

# **SYNDROMES**

**Copyright Giovanni Maciocia**

## HOW TO “BUILD” A SYNDROME

- **Insert general symptoms**
  - **Tongue and pulse**
  - **Complexion**
  - **For Qi Xu: tiredness**
  - **For Yang Xu: feeling cold**
  - **For Blood Xu: tiredness, dizziness**
  - **For Yin Xu: night sweating**
  - **For Heat: feeling of heat**

- **Insert symptoms according to Zang Fu functions**
  - **Governing Qi or Blood**
  - **Any specific action on Qi (e.g. free flow or Liver Qi)**
  - **Tissue influenced (e.g. muscles, sinews, bones, etc.)**
  - **Sense organ influenced (e.g. eyes, ears, etc.)**
  - **Area of body influenced (e.g. nails)**

# QI XU

**LU QI XU**

**SP QI XU**

**Weak voice**

**Tiredness**

**Poor appetite**

**Dislike to speak**

**Pale face**

**Slightly loose stools**

**Spontaneous  
sweating**

**Empty pulse**

**Slight abdominal  
distension**

**Slightly Pale  
tongue**

**Propensity to catch  
colds**

**Weak limbs**

# QI XU

## LU QI XU

**Weak voice**

**Dislike to speak**

**Spontaneous sweating**

**Propensity to catch colds**

**Tiredness**

**Pale face**

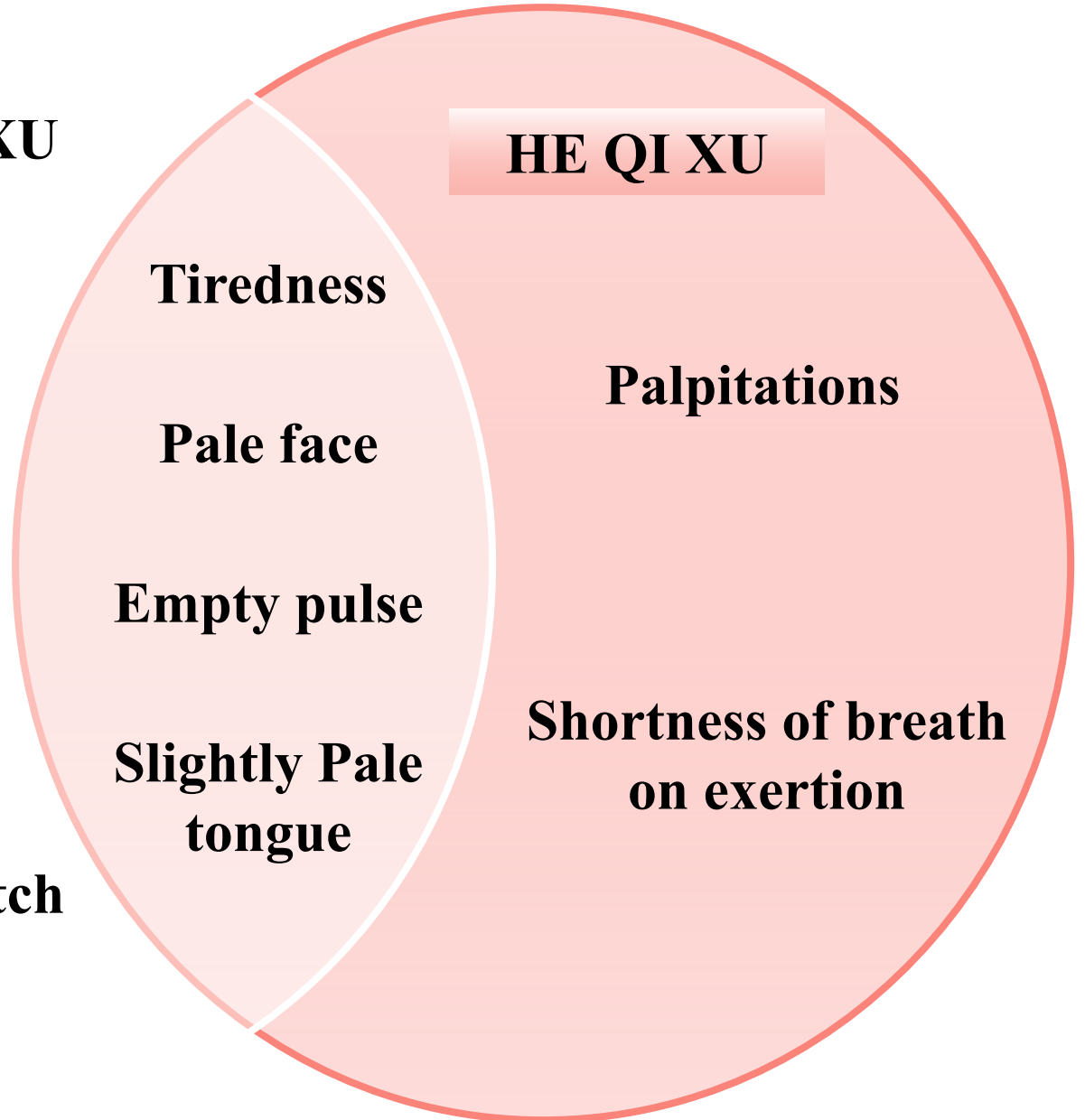
**Empty pulse**

**Slightly Pale tongue**

## HE QI XU

**Palpitations**

**Shortness of breath on exertion**



# BLOOD XU

## LIV BLD XU

**Blurred vision**

**Cramps**

**Scanty periods**

**Dizziness\tingling  
or numbness of  
limbs**

**Brittle nails,  
dry hair**

## HE BLD XU

**Palpitations**

**Insomnia**

**Anxiety**

**Poor memory**

**Tiredness**

**Dizziness**

**Dull, pale face**

**Choppy pulse**

**Pale tongue**

**BLOOD XU**

**SP BLD XU**

**HE BLD XU**

**Weak muscles**

**Loose stools**

**Poor appetite**

**Tiredness**

**Dull, pale face**

**Choppy pulse**

**Pale tongue**

**Palpitations**

**Insomnia**

**Anxiety**

**Poor memory**