamental or composite nature of a disease process that includes <i>Heat, excess, and external syndromes.</i>		