

Exterior/Interior

	Exterior	Interior
Definition	Group of pathological condits resulting from invasion of superficial portion of the body by exogenous pathogens	Pathological conditions resulting from: <ol style="list-style-type: none"> 1. transmission of exogenous pathogenic factors to the interior of the body to affect the Zangfu organs 2. or from functional disturbances to the Zangfu organs
What it tells you:	Location and stage of a disease (depth of a disease and direction the disease is developing toward—out to in, or in to out.)	Location and stage of a disease (depth of a disease and direction the disease is developing toward—out to in, or in to out.)
Locations	Superficial portions: Skin, hair, muscles, interspaces between, superfic portions of meridians and collaterals	Interior: Five zang and six fu organs
Natures	<ol style="list-style-type: none"> 1. Sudden onset 2. short duration 3. early stage of exogenous disease 	<ol style="list-style-type: none"> 1. Chronic 2. longer duration 3. middle or late stage of disease
Causes	<ol style="list-style-type: none"> 1. invasion of exogenous pathogenic factors 	<ol style="list-style-type: none"> 1. transmission of a persistent pathogen from exterior to interior to invade Zangfu organs 2. direct attack on Zangfu organs by exogenous pathogens 3. Lifestyle factors which affect zangfu organs directly leading to functional disturbances such as: <ol style="list-style-type: none"> a. drastic emotional changes b. improper diet c. overstrain and stress
Chief Manifestations	<ol style="list-style-type: none"> 1. Fever simultaneous to chill 2. Aversion and intolerance to cold, wind, chill 3. Pain in the limbs 4. Sweating or not, depending on whether heat or cold is coupled with this. 5. Thin white tongue coat 6. Superficial pulse 	<ol style="list-style-type: none"> 1. High fever 2. No aversion to cold 3. irritability, delirium, coma 4. vomiting 5. thirst 6. Either constipation or diarrhea 7. Tongue: yellow fur (may range from yellow to black, slippery to greasy, body may be purple, pale, trembling, deviated, etc. 8. Pulse: deep, slippery, wiry, choppy
Accompanying sym/signs	Headache, general aching, nasal obstrx/dischg, sneezing, coughing	

Clinical Manifestations	<ol style="list-style-type: none"> 1. Exterior cold syndrome 2. Exterior heat syndrome 3. Exterior excess syndrome 4. exterior deficiency syndrome 	<ol style="list-style-type: none"> 1. interior cold syndrome 2. Interior heat syndrome 3. Interior excess syndrome 4. Interior deficiency syndrome
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Differentiation of Exterior/Interior

Exterior	Interior
Fever + aversion to cold	<ol style="list-style-type: none"> 1. Fever, no aversion to cold <i>-or-</i> 2. No fever + aversion to cold
Thin white tongue coating	Various abnormal tongue coat qualities
Superficial pulse	Deep pulse

Cold/Heat

	Cold	Heat
Definition	Pathological conditions resulting from: 1. Exposure to exogenous pathogenic cold -or- 2. deficiency of yang in interior of body	Pathological conditions resulting from: 1. Invasion of exogenous pathogenic heat -or- 2. deficiency of Yin in the interior of the body
What it tells you:	Nature and stage of a disease	Nature and stage of a disease
Locations	Exterior or interior	Exterior or interior
Natures	<ul style="list-style-type: none"> • Belongs to Yin • Duration: long (int), short (ext) 	<ul style="list-style-type: none"> • Belongs to Yang • Acute/urgent nature if caused by exogenous heat • Chronic if caused by deficiency (of yin, yang, qi, blood) • Duration: long (int), short (ext)
Chief Manifestations (Symptoms)	<ul style="list-style-type: none"> • Aversion to cold, pref for warmth • No thirst • Pallor • Cold limbs • Loose stools • Clear, profuse urine • Tongue: pale, white moist or greasy coat • Pulse: slow or tense • Tasteless/bland taste in mouth 	<ul style="list-style-type: none"> • Fever, pref for coolness • Thirst, pref cold drink • Redness of face/eyes • Hot limbs • Dry stools or constipation • Urine: dark yellow, scanty, reddish • Tongue: red w/yellow and/or dry coat • Pulse: rapid • Spirit: <ul style="list-style-type: none"> ○ Irritability ○ Restlessness
Clinical Manifestations	<ol style="list-style-type: none"> 1. Exterior cold 2. Interior cold 3. Excess cold 4. Deficient cold 	<ol style="list-style-type: none"> 1. Exterior heat 2. Interior heat 3. Excess heat 4. Deficient heat

Symptom comparison

	Cold	Heat
Cold/heat	Aversion to cold, prefer heat	Aversion to heat, prefer cold
Thirst	No	Yes, wants cold drinks
Face	Pale	Red
Limbs	Cold	Hot
Stools	Loose	Dry
Urine	Profuse, clear	Scanty, reddish, dark
Tongue	Pale with white and greasy coat	Red with yellow coat
Pulse	Slow and tight	Fast

True/False syndromes

	True Heat + False Cold	True Cold + False Heat
Thirst	Yes, wants cold	Yes, wants warm
Covering	No	Yes
Face	Pale	Red
Body feels	Hot	Cold
Throat	Dry	Not dry
Limbs	Cold	Hot
Stools	Dry	Loose
Urine	Scanty, reddish	Profuse, clear
Tongue	Deep red, dry yellow coating	Pale, white moist fur
Pulse	Forceful, deep	Large, weak

Interior Xu (def) and Shi (excess) Cold Syndromes.

	Int Xu Cold	Int Shi Cold
Limb temp	Cold	Cold, pref warmth
Face complex	Pale	Pale
Ab pain	Cold pain, better with pressure	Pain, worse with pressure
Stool	Loose	Loose
Urine	Clr, profuse	Clr
Taste?		Bland
Tongue	Pale	Pale w/white coat
Pulse	Deep, slow, weak	Deep, slow, tight
Fatigue	Yes	---
s.o.b.	Yes	----

Exterior cold, heat, deficiency, excess comparison chart:

	Ext cold	Ext heat	Ext defic (xu)	Ext excess (shi)
Aversions	Strong, to cold	Slight: wind & cold	Wind	
Fever	Mild	Severe	Mild	Mild
Chills	Severe	Mild	Mild	Severe
Pain	General aching	Headache	Headache Stiff neck	Headache Body pain
Sweating	No	Yes	Spontaneous	No
Thirst	No	Yes Slight + dry sensation in mouth	No	No
Tongue	Light/mild red	Red tip and edges	Pale	Mild red
Coating	Thin white moist	Thin yellow	Thin or none	Thin and white

Pulse	Floating and tight (superfic, tense)	Floating and rapid	Floating, thin, weak	Floating, strong Floating tight
Other			Pale face SOB Dyspnea w/Exertn Catch cold easy Poor appetite Loose stool	

Interior: cold, heat, deficiency, excess comparison chart

	Internal cold	Internal Heat	Internal Xu	Internal Shi
Aversions	Cold, pref heat			
Fever		High		High
Chills				
Pain	Abdominal			
Sweating				
Thirst	No	Yes		
Complexion		Red eyes, lips		
Tongue		Red	Pale, swollen	
Coating	White			Yellow, old fur
Pulse	Deep, slow	Deep, fast	Deep, weak	
Stool	Loose			Constipation
Urine	Clear	Yellow, red		
Other	Cold limbs	Irritable	Lassitude Dizziness Palpitation Low voice Less talking Poor appetite	Mental restlessness Hoarse breathing

Deficiency/Excess

Deficiency/Excess refers to the relative strength of the pathogens and the anti-pathogenic Qi.

General Symptoms of Deficiency

Common deficiency syndromes types are: yin, yang, qi, blood. More on those specifics next page

Symptom Category	Symptom	Probable Cause(s)/ Notes
Body Condition	Emaciation	
Facial Complexion	Pallor	Qi Deficiency Blood Deficiency Yang Deficiency
Demeanor	Listlessness	
Level of Energy	Lassitude	
Breathing	Feeble Shortness of Breath	Lung Qi Deficiency Zong Qi Deficiency
Speech/voice	Dislike of speaking	Lung Qi Deficiency Zong Qi Deficiency
Heart	Palpitations	Heart Qi Deficiency Zong Qi Deficiency
	Insomnia	Heart Qi Deficiency Heart Blood Deficiency
	Poor memory	Heart Blood Deficiency <i>(short term = heart, Long term = kidney)</i>
Sweating	Spontaneous	Qi Deficiency Yin Deficiency Yang Deficiency
	Night Sweating	Qi Deficiency Yin Deficiency Yang Deficiency
Nocturnal...	Emissions	Yin Deficiency Yang Deficiency Qi Deficiency
	Enuresis (<i>bed wetting</i>)	Kidney Qi Deficiency
Pain	Pain alleviated by pressure	Deficiency of x
Tremors	Yes	Liver x deficiency <i>Can also be excess such as external wind invasion or internal rising liver yang/fire, etc.</i>
Tongue	Dry Little coating No coating	Yin deficiency Body fluid deficiency Blood deficiency
Pulse	Of appropriate deficiency type	

Yin Deficiency Syndromes

Can be many different types of yin deficient syndromes: liver, heart yin, body fluid, etc.

Symptom Affects:	Symptom	Probable cause(s) / Notes
Body condition	Emaciation	Yin deficiency
Eye	Dry	Liver yin deficiency
	Blurry	Liver blood deficiency
Fever	Afternoon fever	Yin deficiency
	Heat in palms and soles	Yin deficiency
Facial complexion	Red in zygomatic/malar area	Yin loss and blood loss causing def heat
Sweating	Night sweats	Yin deficiency
Throat and Mouth	Dryness	Yin deficiency Body fluid deficiency
Urine	Yellow (darkish)	Yin deficiency/yang relatively too much
Stool	Dry	Yin defic
Tongue	Red w/ little coating	
Pulse	Thready and rapid	Thready due to deficiency Rapid due to deficient heat

Yang Deficiency

Yang defic usually preceded by Qi deficiency

Symptom Affects:	Symptom	Notes or possible causes
Chills and fever	Chills	
Limbs	Cold	
Demeanor	Listless	Cold brings sluggishness in body and mind
Energy level	Lassitude	
Sweat	Spontaneous sweating	Yin (body fluid) + Yang (wei qi) = sweat Spon sweat = yang qi def (wei) cannot ctrl sweat pores, so fluids leak out.
Thirst	None	Meaning: body fluid enough or not too much heat
Urine	Clear, increase in volume	
Stools	Loose, often with diarrhea early in the morning around 5am	
Tongue	Pale, white coating	
Pulse	Deep, weak, slow	Deep = interior Weak = deficiency Slow = cold

Qi Deficiency Syndrome

Usually comes before a yang deficiency

Symptom Affects:	Symptom	Notes or possible causes
Energy level	Fatigue Lassitude	
Breathing	Shortness of breath	
Voice	Weakness of voice	
Sweating	Spontaneous	(Wei qi deficiency which can't control pores)
Tongue	Swollen, teethmarks, white fur	
Pulse	Soft, weak	Soft = qi not powering blood Weak = deficiency

Blood Deficiency Syndromes

Symptom Affects	Symptom	Notes or possible causes
Vision	Blurry	Often = liver blood deficiency
Facial complexion	Pallor Pale eyelids, mouth, lips, gums, nails	
Energy level	Fatigue	
Memory and concentration	Poor memory Poor concentration	
Menses	Irregular menstruation	
Other	Dizziness	
Tongue	Pale with white coating	
Pulse	Weak and soft	

Excess Syndromes

Syndromes of excess refer to pathological conditions in which:

1. the **pathogenic factor** is hyperactive
2. the **antipathogenic Qi** remains strong

Reasons for excess:

1. External evil attacking
2. dysfunction of internal organs

Symptom Affecting	Symptom	Notes or possible causes
Demeanor	Agitation	
Voice	Loud or sonorous	
Breathing	Coarse	
Chest/abdomen	Distention and fullness	
Pain	Pain aggravated by pressure	
Bowels	Constipation Tenesmus	Straining, urgent, painful. Feels incomplete, often with burning. Damp heat is the problem. Often seen in IBS.
Urine	Dysuria	
Tongue	Thick and sticky coating	
Pulse	Excess type pulses	

Exterior/Interior + Cold/Heat + Deficiency Excess Symptoms

Exterior	Cold	<ul style="list-style-type: none"> • Chills greater than fever • Bland taste in mouth • Thirst: No thirst • Tongue: thin white coating • Pulse: superficial and tight
	Heat	<ul style="list-style-type: none"> • Fever greater than chills • Thirst: Slight • Tongue: red sides and tip with thin yellow coating • Pulse: floating/superficial and rapid/fast
	Deficiency	<ul style="list-style-type: none"> • Pain/stiffness: <ul style="list-style-type: none"> ○ Headache ○ Stiff neck ○ Aversion to wind • Fever: yes • Sweating: yes • Pulse: floating, slowed down
		<ul style="list-style-type: none"> • Sweating: Frequently, spontaneous • Immunity: Catches cold easily • Face: pale • Breath: <ul style="list-style-type: none"> ○ Shortness of breath

	<ul style="list-style-type: none"> ○ Dyspnea with exertion ● Energy: fatigued ● Appetite: poor ● Loose stool ● Tongue: pale ● Pulse: thin, weak
Excess	<ul style="list-style-type: none"> ● Pain: <ul style="list-style-type: none"> ○ Headache ○ Body pain ● Sweating: none ● Pulse: Floating and tight

Interior	Defic (xu)	Heat	<ul style="list-style-type: none"> • Facial compl: malar flush • Body type: thin • Sweating: night sweat • Fever: palm and sole fever (5 palm heat) • Thirst: thirst with dry throat • Tongue: red with less coating • Pulse: thin and fast
		Cold	<ul style="list-style-type: none"> • Facial compl: pale • Pain: cold pain, better with pressure • Stool: loose • Urine: profuse and clear • Energy: fatigue • Breathing: shortness of breath • Limbs: cold • Tongue: pale • Pulse: deep, weak and slow
	Excess (shi)	Cold	<ul style="list-style-type: none"> • Facial compl: pale • Pain: abdominal pain, worse with pressure • Stool: loose • Urine: clear • Mouth: bland taste with profuse saliva • Limbs: cold, preference for warmth • Tongue: pale with white fur • Pulse: deep, slow, tight
		Heat	<ul style="list-style-type: none"> • Fever: high, preference for cold drink • Facial complexion: red face and eyes • Spirit: <ul style="list-style-type: none"> ○ Irritability ○ Delirium • Abdominal distension, worse with pressure • Stool: constipation • Urine: scanty, red • Tongue: red with yellow, dry coating • Pulse: flooding, slippery, fast

Yin/Yang

Yin and Yang Collapse

	Yin collapse	Yang collapse
Sweating	Sticky, hot, salty taste	Profuse, cold, no taste
Cold/heat	Fever in body, warm limbs	Cold body and limbs
Breathings	SOB	Weak
Spirit	Irritable, restless	Listless
Thirst	Yes, cold drink	No, possible want of warm drink
Tongue	Red, dry	Pale, moist
Pulse	Rapid, weak	Very weak

		Main Symptoms	Tongue	Pulse
Yang	Exterior	Aversion to cold Fever Aching in head and body	Thin White/yellow fur	Floating
	Heat	Fever Thirst with pref for cold drink Flushed face, red eyes Urine: scanty, yellow Stool: constipation	Red Yellow fur	Rapid
	Excess	Hyperactive Breathing: hoarse Pain: pain, fullness in abdomen/chest Worse with touch Stool: dry Urination: difficult	Thick, greasy fur	Solid
Yin	Interior	Same as syndromes of excess and deficiency. (WTF????!!!!)	Thick	Deep
	Cold	Aversion to cold, likes warmth Pale face Cold limbs Urine: clear Stool: loose	Pale White-moist fur	Slow
	Xu	Pale face Lassitude Pain: dull Palpitations Weakness Spontaneous sweating Likes touch Shortness of breath Thin body	Little fur	Thin