Endogenous Pathogens

Endogenous, so says dictionary.com, means “Pathology. (of a disease) resulting from conditions within the organism, rather than externally caused.”

In TCM this refers to 1) the Inner Five Evils, 2) Phlegm and Body Fluid retention, and 3) Blood Stagnation/Stasis.

The Inner Five Evils

These are inner wind, inner damp, inner dry, inner cold and inner fire/heat. They have the same pathological characteristics as the external evils of the same designation. These are and aren’t evils, since they exist naturally in the body. As evils they are caused by dysfunction of the internal organs. They can also come as a result of an emotional disorder.

Dampness:
The Spleen for instance functions best with conditions of moisture. When this gets imbalanced the result is internal dampness causing dampness in the middle Jiao. The symptoms are the same as discussed in the external damp evil section.

Dry:
A similar thing is true for dry. Lungs, Stomach, and Large Intestine are negatively affected when the internal bodily conditions get too dry. See the external section for the dryness symptoms – all apply here.

Cold:
Spleen and Kidney suffering from Yang deficiency will suffer inner cold. Yin pathogens cause Yang deficiencies leading to coagulation and contraction. An inner originating cold is a more deficient cold, as in the case of Yang deficiency whereas an external invasion of cold is an excess.

Heat:
Liver, Stomach and Heart are all susceptible to heat and fire. Arising both internally and from an external source, the symptoms are the same. See the external evil lecture to get the symptoms. Heat can arise from stagnation. Heat causes the next evil…

Wind:
Comes from heat within the body. Once upon a time, Cat, your humble typist, worked downtown in a big law firm. In the summers the heat in those artificial canyons of tall buildings causes hot blasts of wind to form and spiral upwards. That’s the same geophysical phenomenon that forms tornados and hurricanes. The same thing happens in the body since we all arose from this planet and are subject to all of those same natural laws: heat builds into wind.
Here is an example of a TCM Lemony Snicket Series of Unfortunate Events: cold in the body causes stasis and stagnation. Over time stagnation becomes heat. Heat causes Wind. Wind causes tremors, strokes, itching and those sorts of fun things.

So these evils are actually patterns and syndromes more than they are evils, but they manifest so similarly to external invasions that they share names.

**Inner Wind**

1. **Definition**
   a. Characterized by
      i. Deviation of the mouth and tongue
      ii. Seizures
      iii. Tetany/shaking
      iv. Convulsions
      v. Tremors in the extremities
      vi. Twitching of the skin
      vii. And more…
   b. Caused by the dysfunction of the ligaments, tendons and sinews. The Liver controls these tissues (see your Five Element chart), so Inner Wind is also called Liver Wind.

   The Liver also controls the nervous system including both the Peripheral Nervous System (PNS) and Central Nervous System (CNS). Dysfunction in these tissues manifests as seizures, numbness, strokes.

   Liver controls the endocrine system as well. If a patient has excessive hormones, treat the Liver; if deficient hormones, treat the Kidney.

2. **Types of Inner Wind**
   a. Due to extreme heat
   b. Due to Liver Yang Rising
   c. Due to Liver or Kidney Yin Xu
   d. Due to Blood Xu
   e. Due to Blood Stasis (stasis in Chinese is Yu…and is far faster to type…)

3. **Symptoms**
   This section will help you differentiate different types of inner wind. And why is it called “wind” anyhow? Because wind moves and changes quickly. Think about a piece of paper or a plastic bag blowing in the wind. Click here for the Family Guy spoof of American Beauty. Get a good laugh and a nice visual for what I’m talking about.
   a. Inner wind can be caused by extreme heat
      Acute tonsillitis with pus, strep throat, etc. caused by toxic heat (which is heat + pus).
      Symptoms
         i. Acute onset
         ii. History of catching cold
         iii. Sore throat with excessive Yang symptoms
         iv. Convulsions
v. Stiff neck and extremities
vi. Tetany
vii. Upward staring eyes
viii. Stiffness of the tongue
ix. Manic behavior
x. Restlessness
xi. Delirium
xii. Semi consciousness
xiii. Pulse: wiry
xiv. Tongue: red with yellow coating

Obviously, it’s unlikely you’ll see all of these at the same time…you might, but you’re likely to be in a remake of The Exorcist if you do!

All of these symptoms can also be caused by true heat with false cold. In biomedical speak, this is shock due to infection. True heat with false cold has heat symptoms, but with low blood pressure, cold hands and feet. Still need to treat the heat and when that is corrected will also fix the false cold.

b. Inner Wind caused by Liver Yang Rising
This is wind stroke due to hypertension. In biomed this is a stroke or CVA.

Symptoms:
i. History of hypertension and dizziness, vertigo, throbbing headache
   These are early warning signs. Blood pressure of 150/90 is the top range of functionality—anything else is really critical. If higher, you need to refer them to an MD and you need to note it on the patient history. They might have accompanying signs of double vision, and dizziness.
ii. Sudden falling down
iii. Loss of consciousness
iv. Deviation of the mouth and tongue
v. One side of the naso-labial groove disappears
vi. Tongue stiffness and tremors
vii. Aphasia
viii. Hemiplegia (paralysis or weakness on one side)

Be aware of the difference between subjective and objective. Subjective is what the patient feels and relates to you. This includes dizziness, sensation of spinning, motion sickness. You can’t observe this. Objective (obj = objective, observable) is something you can observe such as high blood pressure which you measure or vomiting which you have to clean up. (ew)

c. Inner Wind caused by Liver and/or Kidney Yin Deficiency
An example is Parkinson’s disease. This happens (usually) to older people (50+) with Yin deficiencies and includes spasms of ligaments, tremors, staggering gait. Somewhat hereditary.

Parkinson’s Symptoms:
i. Joint stiffness
ii. Stiff neck
iii. Cervical spine curve straightens
iv. “Mask” face – no expression due to stiffness  
v. Gazing eyes that do not blink  
vi. Resting tremors – tremble when still  
vii. Staggering gate – take small tiny steps due to this CNS disorder  
viii. Turn around in tiny steps  
ix. Handwriting goes from large to tiny when asked to write a sentence  
x. Pill rolling – a hand motion characteristic of Parkinson’s that looks like the patient is rolling a pill between the thumb and forefinger – about 3 times per second.

These can all be combined with ear ringing, deafness, lower back pain, a tongue that is thin and small possibly with tremoring and cracks, a pulse that is thin and wiry.

The Liver and Kidney feed the sinews and tendons, hence the tetany and tremors.

d. Inner Wind caused by Blood Xu (Deficiency)  
An example is anemia.  
Symptoms:  
i. History of Blood Xu with pale face, pale lips, pale nails (Liver Blood), and scanty menstruation.  
ii. 1st symptom is followed by numbness of extremities (fingers and toes)  
iii. Twitching of the skin  
Also described as a “worm walking” sensation like a small insect crawling on the skin  
iv. Spasms of the extremities, especially the calf at night  
v. Floaters/spots in the vision  
vi. Dizziness and vertigo, especially dizziness upon standing  
ivii. Tongue: small, pale, with thin coat  
viii. Pulse: thin and weak  

Women with irregular menstruation, heavy bleeding have these symptoms frequently. Obviously not as bad as seizures and convulsions.

e. Inner Wind caused by Blood Stasis  
This is per Dr. Wu, not in the Maciocia book.  
Generally comes from an accident, especially head trauma with subjective concussion symptoms such as nausea, dizziness, memory loss, vertigo, all wind symptoms. Objective symptom would be resulting secondary epilepsy due to the accident. (Primary epilepsy is from childhood, not due to a traceable cause.)  
Symptoms:  
i. Upward staring eyes  
ii. Clenched jaws  
iii. Clenched mouth  
iv. Clenched fists with convulsions, tetany, falling down and loss of consciousness  
v. Screaming like a pig or a sheep  
(I have no frame of reference for this…)  
vi. Pulse: wiry
vii. Tongue: stiff.

These symptoms are the same as Qi Closing or Qi Tense Syndrome. If the loss of consciousness lasts more than 5 minutes, call 911. (If the patient is not breathing, obviously call a whole lot faster.)

Inner Wind is not a pathogen, but a pattern. Treatments for each type are different and all are considered nerve disorders.

Remember: all Inner Wind is due to Liver.

**Phlegm and Body fluid Retention**

1. **Definition:**
   Phlegm and Body Fluid retention are disorders of body fluid metabolism caused by dysfunction of the Spleen, Kidney, and Lung (the 3 organs responsible for body fluid metabolism). The most important of these is the Spleen.

   Phlegm is pathological heat plus dampness.

   Body Fluids. The word for Body Fluid in Chinese is Yin (but the character is different than the Yin and Yang type of Yin, so this is actually a different word altogether). Body Fluids are 2 fold: Jin, the light watery fluids, and Ye, the heavier stickier fluids. See the [lecture for Class 4](#) for more on Body Fluids.

2. **Relationships between dampness, phlegm or water/body fluid retention.**
   When the Spleen is out of balance it produces dampness. The Spleen controls the transportation of both food and water. Disharmony results in pathological dampness, an inner dampness condition.

   When damp is created
   a. If heated by pathological Lung or Stomach heat it becomes phlegm. How would that happen? Eating greasy fried foods for instance, will create pathological Stomach Fire. This will heat up the damp and result in phlegm. Smoking (cigarettes, cigars, pot, whatever) will introduce toxic heat into the Lung which will cook the damp making phlegm. Lung is the primary organ of offense in this equation.
   b. If damp is cooled by a Spleen Yang Xu or a Kidney Yang Xu creating internal cold then water retention/edema results. The Kidney is the primary organ in this scenario. Regardless, both of these problems come as a result of Spleen damp, so treat the Spleen!

3. **Phlegm Retention**
   a. Visible Phlegm
      This is phlegm in the Lung. Symptoms are a tight feeling in the chest, coughing up mucus in the morning. Stroke patients often have a lot of mucus with hoarse breathing. Dirty, sticky phlegm in the Lungs.

   b. Invisible Phlegm
      This occurs in the channels and in the brain.
i. Channels: nodules in the throat and neck, swollen lymph nodes, soft with or without pain.

ii. Brain: can’t think clearly, poor memory and confusion. 
If you are outside where it is very humid you often have foggy thoughts and poor memory. Many mental health problems in China are attributed to phlegm.

How is this diagnosed? With signs and symptoms, tongue and pulse. A tongue indicative of damp and phlegm will be swollen with teeth marks, might be pale or red in body, and a thick, greasy, slippery, dirty coating that might be white or yellow. Pulses indicative of phlegm are wiry or slippery.

4. Symptoms of Phlegm

a. Phlegm in the Lung
   i. Cough with profuse white or yellow mucus.
   ii. Chest tightness or chest distention
   iii. Asthma
       Always remove phlegm if there is asthma with wheezing!
   iv. Wheezing
       Rebellious Lung Qi passing through the phlegm retention
       All noisy symptoms are a result of rebelling Qi passing through the damp/phlegm retention.
   v. Dyspnea
   vi. SOB (shortness of breath)
   vii. Tongue: swollen with teeth marks, greasy/dirty, white or yellow coating
   viii. Pulse: slippery and/or wiry

b. Phlegm in the Stomach
   Signs above the umbilicus are upper digestive disorders caused by Stomach.
   Signs below the umbilicus are lower digestive disorders caused by Spleen.
    i. Nausea
    ii. Vomiting
    iii. Retching
    iv. Belching
    v. Fullness in the Stomach
    vi. Low appetite
    vii. Tongue: swollen with teeth marks, greasy/dirty, white or yellow coating
    viii. Pulse: slippery and/or wiry

c. Phlegm in the Heart
    i. Tossing and turning at night
    ii. Poor sleep or insomnia
    iii. Confusion
    iv. Heavy headedness
    v. Forgetfulness or poor memory
    vi. Sleepy, wanting 10-12 hours sleep
    vii. Foggy mind
    viii. Tongue: swollen with teeth marks, greasy/dirty, white or yellow coating
ix. Pulse: slippery and/or wiry

d. Phlegm in the channels
   i. Swelling of the extremities
      Localized, no reason, not edema, includes lymphomas
   ii. Lymphomas
   iii. Nodules
   iv. Swollen lymph nodes
   v. Tongue: swollen with teeth marks, greasy/dirty, white or yellow coating
   vi. Pulse: slippery and/or wiry

5. Symptoms of Body Fluid Retention
   There are 4 types of Body Fluid/water retention (per Zhang ZhongJing’s Golden Chamber).
   (Remember the word for Body Fluid in Chinese is Yin, though it’s a different character than the
   Yin/Yang type of Yin and thus a different word)
   a. Taiyin – Water retention in the Lung
      The Lung is the upper source of water. If it does not fulfill it’s descending and dispersing
      functions, then…
      i. Edema in the upper extremities, face, and eyelids
      ii. Puffy eyes
      iii. Cough out loose, watery mucus
      iv. Drainage and post nasal drainage
      v. Pulmonary edema

   b. Yuanyin
      Water retention in the chest wall/hypochondriac region. This shows in an X-ray. In
      western med they use a needle to remove the fluid retention then they put meds in to
      assist with fluid resolution.
      i. Coughing with chest pain is typical
      ii. Hard to lie down due to the pain
      iii. Pain is worse when the body is twisted
      iv. Shortness of breath (SOB)

   c. Yiyin
      Water retention under the skin – generalized edema. This can happen anywhere in the
      body, but is most likely to occur at the ankle joints and on the dorsum of the foot. To test
      for this depress the skin. If it doesn’t come back to normal in about 2 minutes this is
      water edema.

      There is a difference between Qi edema and Water edema. With Qi edema there is
      swelling, but the skin bounces back when you depress it.

   d. Zhiyin
      Water retention in the Stomach. This is marked by nausea, vomiting and morning
      sickness. One vomits out watery, loose fluid, has hiccups, and epigastric fullness with
      loud noises in the intestines. Remember that astringent thing in the Lungs during the
      dryness discussion which depressed the Lung’s dispersing function? Similar to this.
Blood Stagnation and Blood Stasis

1. Definition
   a. Blood Stagnation in Chinese is “Xue Yu.” Xue means Blood and Yu means Stagnation. Blood Stagnation is a slowing down of the blood or a condition in which the movement of blood slows. This is a process or a condition.
   
   b. Blood Stasis in Chinese is “Yu Xue.”
   Blood Stasis is when blood stops moving altogether. While Blood stagnation is a process or condition, Blood stasis is a visible phenomenon. A CT Scan, X-ray or MRI can all show Blood stasis. It is also a symptom description in TCM.

2. Causes of Blood Stagnation/Stasis
   a. Cold in the Blood
      This can come from outside such as a Cold evil, or it can come from inside. Cold contracts the tissues and blood channels causing coagulation. That’s also why skin can get blue in the cold.
   
   b. Heat in the Blood
      i. Heat in the blood can raise the blood pressure and leak out of the vessels.
      ii. Can also dry the Body Fluids making the blood get thicker and stickier
      iii. Heat can consume the Qi causing Qi deficiency
      iv. Evils/Pathogens fight in the blood vessels with the Upright Qi in the body and this too can block the blood flow. TCM calls these pathogens “ghosts” and sometimes you’ll see a reference to this which indicates the fight between Upright Qi and pathogens.
   
   c. Qi Disorder
      Deficiency and/or stagnation can cause Blood Stasis. A Qi deficiency can cause the Blood not to move since it’s the Qi force that prompts the Blood to Move in the first place. When there is Qi stagnation the Blood slows as well. Liver Qi stagnation is a very common expression in the clinic that can cause this. May manifest as menstrual problems, endometriosis, fibroid tumors, etc.

      Always pay attention to what causes the Blood stasis or stagnation. You must know what caused it in order to effectively treat it.

3. Symptoms of Blood Stagnation and Stasis
   a. Pain that is stabbing, needling, prickling
      i. Pain is fixed and does not move
      ii. Worse at night
      iii. Pain is worse when it is cold
      iv. Pain is sharp
      Be aware that different kinds of stagnations cause different kinds of pain. For example, Qi stagnation is a dull often distending pain that wanders. Qi stagnation, however, can lead to Blood Stagnation and Stasis.
   
   b. Bleeding
      Color of the blood is dark red, purple, brownish or black with large or small clots. This is a good way to diagnose menstrual problems relating to Blood stasis. Another type is
cerebral hemorrhage. Bleeding out of the vessels in the brain is the cause of stroke (or CVA as biomed often terms it) – embolism, thrombosis, cerebral hemorrhage. Of these choices, cerebral hemorrhage is the worst. Blood continues to leak causing increased cerebral pressure. Patients with this problem lose consciousness and vomit spontaneously.

c. Mass or bruise
   Trauma induces bruising and discoloration. A mass is more internal and often not due to trauma. This includes cancerous masses.

d. Tongue in Blood Stasis and Stagnation
   Purple tongue and/or purple spots. Remember that some patient groups (from India, Africa and Pakistan – from Class 3) have purple tongues or purple spots on their tongues and this is normal for them, not a sign of blood stasis or stagnation.
   The location of the spots helps with diagnosis.
      i. Tip of the tongue: Heart, coronary disease.
      ii. Side of the tongue: Liver cirrhosis, cancers
      iii. Under the tongue: look for swelling, spots, blue marks. Heart also. Be sure to remedy this by the age of 50 if possible!

e. Pulse indicative of Blood Stasis and Stagnation
   i. Hesitant or choppy (same same)
   ii. Could be wiry
   iii. Knotted. This is a slow pulse of 50-55 bpm and is irregular, skipping beats.

These symptoms are not Qi stagnation but Blood stagnation.

4. Difference between Blood Stagnation and Blood Stasis
   They are not the same.
      a. Stasis: endogenous pathogen. Can cause new problems and is the result of stagnation. It’s the worse of the two.
      b. Stagnation: this condition is an ongoing issue which develops to stasis.