



Zang Fu Patterns in TCM

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SYSTEM OF MEMORISING ZANG FU PATTERNS

1) Works by learning the common symptoms for different organs' pathologies, according to what is wrong, i.e.:



2) For Xu patterns always include tiredness

3) Always consider the function of the organ to remember the symptoms, i.e.:

HE-Blood Xu — HE governs vessels — Palpitations

4) Works better for Xu patterns than Shi patterns

QI XU



LU

Shortness of breath
Weak voice
Propensity to
catching colds

Pale Face
Tiredness
Pale Tongue
Empty Pulse

SP

Loose stools
Poor appetite
Slight abdominal
distension

HE

Palpitations
Shortness of Breath
on Exertion

BLOOD XU

HE

Palpitations
Poor memory
Insomnia
Anxiety

Dull-Pale Face
Tiredness
Dizziness
Tingling
Pale-Thin Tongue
Choppy Pulse

LIV

Blurred vision
Tingling
Insomnia
Scanty periods

LU

**Dry throat
Dry cough
Hoarse voice**

YIN XU



**Night-sweating
Feeling of heat in evening
Dry mouth
5-palm Heat
Malar flush
P: Floating, Empty
T: Red, no coating**

HE

**Palpitations
Poor memory
Insomnia
Startled
Anxiety**

KI

**Dizziness
Tinnitus
Scanty dark urine**

LIV

**Blurred vision
Dry eyes
Dry nails
Numbness
Tingling
Scanty periods**

YANG XU



SP

Loose stools
Cold limbs
Slight abdominal
distension

Feeling cold
Cold limbs
Tiredness
Bright-pale face
Weak pulse
Pale-Wet tongue

KI

Backache
Dizziness
Tinnitus
Profuse urination
Weak sexual
function
Cold feet

HE

Palpitations
Cold hands
Slight tightness of chest
Slight purple lips