

Condition	SYMPTON / DISEASE DESCRIPTION	Traditional Chinese Medicine Description
Abdominal Pain	Lower abdominal pain due to menstrual cramps	Blood stagnation in the uterus or lower <i>jiao</i>
	Lower abdominal pain with cold extremities	Cold and deficiency of blood
	Lower abdominal pain due to endometriosis	Qi and blood stagnation in the lower <i>jiao</i>
	Lower abdominal pain due to pelvic inflammatory disease	Damp-heat in the lower <i>jiao</i>
	Intestinal spasms and cramps	Intestinal qi stagnation
	Due to gallstones	Damp-heat in the Liver and Gallbladder
	Due to food poisoning, traveler's diarrhea, or infection	Damp-heat in the Intestines
	Due to constipation	Heat in the Large Intestine
	Due to irritable bowel syndrome (IBS)	Liver qi stagnation
	Due to ulcerative colitis (UC), Crohn's disease	Damp-heat in the Large Intestine
	With hypochondriac pain, fidgeting, restlessness, and irritability	Liver qi stagnation
	With acid regurgitation, belching	Stomach heat
	Dull pain with fatigue and diarrhea	Spleen qi deficiency
	Due to Kidney stone	Qi stagnation with dampness accumulation
	Severe abdominal pain	Severe qi and blood stagnation
	With severe blood stagnation	Blood stasis
Abscess	Lung abscess, profuse yellow phlegm	Phlegm and heat in the Lung
	Breast abscess	Phlegm stagnation in the upper <i>jiao</i>
	Ulcerative colitis with mucus and blood in the stool	Damp-heat in the Large Intestine
	All swelling and inflammation of the lymph nodes and glands	Phlegm accumulation
	Irritable bowel syndrome with mucus and pus in the stool	Damp-heat in the Small and Large Intestine
	With infection	Accumulation of toxic heat
Abuse (Substance)	See Addiction	
AC Separation	Shoulder pain from injury	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
Acid Reflux	Heartburn, belching, indigestion, gastritis, ulcers, foul breath	Stomach heat
	Caused by stress	Liver qi stagnation
	With excess heat, constipation, sweating, thirst, possible fever	Excess fire
	With bleeding	Excess heat
Acne	With pus and redness	Toxic and damp heat accumulation
ADD/ADHD (Children/Adults)...	Inability to focus and concentrate	Liver qi stagnation
	Inability to focus and concentrate with hyperactivity	Liver wind with <i>shen</i> (spirit) disturbance
	Inability to focus and concentrate with poor memory	Liver qi stagnation with Heart deficiency
	Inability to focus due to deficiency	Heart and Kidney deficiencies
	With excess heat in all three <i>jiaos</i> manifesting in red face, constipation, hyperactivity and short-temper	Excess heat
	With blood stagnation manifesting in signs of purplish tongue, possible distended sublingual veins	Blood stagnation
Addiction	Withdrawal symptoms associated with smoking, drugs or alcohol addiction	Toxic heat in the Liver and <i>shen</i> (spirit) disturbance
	Liver damage with elevated liver enzymes	Toxic heat in the Liver
Addison's Disease	Symptoms of adrenal insufficiency	Kidney yang deficiency
Adrenal Insufficiency	Diminished function of the adrenal glands and endocrine system	Deficiencies of Kidney yin, yang and <i>jing</i> (essence)
Aging	Early signs of aging with weakness, fatigue, forgetfulness, dizziness, etc.	Deficiencies of qi, blood, yin and yang
	Neurodegeneration with early signs of dementia and Alzheimer's disease	Deficiencies of Kidney yin, yang and <i>jing</i> (essence)
	Poor memory and forgetfulness	Heart and Kidney deficiencies
	Premature aging with chronic fatigue	Kidney and Lung deficiencies
	Premature aging with decreased mental and physical performances	Deficiencies of Kidney yin, yang and <i>jing</i> (essence)

	Degeneration of soft tissue (muscles, ligaments, tendons, cartilage)	Kidney and Liver yin deficiencies
	Decrease in bone density	Kidney <i>jing</i> (essence) deficiency
	Gray hair	Kidney <i>jing</i> (essence) deficiency and Liver blood deficiency
	Thirst with dry skin	Stomach and Lung yin deficiencies
	General Kidney yin deficiency signs such as blurry vision, weakness of the back and knees, tinnitus, dryness, flushed cheeks, possible low-grade fever, etc.	Kidney yin deficiency
	General Kidney yang deficiency signs such as coldness, low libido, premature ejaculation, weakness and soreness of the back and knees, pale complexion, polyuria, etc.	Kidney yang deficiency
<b>Agitation</b>	Short temper, flushed face, possible constipation	Liver qi stagnation or Liver yang rising
<b>AIDS...</b>	Compromised immune system; frequent viral and bacterial infections	<i>Wei</i> (defensive) <i>qi</i> deficiency
	For complications, see appropriate disease and symptoms	
<b>Alcohol Abuse</b>	<i>See</i> Addiction	
<b>Allergy</b>	Allergic rhinitis or sinusitis, clear, watery nasal discharge, stuffy nose, sneezing	Wind-cold with fluid congestion
	Allergic rhinitis or sinus infection, yellow nasal discharge, stuffy nose	Damp-heat with fluid congestion
	Skin allergy, rash, itching, eczema, and other dermatological disorders	Wind-heat at the skin level, heat in the blood
	Adverse reactions from exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
	Asthma due to allergy with heat symptoms such as redness of the face, yellow phlegm and red tongue	Lung heat
	Asthma due to allergy with cold symptoms such as clear or white sputum	Cold in the Lung
	Profuse post-nasal drip and sputum in the throat	Phlegm accumulation
	Ears plugged, nose and throat with yellow nasal discharge and ticklish sore throat	Toxic heat accumulation in the upper <i>jiao</i>
	Allergy with cough	Lung qi reversal
	Food allergy with underlying digestive weakness and loose stool	Spleen qi deficiency
<b>Alopecia</b>	Hair loss, premature gray hair, split ends, dry and dull hair	Blood deficiency with dryness
	Stress related hair disorders	Blood deficiency with Liver qi stagnation
<b>Alzheimer's Disease</b>	Forgetfulness, poor concentration, compromised mental and physical functions	Deficiencies of Kidney yin, yang and <i>jing</i> (essence) with phlegm obstruction
	With constipation	Kidney deficiency with phlegm obstruction, and heat and dryness in the Large Intestine
<b>Amenorrhea</b>	Dull lower abdominal pain, cold extremities, edema, generalized weakness	Coldness of the uterus with underlying qi and blood deficiencies
	Sharp lower abdominal pain in a fixed location due to fibroids with cold extremities, edema, generalized weakness	Coldness of the uterus with blood stagnation
	Amenorrhea with irregular or delayed menstruation with scanty discharge, cold extremities	Kidney yang deficiency and blood stagnation
	Caused by stress or change of environment	Liver qi stagnation
	With severe blood stagnation, purplish tongue, dark complexion, or past history of surgery	Severe blood stasis
<b>Anemia</b>	With fatigue, lack of energy, poor appetite	Blood and qi deficiencies
	With insomnia, excessive worries, disturbed sleep	Spleen and Heart blood deficiencies
	With irregular menstruation, cold extremities, dizziness, lumbago	Coldness of the uterus
	With chronic headache	Blood deficiency
	With excessive stress, anxiety and insomnia	Liver qi stagnation with underlying deficiency
<b>Ankle</b>	Acute ankle pain	Qi and blood stagnation
	Chronic ankle pain	Qi and blood stagnation
	Ligament or connective tissue injury	Qi and blood stagnation
	Acute sprain and strain with bruises and swelling	Qi and blood stagnation

<b>Anorexia</b>	Poor to no appetite, weight loss, sallow complexion	Spleen deficiency
	Anorexia with fatigue, thirst, dryness, dizziness and general deficiencies	Qi, yin, yang and blood deficiencies
<b>Antibiotics</b>	Dry mouth, thirst	Stomach yin deficiency
<b>(Side Effects)</b>		
<b>Anxiety</b>	Stress, irritability, restlessness, nervousness	Liver qi stagnation
	With pronounced anger, neurosis or insomnia	Liver fire with <i>shen</i> (spirit) disturbance
	With excessive worrying, pensiveness and indecisiveness	Liver qi stagnation with Spleen and Heart deficiencies
	Anxiety and stress with inability to calm down, “overactive mind” in patients with deficiency	Liver qi stagnation with qi deficiency
	ADD or ADHD in children	Liver wind with <i>shen</i> (spirit) disturbance
	Anxiety caused by forgetfulness	Heart and Kidney deficiencies
	With hypertension	Liver and Kidney yin deficiency with Liver yang rising
<b>Appendicitis (Chronic)</b>	Chronic, dull pain in the lower right quadrant of the abdomen	Damp-heat
	Moderate to severe infection	Toxic heat
	With severe pain	Severe qi and blood stagnation
	With fever	Toxic heat accumulation
<b>Appetite...</b>	Loss of appetite due to excessive worrying	Spleen and Heart deficiencies
	Loss of appetite because of generalized weakness and chronic illness	Spleen qi deficiency
	Loss of appetite from stress and nervousness	Liver overacting on the Spleen
	Excessive appetite with weight gain	Stomach heat
<b>Apprehension</b>	See Anxiety	
<b>Arm</b>	Arm pain from injury	Qi and blood stagnation
	Shooting pain with numbness originating from dysfunction of the cervical spine	Qi and blood stagnation
<b>Arrhythmia</b>	With shortness of breath, general weakness	Kidney and Heart deficiencies
<b>Arteries</b> <b>(blockage)</b>	In angina pectoris	Chest <i>bi zheng</i> (painful obstruction syndrome)
	With high cholesterol/triglycerides	Damp accumulation
	With high cholesterol, fatty liver and obesity	Excessive damp accumulation
	In peripheral vascular disease	Qi and blood stagnation
	With deficient type of hypertension	Liver yang rising with Liver and Kidney yin deficiencies
	With excess type of hypertension	Liver fire
	With excessive blood stagnation manifesting in purplish tongue, dark complexion	Blood stasis
<b>Arteriosclerosis</b>	See Cholesterol	
<b>Arthralgia</b>	See Arthritis	
<b>Arthritis...</b>	Pain, swelling, inflammation, redness with heat sensations	<i>Bi zheng</i> (painful obstruction syndrome) due to heat
	Chronic arthritis with weakness, soreness, pain; worsens during cold and rainy seasons	<i>Bi zheng</i> (painful obstruction syndrome) due to cold and damp
	With severe pain	<i>Bi zheng</i> (painful obstruction syndrome) with severe qi and blood stagnation
	Of the neck and shoulder	<i>Bi zheng</i> (painful obstruction syndrome) with qi and blood stagnation
	Of the arm	<i>Bi zheng</i> (painful obstruction syndrome) with qi and blood stagnation
	Of the back	<i>Bi zheng</i> (painful obstruction syndrome) with qi and blood stagnation
	Of the knee and ankle	<i>Bi zheng</i> (painful obstruction syndrome) with qi and blood stagnation
	Osteoarthritis	Qi and blood stagnation with Kidney <i>jing</i> (essence) deficiency

	Gouty arthritis	<i>Re bi</i> (heat painful obstruction)
	With degeneration of soft tissue (muscles, ligaments, tendon, cartilage)	Liver and Kidney yin deficiencies
	With blood stagnation manifesting in purplish tongue, previous trauma or history of surgery, dark complexion, etc.	Blood stasis
<b>AST, ALT</b>	Elevated levels of liver enzymes, AST and ALT (SGPT and SGOT)	Toxic-heat in the Liver
	Elevated liver enzymes due to exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
<b>Asthma</b>	Wheezing, dyspnea, yellow sputum, heat sensations	Lung heat
	Wheezing, dyspnea, white sputum, chills	Lung cold
	Chronic asthma with wheezing, shortness of breath, shallow inhalation	Deficiencies of the Lung and the Kidney
	Maintenance formula for asthma triggered by over-exertion	Lung and Kidney deficiencies
	Maintenance formula for asthma triggered by allergies	Lung qi deficiency
	Maintenance formula for asthma triggered by exposure to chemicals, heavy metals, environmental and airborne toxins	Toxic heat
	With cough	Lung qi reversal
	With excessive phlegm or sputum that may or may not be easy to cough out	Excessive phlegm accumulation
	With allergy, sinusitis or rhinitis manifesting in yellow nasal discharge	Lung heat
	With allergy, sinusitis or rhinitis manifesting in clear or white nasal discharge	Lung cold
	With severe dry throat, mouth and skin	Stomach and Lung yin deficiencies
<b>Atherosclerosis</b>	<i>See</i> Cholesterol	
<b>Attention deficit</b>	<i>See</i> ADD	
<b>Atrophy...</b>	Muscle atrophy due to stroke	<i>Wei</i> (atrophy) syndrome
	Muscle atrophy with weakness, poor appetite	Spleen qi deficiency
	Congenital deficiency with weakness of the bones	Kidney <i>jing</i> (essence) deficiency
	Degeneration and atrophy of soft tissue (muscles, ligaments, tendons, cartilage)	Kidney <i>jing</i> (essence) deficiency and Liver yin deficiency
	Of the arm	<i>Wei</i> (atrophy) syndrome
	Of the neck and shoulder area	<i>Wei</i> (atrophy) syndrome
	Of the back area	<i>Wei</i> (atrophy) syndrome
	Of the knee and ankle area	<i>Wei</i> (atrophy) syndrome
	Muscle atrophy with weakness, dizziness, blurry vision, listlessness, palpitation, shortness of breath, spontaneous sweating	Qi, blood, yin and yang deficiency
	With blood stagnation manifesting in numbness	Blood stagnation
<b>Autism</b>	Developmental delays and learning disabilities	<i>Shen</i> (spirit) disturbance
<b>Autoimmune Diseases</b>	Grave's disease	Excess Liver yang
	Multiple sclerosis	Qi and blood stagnation
	Rheumatoid arthritis	<i>Bi zheng</i> (painful obstruction syndrome) due to heat
	Hashimoto's thyroiditis, chronic thyroiditis	Kidney yang deficiency
	Type I diabetes	Stomach, Lung and Kidney yin deficiencies
	Sjogren's syndrome	Lung yin deficiency with heat
	Myasthenia gravis	<i>Zhong</i> (central) <i>qi</i> deficiency
	Reiter's syndrome	Excess heat in all three <i>jiaos</i>
<b>Aversion to Cold/Wind</b>	Weak immune system with increased susceptibility to catching colds	<i>Wei</i> (defensive) <i>qi</i> deficiency
<b>Back Pain...</b>	Acute low back pain	Qi and blood stagnation
	Chronic aches, weakness and soreness of the lower back	Qi and blood stagnation with Liver and Kidney deficiencies
	With spasms and cramps	Qi and blood stagnation with Liver yin and

		body fluid deficiencies
	Upper back pain in the chest, ribs, thoracic area	Qi and blood stagnation
	Due to slipped disk	Qi and blood stagnation
	Due to bone spurs	Qi and blood stagnation
	Due to osteoporosis	Kidney yin, yang and <i>jing</i> (essence) deficiencies
	Due to recent traumatic injury	Qi and blood stagnation
	Due to kidney stones	Qi and blood stagnation
	Due to kidney infection	Heat in the lower <i>jiao</i>
	Due to dysmenorrhea	Qi and blood stagnation
	And soreness due to chronic nephritis or nephritic syndrome	Toxic heat in the Kidney
	With severe blood stagnation from previous injury	Qi and blood stagnation
	Due to Kidney yin deficiency with symptoms of blurry vision, flushed cheeks, soreness and weakness of the back and knees, low-grade fever, night sweats, etc	Kidney yin deficiency
	Due to Kidney yang deficiency with symptoms of coldness, low libido, polyuria, weakness of the back and knees, etc.	Kidney yang deficiency
	Severe back pain	Severe qi and blood stagnation
<b>Bacterial Infection</b>	<i>See</i> Infection	
<b>Bad Breath</b>	Foul breath with excessive hunger	Stomach heat
	Excess heat in the body	Heat in all three <i>jiaos</i>
	With bitter taste in the mouth, short temper	Liver fire
	With dry mouth	Lung and Stomach yin deficiencies
	With throat infection	Toxic heat accumulation
<b>Balance</b>	Poor balance with dizziness and vertigo	Liver wind rising
<b>Baldness</b>	<i>See</i> Hair Loss	
<b>Bed-wetting</b>	Bed-wetting, frequent urination, terminal dripping of urine	Kidney yang deficiency
<b>Behavior</b>	Disruptive, rude or aggressive behavior	Liver yang rising with <i>shen</i> (spirit) disturbance
	ADD or ADHD	Liver wind with <i>shen</i> (spirit) disturbance
<b>Belching</b>	Acid reflux, heartburn, foul breath, indigestion	Stomach heat
	Poor appetite, loose stool, fatigue	Spleen qi deficiency
	Dry throat, thirst	Stomach yin deficiency
	Chronic, stubborn belching with blood stagnation (purplish tongue) or for unknown reasons	Blood stasis
<b>Bell's Palsy</b>	Facial paralysis	Wind attack with qi and blood stagnation
<b>Benign Prostatic Hyperplasia (BPH)...</b>	With difficult, painful and burning urination	Damp-heat in the lower <i>jiao</i>
	With back soreness, terminal dripping of urine, coldness	Kidney yang deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Bile Duct</b>	Inflammation or obstruction of the bile duct	Damp-heat in the Liver and Gallbladder
	With severe pain due to bile duct obstruction	Severe qi and blood stagnation
<b>Binge Eating</b>	Excessive appetite	Stomach heat
<b>Bipolar Disorder</b>	Manic behavior	Liver yang rising with <i>shen</i> (spirit) disturbance
	Depression	Stagnation of phlegm, qi, blood and food with deficiencies of the Spleen and the Heart
<b>Bladder</b>	<i>See</i> Urinary Tract Infection, Urinary Stone, and Urination (Frequent)	
<b>Bladder Stone</b>	Kidney or urinary stones	<i>Shi lin</i> (stone dysuria)
	With severe pain due to kidney stone	Severe qi and blood stagnation
	With bleeding	Qi and blood stagnation with heat pushing blood out of the vessels
	With fever or heat sensation	Qi and blood stagnation with heat or fire accumulation
<b>Bleeding</b>	General bleeding	All causes
	Abnormal uterine bleeding due to heat	Heat in the lower <i>jiao</i>
	Abnormal uterine bleeding due to cold	Coldness and deficiency of the uterus
	Bleeding from peptic and duodenal ulcers	Stomach heat

	Intestinal bleeding with diarrhea due to food poisoning	Toxic heat in the Large Intestine
	Rectal bleeding due to hemorrhoids	Heat in the Large Intestine
	Lower gastrointestinal bleeding due to ulcerative colitis	Damp-heat in the Large Intestine
	Subcutaneous bleeding, purpura	Spleen qi deficiency with inability to keep blood in the vessels
	Bleeding and bruises from traumas	Qi and blood stagnation
	Excessive bleeding leading to anemia or fatigue and weakness	Qi and blood deficiency
<b>Blister(s) ...</b>	Oral herpes	Toxic heat
	Genital herpes	Damp-heat in the lower <i>jiao</i> and Liver channel
	Nerve pain, shingles due to herpes zoster	Qi and blood stagnation
	Chicken pox	Wind-heat invasion with toxic heat accumulation in the Lung
	Dermatitis	Toxic and damp-heat accumulation
<b>Bloating</b>	With epigastric fullness, heartburn	Stomach heat with qi stagnation
	With PMS, mood swings, breast distention, stress	Liver qi stagnation
	With dysmenorrhea	Liver qi stagnation with blood stasis
	Due to endometriosis	Qi and blood stagnation in the lower <i>jiao</i>
	Due to irritable bowel syndrome (IBS)	Liver qi stagnation
	Due to ulcerative colitis	Damp-heat in the Large Intestine
	Due to weakness of the digestive system	Spleen qi deficiency
	Severe bloating and pain	Qi stagnation
	Hypochondriac distention with stress	Liver qi stagnation
<b>Blood Clot</b>	Severe blood stagnation in the extremities	Blood stagnation
	Coronary heart condition	Blood stagnation
	Severe blood stagnation in the body	Blood stagnation
<b>Blood Pressure</b>	See Hypertension or Hypotension	
<b>Blood Sugar Level</b>	See Diabetes or Hyperglycemia	
<b>Boils</b>	With infection	Toxic heat accumulation
<b>Bone Disorder</b>	Osteoporosis	Kidney yin and <i>jing</i> (essence) deficiencies
	Acute phase of traumatic injuries with severe pain, inflammation and bruises	Qi and blood stagnation
	Moderate to severe cases of infection and inflammation with bone fracture	Accumulation of toxic heat
	Delayed healing of bone fracture	Deficiency of Kidney <i>jing</i> (essence)
	Recovery phase of external injuries in all parts of the body; strengthens the bones, tendons and ligaments	Liver and Kidney deficiencies
	Bone spur	Qi and blood stagnation
	Bone spur with severe pain	Severe qi and blood stagnation
<b>Bone Spur...</b>	Bone spur	Qi and blood stagnation
	Accompanied by severe pain	Severe qi and blood stagnation
	Neck and shoulder pain	Qi and blood stagnation in the upper <i>jiao</i>
	Low back pain	Qi and blood stagnation in the lower <i>jiao</i>
	Upper back pain	Qi and blood stagnation in the upper <i>jiao</i>
	Arm (shoulder, elbow, wrist) pain	Qi and blood stagnation in the upper <i>jiao</i>
	Knee and ankle pain	Qi and blood stagnation in the lower <i>jiao</i>
<b>Borborygmi</b>	Due to food poisoning or gastrointestinal infection	Damp-heat in the Intestines
	Due to stress and anxiety	Liver qi stagnation
	Due to irritable bowel syndrome (IBS)	Liver qi stagnation
	Due to weakness of the digestive system	Spleen qi deficiency
<b>Bowel Movement</b>	See Constipation, Diarrhea, Ulcerative Colitis, Irritable Bowel Syndrome (IBS), Hemorrhoid, Crohn's disease	
<b>BPH</b>	See Benign Prostatic Hypertrophy	
<b>Brain</b>	Alzheimer's, dementia, Parkinson's, post-stroke complications and other neurodegenerative disorders with compromised mental and physical functions	Kidney yin, yang and <i>jing</i> (essence) deficiencies
	Poor memory, forgetfulness	Heart and Kidney deficiencies

<b>Breast</b>	Under-developed breasts	Kidney yang and <i>jing</i> (essence) deficiencies
	Breast distention, PMS, irritability	Liver qi stagnation
	Breast lumps, benign breast disorder, fibrocystic disorders	Liver qi stagnation with phlegm and heat
	Breast cancer patients receiving chemotherapy or radiation	<i>Wei</i> (defensive) <i>qi</i> and <i>zhong</i> (central) <i>qi</i> deficiencies
	End stage breast cancer	<i>Yuan</i> (source) <i>qi</i> deficiency
<b>Breathing</b>	See Asthma, Cough, Dyspnea, or Common Cold	
<b>Bronchitis / Bronchiectasis...</b>	Cough	Lung qi reversal
	Cough, dyspnea, fever, yellow sputum	Lung heat
	Cough, dyspnea, clear white sputum, intolerance to cold, chills	Lung cold
	Cough, profuse yellow sputum, chest congestion	Lung heat with phlegm
	Chronic bronchitis with dryness and scanty sputum	Lung qi and yin deficiency
	Moderate to severe cases of chronic bronchitis with infection and inflammation	Accumulation of toxic heat
	Coughing of blood	Lung heat
	To enhance the antibiotic effect	Toxic heat in the Lung
<b>Bruises</b>	See Trauma	
<b>Bruxism (Teeth Grinding)</b>	With stress	Liver qi stagnation
	With severe stress and insomnia	Liver qi stagnation with <i>shen</i> (spirit) disturbance
<b>Bulimia</b>	Binge eating followed by abdominal pain or self-induced vomiting	<i>Shen</i> (spirit) disturbance
	Obesity, excess appetite with mental disorder	<i>Shen</i> (spirit) disturbance with Stomach heat
<b>“Burned Out”</b>	Fatigue, over-exhaustion, lack of interest, and decreased vitality	Kidney yang deficiency
	Chronic fatigue	Lung and Kidney deficiencies
	Overall weakness and deficiency	Qi, blood, yin and yang deficiencies
	Burned out with Kidney yin deficiency signs of night sweats, low-grade fever, blurry vision, tinnitus, weakness and soreness of the back and knees, etc.	Kidney yin deficiency
<b>Bursitis</b>	Inflammation and redness of the joints	<i>Bi zheng</i> (painful obstruction syndrome) due to heat
	With severe pain	Severe qi and blood stagnation
	Of the shoulder	Qi and blood stagnation
	Of the elbow	Qi and blood stagnation
	Of the hip	Qi and blood stagnation
	Of the knee	Qi and blood stagnation
	With degeneration of the soft tissue (muscle, ligaments, tendons, cartilage)	Liver and Kidney yin deficiencies
<b>Calcification</b>	Calcification of joints	Phlegm accumulation
<b>Calcium</b>	Calcium deficiency seen in osteoporosis or decreased bone density	Deficiency of Kidney yin and <i>jing</i> (essence)
<b>Calculi</b>	See Stones	
<b>Calf</b>	Spasm and cramps	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
	Chronic stiffness from old injuries with blood stagnation	Blood stasis
	With knee or ankle pain	Qi and blood stagnation
<b>Cancer / Carcinoma</b>	Nausea, vomiting, compromised immune system, generalized weakness, and other side effects of chemotherapy and radiation	Deficiencies of yin, <i>yuan</i> (source) <i>qi</i> , and <i>wei</i> (defensive) <i>qi</i>
	Weakened or compromised immune system	<i>Wei</i> (defensive) <i>qi</i> deficiency
	Compromised respiratory and reproductive systems	Lung and Kidney deficiencies
	Dry mouth and thirst	Stomach yin deficiency
	End stage cancer in patients who are too weak to receive chemotherapy or radiation	<i>Yuan</i> (source) <i>qi</i> deficiency
<b>Candidiasis</b>	Genital itching and yellow discharge	Damp-heat in the lower <i>jiao</i> and Liver channel
<b>Canker Sore</b>	Ulcers in the mouth	Stomach heat
<b>Capsulitis</b>	Frozen shoulder with pain	Qi and blood stagnation
<b>Carbuncle</b>	Painful inflammation	Toxic heat with phlegm accumulation
<b>Carpal Tunnel</b>	Wrist pain	Qi and blood stagnation

<b>Syndrome</b>	With severe pain	Severe qi and blood stagnation
<b>Cartilage</b>	Enhancing the growth of muscles, tendons, ligaments and cartilages	Liver blood and Kidney yin deficiencies
<b>Cataract</b>	With blurry vision, dry eyes, weakness of the lower back and knees, tinnitus	Liver and Kidney yin deficiencies
	With hypertension, flushed face, possible constipation	Liver yang rising
<b>Cellulite</b>	Accumulation of cellulite with excessive hunger	Stomach heat
<b>Cellulitis</b>	Cellulitis due to infection	Toxic heat accumulation
	Swelling, inflammation and enlarged glands	Phlegm stagnation
<b>Cerebral Circulation Insufficiency</b>	Forgetfulness, poor concentration associated with dementia or Alzheimer's Disease	Poor circulation with deficiencies of Kidney yin, yang and <i>jing</i> (essence)
	Poor memory and forgetfulness	Heart and Kidney deficiencies
	Severe blood stagnation	Blood stagnation
<b>Chancre</b>	Chancre of mouth	Toxic heat accumulation
	Chancre in the genital region	Damp-heat in the lower <i>jiao</i> and Liver channel
<b>Change of Life</b>	See Menopause	
<b>Chemical</b>	See Poisoning	
<b>Chemotherapy</b>	See Cancer	
<b>Chest Pain...</b>	Cardiovascular/coronary heart disorders, chest pain, dyspnea with physical exertion	Blood stagnation in the chest
	Cardiovascular/coronary heart disorders with severe pain	Qi and blood stagnation
	Asthma with fever, yellow phlegm	Heat in the Lung
	Asthma with chills, white or clear phlegm	Cold in the Lung
	Chest pain due to cough	Lung qi reversal
	Chronic respiratory condition	Lung qi deficiency
	Chest congestion, pain with coughing, yellow sputum	Heat and phlegm in the Lung
	Severe blood stagnation or past history of injury or surgery in the chest area	Blood stagnation
	With stomach ulcer	Stomach fire
<b>Chicken Pox</b>	Blisters with itching	Toxic heat invading the Lung
	With severe itching	Wind-heat invasion
<b>Chills</b>	Common cold/flu with ticklish throat, fever	Wind-heat invasion
	Common cold/flu with clear or white nasal discharge, sneezing	Wind-cold invasion
	Fever and chills from stomach flu or food poisoning with diarrhea	Damp-heat in the intestine
	With fever, sore throat, ear pain	Toxic heat accumulation
<b>Chinese Restaurant Syndrome</b>	Hypersensitivity to MSG with headache, thirst and abdominal discomfort	Toxic, damp-heat
<b>Chlamydia</b>	Burning sensation with urination, discharge and pain	Damp-heat in the lower <i>jiao</i> and Liver channel
<b>Cholecystitis</b>	Inflammation of the gallbladder with or without gallstones	Damp-heat in the Gallbladder
	With elevated liver enzymes, possibly with liver impairment	Damp-heat in the Liver and the Gallbladder
	With fatty liver and high cholesterol	Damp-heat in the Liver and the Gallbladder
<b>Cholelithiasis</b>	Gallstones with or without cholecystitis	Damp-heat in the Gallbladder drying up the fluid
	Gallstones with elevated liver enzymes, possibly with liver impairment	Damp-heat in the Liver and the Gallbladder
	With severe pain due to gallstones	With qi and blood stagnation
	With fatty liver and high cholesterol	Damp-heat in the Liver and the Gallbladder
	With fever	Liver fire
<b>Cholestasis</b>	See Cholecystitis, Cholelithiasis	
<b>Cholesterol / Triglycerides...</b>	Elevated levels	Accumulation of damp and phlegm
	With excess type hypertension	Damp and phlegm with Liver fire
	With deficient type hypertension	Damp and phlegm with Liver yang rising
	With coronary heart disease	Damp and phlegm with blood stagnation
	With obesity and excessive appetite	Damp and phlegm with Stomach heat
	With fatigue	Damp and phlegm with Lung and Kidney deficiencies



	With fatty liver	Damp and phlegm in the Liver
<b>Chronic Fatigue Syndrome</b>	Short-term tiredness and lack of energy	Qi deficiency
	Chronic fatigue with generalized weakness	Qi, blood, yin and yang deficiencies
	Chronic fatigue with reproductive and respiratory deficiencies	Lung and Kidney qi deficiencies
	Adrenal insufficiency	Kidney qi deficiency
	Inability to concentrate	Heart and Kidney deficiencies
<b>Cigarette Smoking</b>	<i>See</i> Addiction	
<b>Circulation, Poor</b>	Poor peripheral circulation with numbness and pain of the extremities	Qi and blood stagnation
	Poor circulation due to blood stagnation from previous injuries or surgery	Severe blood stasis
	Coronary heart condition	Qi and blood stagnation in the upper <i>jiao</i>
<b>Cluster Headache</b>	Acute or chronic cluster headache with blood deficiency	Qi and blood stagnation with blood deficiency
	Acute cluster headache	Qi and blood stagnation
	Severe cluster headache	Severe qi and blood stagnation
	Caused by stress	Liver qi stagnation or Liver yang rising
	With short-temper, irritability, red face, red eyes and possible constipation	Liver fire
<b>Cognitive Impairment</b>	Memory impairment due to neurodegenerative disorders	Deficiencies of Kidney yin, yang and <i>jing</i> (essence) with phlegm
	Poor memory and forgetfulness	Heart and Kidney deficiencies
<b>Cold...</b>	<i>See</i> Common Cold	
	Cold extremities with weakness of the lower back and knees, clear polyuria	Kidney yang deficiency
	Cold extremities due to poor blood circulation	Blood stagnation
	In females with weakness and irregular menstruation	Cold in the uterus with qi and blood deficiencies
	Female infertility with no ovulation	Kidney yang deficiency
	Coldness and pain of the joints	Cold <i>bi zheng</i> (painful obstruction syndrome)
<b>Cold Sores</b>	Fever blisters with pain and inflammation	Wind-heat
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Colic Pain</b>	<i>See</i> Gallstones, Kidney Stones or Bladder Stones	
<b>Colitis</b>	Ulcerative colitis or Crohn's disease	Damp-heat in the Large Intestine
	Colitis with diarrhea due to infection	Damp-heat in the Large Intestine
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Irritable bowel syndrome (IBS)	Liver qi stagnation
	With bleeding	Heat accumulation pushing blood out of the vessels
<b>Colon</b>	<i>See</i> Constipation, Diarrhea, Colitis, Diverticulosis, Irritable Bowel Syndrome (IBS), Crohn's Disease, Ulcerative Colitis, etc.	
	Cleansing	Toxic heat accumulation in the colon
<b>Common Cold</b>	Sore throat, headache	Wind-heat
	Fever, dyspnea, chest congestion	Lung heat
	Runny nose with clear watery discharge, sneezing, nasal congestion	Lung cold
	Chest congestion, profuse yellow sputum, cough	Lung heat with phlegm
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Prevention of common cold and flu	<i>Wei</i> (defensive) <i>qi</i> deficiency
	With severe sore throat and possible ear ache	Toxic heat in the Lung
<b>Complexion</b>	Pale with fatigue and weakness	Qi deficiency
	Pale with dizziness and anemia	Blood deficiency
	Dark circles under the eyes, soreness and weakness of the lower back and knees, dizziness, tinnitus, possible spermatorrhea, hair loss and dryness	Kidney yin deficiency
	Dark complexion with purplish tongue, dry hair, coldness; menstrual cramps and blood clots in women	Blood stagnation

	Dark complexion from chronic blood stagnation resulting from surgery or old injuries	Blood stasis
	Red complexion with high blood pressure and fast heart rate	Heat in all three <i>jiaos</i>
<b>Conception</b>	<i>See Infertility</i>	
<b>Conjunctivitis</b>	Redness and swelling of the eyes, “red eyes”	Liver fire rising
	Inflammation and swelling of the eyes	Heat in all three <i>jiaos</i>
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Constipation</b>	Excess type constipation with yellow tongue coat and red face	Excess heat in the Large Intestine
	Deficient type constipation with dryness	Heat in the Large Intestine with yin deficiency
	Irritable bowel syndrome (IBS)	Liver qi stagnation
	With cold extremities, pale complexion, preference for warmth, polyuria and excessive urinary urges at night	Kidney yang deficiency
	With thirst, dryness, dizziness; in postpartum or convalescing patients	Blood deficiency
	With hemorrhoid	Blood stagnation
	With dryness and thirst	Stomach yin deficiency
	With bleeding	Heat in the intestines
	Post-surgical constipation	Qi and blood stagnation
<b>Contagious Disease</b>	<i>See Infection</i>	
<b>Convulsion</b>	Childhood convulsion	Liver wind
	High blood pressure, redness of the face and eyes, tremors	Liver wind with Liver yang rising
	Dryness of the eyes, soreness of the back and knees, tinnitus	Liver and Kidney yin deficiency
<b>Coronary Heart Disease</b>	Chest pain with numbness due to poor blood circulation	Blood stagnation
	Chest pain with high cholesterol/triglycerides	Blood stagnation with damp and phlegm
	Chest pain with high cholesterol/triglycerides, fatty liver and obesity	Blood stagnation with damp and phlegm
	Chest pain with deficient type hypertension, dizziness, tinnitus	Blood stagnation with Liver yang rising
	Chest pain with excess type hypertension, headache, flushed face, red eyes, anger	Blood stagnation with Liver fire
	Chest pain with generalized weakness	Blood stagnation with qi deficiency
	Severe chest pain	Qi and blood stagnation
	Severe blood stasis manifesting in dark, purplish complexion, purplish tongue, possible distended sublingual veins	Blood stasis
<b>Cough</b>	General cough	Any cause
	Dyspnea, yellow nasal discharge or sputum, fever	Lung heat
	Dyspnea, white nasal discharge or sputum, chills	Lung cold
	Early stage of infection, cough with pronounced sore throat	Wind-heat
	Mid-to-late stage of infection, cough with chest congestion and yellow sputum	Lung heat with phlegm
	Chronic dry and non-productive cough, chest pain	Lung yin deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Cough due to exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
	Chronic respiratory disease with weakness	Lung and Kidney deficiencies
	With phlegm or feeling of plum-pit syndrome, hypochondriac distension, short temper	Liver qi stagnation or Liver fire
	Dry cough, thirst, dryness	Lung and Stomach yin deficiencies
<b>Cramps</b>	Muscle spasms or intestinal cramping	Liver yin and body fluid deficiencies
	Menstrual cramps	Blood stagnation
	Stomach cramp with acid reflux or ulcer	Stomach heat
	Intestinal cramps from irritable bowel syndrome (IBS)	Liver qi stagnation
	Intestinal cramps from ulcerative colitis	Damp-heat in the intestine
	With severe pain	Severe qi and blood stagnation
<b>Crohn’s Disease</b>	Diarrhea, rectal bleeding, poor appetite, fever, night sweats, weight loss	Toxic heat accumulation in the intestines with yin-deficient heat
	With pronounced poor appetite and weakness	Spleen qi deficiency

	With severe bleeding	Heat pushing blood out of the vessels
<b>Crying</b>	Emotional disturbance during menopause	Kidney yin deficiency with <i>shen</i> (spirit) disturbance
	From stress	Liver qi stagnation
	With stress, fatigue, insomnia	Liver qi stagnation with qi deficiency
<b>Cyst...</b>	Cysts in the breast	Liver qi stagnation with phlegm accumulation
	Ovarian or uterine cysts	Qi and blood stagnation in the lower <i>jiao</i>
	Cysts elsewhere in the body	Qi and phlegm stagnation
<b>Cystitis</b>	Acute stage with urinary urgency, burning and painful urination	Damp-heat in the Urinary Bladder
	Chronic stage with urinary urgency, frequent re-infection	Damp-heat in the Urinary Bladder with yin deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Interstitial cystitis	Damp-heat accumulation and blood stagnation in the lower <i>jiao</i>
	With bleeding	Heat pushing blood out of the vessels
	With fever	Fire accumulation in the lower <i>jiao</i>
<b>Dairy Product Intolerance</b>	Diarrhea and bloating	Spleen qi deficiency
<b>Degeneration</b>	Of the nervous system	Kidney yin, yang and <i>jing</i> (essence) deficiencies
	Of bone density	Kidney yin and <i>jing</i> (essence) deficiencies
	Decrease in function of adrenal glands and the endocrine system	Kidney qi deficiency
	Pre-mature aging with gray hair and hair loss	Liver blood deficiency with Kidney yin deficiency
	Hypothyroidism	Kidney yang deficiency
	Degenerative arthritis of the upper body	Liver yin and Kidney yin deficiencies
	Degenerative arthritis of the lower body	Liver yin and Kidney yin deficiencies
	Poor memory and forgetfulness	Heart and Kidney deficiencies
	Of soft tissue (muscle, tendon, ligament, cartilage)	Liver and Kidney yin deficiencies
	Decreased or absence of libido	Kidney yang deficiency
<b>Dehydration</b>	Causing cramps	Blood deficiency with qi and blood stagnation
	From diarrhea due to food poisoning	Damp-heat in the Intestines
	Due to chronic diarrhea with weak digestion and poor appetite	Spleen qi deficiency
	Due to excess fire, fever, inflammation or infection	Fire in the <i>qi</i> (energy) level
	Resulting in excessive thirst and dryness	Yin and fluid deficiency
<b>Delirium...</b>	With anxiety, irritability, restlessness and insomnia	Liver fire
	With constipation	Qi stagnation and excess fire
	With heat sensation	Excess fire
	With severe blood stagnation manifesting in purplish tongue, dark complexion or in cases where other herbs don't seem to work	Severe blood stasis
<b>Dementia</b>	Memory impairment due to neurodegenerative disorders	Deficiencies of Kidney yin, yang and <i>jing</i> (essence) with phlegm
	Poor memory and forgetfulness	Heart and Kidney deficiencies
<b>Dependence</b>	<i>See</i> Addiction	
<b>Depression</b>	With fatigue, lack of interest	Stagnation of phlegm, qi, blood and food
	With signs of vegetative state	Severe stagnation of phlegm, qi, blood and food
	With restlessness, irritability, anger (manic depressives)	Stagnation of phlegm, qi, blood and food with Liver and Heart fire
	With increased appetite and weight gain	Stagnation of phlegm, qi, blood and food with Stomach heat
	With poor appetite	Stagnation of phlegm, qi, blood and food with Spleen qi deficiency
	With sexual dysfunction or lack of libido	Stagnation of phlegm, qi, blood and food with Kidney yang deficiency
	With low energy	Stagnation of phlegm, qi, blood and food with qi deficiency

	With insomnia or too little sleep	Stagnation of phlegm, qi, blood and food with lack of nourishment to the <i>shen</i> (spirit)
	Post-partum depression	Stagnation of phlegm, qi, blood and food with blood deficiency
	Pre-menopausal and menopausal depression	Stagnation of phlegm, qi, blood and food with yin-deficient heat
	With inability to concentrate	Stagnation of phlegm, qi, blood and food with Heart and Kidney deficiencies
	With headache	Stagnation of phlegm, qi, blood and food
<b>Dermatitis</b>	Rash, itching, redness	Wind-heat or damp-heat at the skin level
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Severe itching	Toxic heat
	With redness and heat sensation	Excess heat accumulation
<b>Detox...</b>	Accumulation of toxic substances in the body leading to compromised liver function (alcohol, drugs, medication, smoking, etc.)	Toxic heat in the Liver
	Accumulation of toxic substances in the body leading to compromised kidney function	Toxic heat in the Kidney
	Adverse reactions from exposure to drugs, chemicals, heavy metals, hormones in meat, environmental and airborne toxins	Toxic heat accumulation
	Accumulation of toxic substances in the gastrointestinal tract	Toxic heat accumulation
	To cleanse the blood	Blood stagnation
	To cleanse the lymphatic system	Damp and phlegm accumulation
	For weight loss	Stomach fire
<b>Diabetes</b>	High blood glucose	Yin deficiencies of the Lung, the Stomach and the Kidney
	With impotence	Yin deficiencies of the Lung, the Stomach and the Kidney with yang deficiency of the Kidney
	With urinary tract infection	Yin deficiencies of the Lung, the Stomach and the Kidney with damp-heat in the Urinary Bladder
	With blurry vision	Yin deficiencies of the Lung, the Stomach and the Kidney with false heat
	With high cholesterol	Yin deficiencies of the Lung, the Stomach and the Kidney with damp and phlegm accumulation
	With peripheral neuropathy	Yin deficiencies of the Lung, the Stomach and the Kidney with qi and blood stagnation
	With excessive thirst	Stomach and Lung yin and fluid deficiency
<b>Diarrhea</b>	Loose stool or diarrhea with poor appetite and weakness	Spleen deficiency
	With foul-smelling stool, burning sensation of anus, abdominal discomfort and pain, nausea and vomiting, traveler's diarrhea	Damp-heat in the Intestines
	Due to ulcerative colitis, Crohn's disease, diarrhea with pus and blood	Toxic heat in the intestines
	Due to irritable bowel syndrome (IBS)	Liver qi stagnation
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With bleeding	Heat pushing blood out of the vessels
	Extreme thirst and dryness from diarrhea	Yin and fluid deficiency
<b>Diet...</b>	Poor appetite, fatigue, loose stool	Spleen qi deficiency
	Excess appetite, overweight	Dampness accumulation with Stomach heat
	Food poisoning or traveler's diarrhea	Damp-heat in the intestine
	Excessive appetite with high cholesterol	Damp accumulation
	Excessive appetite with high cholesterol, fatty liver and obesity	Damp phlegm accumulation
	Excessive appetite with gallstone	Damp-heat in the Gallbladder
	Excessive appetite with hepatitis	Toxic heat in the Liver
<b>Discharge</b>	Clear and watery nasal discharge	Wind-cold at the exterior
	Thick and yellow nasal discharge	Damp-heat at the nose

	Yellow vaginal discharge	Damp-heat in the lower <i>jiao</i>
	Clear vaginal discharge	Kidney yang deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Ear discharge from infection	Toxic heat invasion
	Nipple discharge from fibrocystic disorder	Phlegm accumulation and Liver qi stagnation
<b>Distention</b>	Head	Qi and blood stagnation
	Head: due to deficient type of hypertension	Liver yang rising with yin deficiency
	Head: due to excess type of hypertension	Liver fire
	Chest: coronary heart disease	<i>Xiong bi</i> (painful obstruction of the chest)
	Chest: wheezing or dyspnea with fever, yellow sputum	Lung heat
	Chest: wheezing or dyspnea with white sputum	Lung cold
	Chest: chronic respiratory disorder with dyspnea	Lung qi deficiency
	Hypochondriac area	Liver qi stagnation
	Abdomen: due to irritable bowel syndrome (IBS)	Liver qi stagnation
	Abdomen: due to ulcerative colitis (UC) or Crohn's disease	Damp-heat in the intestine
	Abdomen: with weakness of digestion	Spleen qi deficiency
	Lower abdomen: due to fibroids	Qi, blood and phlegm stagnation
	Lower abdomen: due to endometriosis	Qi and blood stagnation
	Breast distention	Liver qi stagnation
	Severe breast distention	Liver qi stagnation
	Swelling and edema	Fluid and damp accumulation
<b>Dizziness...</b>	Due to anemia	Spleen and Heart deficiencies
	Due to hypertension	Liver yang rising or Liver fire
	From exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
	With migraine or headache from blood deficiency	Blood deficiency
	With ear, nose or throat infection	Wind-heat and toxic heat invasion
	With blurry vision, tinnitus, hot flashes, low-grade fever or night sweats	Kidney yin-deficient heat
	With flu or common cold	Wind-heat or wind-cold invasion
<b>Diverticulitis</b>	Diverticulitis with inflammation	Damp-heat in the intestine
	With acute constipation	Qi stagnation with heat
	With chronic constipation or dry stool	Yin deficiency with stagnation
	With severe pain	Severe qi and blood stagnation
<b>Dreams</b>	Increased dreams, difficulty falling and staying asleep, poor appetite, epigastric fullness and distension, fatigue	Spleen and Heart deficiencies
	Nervousness, forgetfulness, restlessness, weakness	Heart and Kidney deficiencies
	Anger, short temper, hypochondriac discomfort	Liver fire
	Difficulty falling or staying asleep, stress, anxiety, restlessness with deficiency	Liver qi stagnation with qi deficiency
<b>Drooling of Saliva</b>	With paralysis, bell's palsy	Liver wind
	With profuse saliva, poor appetite, pale complexion, loose stool	Spleen qi deficiency
	With ulceration in the tongue, bitter taste, constipation, irritability	Stomach heat
<b>Drugs</b>	See Addiction, Detox, Poisoning	
<b>Dryness</b>	Dry eyes	Liver and Kidney yin deficiencies
	Dry skin, hair, nails	Liver blood and Kidney yin deficiencies
	General dryness with thirst	Lung and Stomach yin deficiency
	Severe dryness with tinnitus, hair loss, blurry vision, weakness and soreness of back and knees, hot flashes, low-grade fever, malar flush, night sweats, etc.	Kidney yin deficiency
<b>Duodenum</b>	Ulcer with abdominal pain	Stomach heat
<b>Dysentery</b>	Diarrhea with foul-smelling stool, burning sensation of anus, abdominal discomfort and pain, nausea and vomiting	Damp-heat in the Intestines
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With bleeding	Heat pushing blood out of the vessels
	With fever	Excess heat accumulation

<b>Dysmenorrhea</b>	With bloating and blood clots	Qi and blood stagnation
	Due to endometriosis or uterine fibroids	Qi and blood stagnation
	With pelvic infection or inflammation	Toxic heat accumulation and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Dyspnea</b>	Cough, dyspnea, chest congestion, yellow sputum, with or without fever	Lung heat
	Cough, white sputum or nasal discharge, chills	Lung cold
	Chronic respiratory disorder; dyspnea with light physical exertion	Deficiencies of the Lung and the Kidney
	Cough with no other significant signs	Lung qi reversal
	Chronic respiratory disorder with underlying Lung and Kidney deficiency	Lung and Kidney qi deficiency
<b>Dysuria</b>	Painful urination due to heat	Damp-heat in the Urinary Bladder
	Kidney or urinary stones	Dysuria due to stone; <i>shi lin</i> (stone dysuria)
	Moderate to severe cases of kidney stone with infection and inflammation	Accumulation of toxic heat
	Chronic nephritis	Toxic heat with dampness and Kidney deficiency
	Due to prostatitis	Damp-heat accumulation in the lower <i>jiao</i>
	Due to prostate enlargement	Damp accumulation and qi stagnation
	With bleeding	Heat pushing blood out of the vessels
	With fever	Excess heat accumulation
	With severe pain	Severe qi and blood stagnation
<b>Ear Infection</b>	Ear infection with fever, pain	Damp-heat in the Liver and Gallbladder channels
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With swelling	Damp-heat accumulation
	With fever	Excess heat accumulation
<b>Eating Disorder</b>	See Anorexia, Bulimia	
<b>Eczema</b>	Skin allergy, rash, eczema, itching, general dermatological disorders	Wind-heat at the skin level, heat in the blood
	Of the genital area	Damp-heat in the lower <i>jiao</i>
	Chronic itching	Toxic heat accumulation
	Skin reaction due to exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat accumulation
	Chronic eczema with underlying blood deficiency or anemia	Toxic heat accumulation with blood deficiency
	With redness, burning or fever	Excess heat accumulation
	Stubborn eczema due to blood stagnation with dark appearance and purplish tongue	Blood stagnation
<b>Edema</b>	General edema with swelling	Water accumulation
	With coldness of extremities, dizziness, irregular menstruation	Spleen deficiency with damp and cold
	Edema in hypothyroid patients	Kidney yang deficiency with damp accumulation
	Due to hypertension	Liver yin deficiency with Liver yang rising
	Due to obesity and excess appetite	Stomach heat with damp
	With coldness and weakness	Kidney yang deficiency
	Due to chronic kidney disease	Kidney deficiency
	With weak digestive system and diarrhea	Spleen deficiency
	With lymphedema	Damp and phlegm accumulation
	Due to diabetes	Yin deficiency with damp
<b>Elbow</b>	Tennis elbow, golfer's elbow, pain	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
	Soft tissue degeneration (muscles, tendons, ligaments and cartilage)	Liver and Kidney yin deficiencies
<b>Emaciation</b>	Weight loss, fatigue, over-all deficiency	Qi, blood, yin and yang deficiencies
	Chronic fatigue with compromised lung and kidney functions	Lung and Kidney deficiencies
	Weight loss, loose stool, poor appetite, fatigue with weak digestive	Spleen deficiency

	system	
	General Kidney yin deficiency signs such as blurry vision, weakness of the back and knees, tinnitus, dryness, flushed cheeks, possible low-grade fever, etc.	Kidney yin deficiency
	General Kidney yang deficiency signs such as coldness, low libido, premature ejaculation, weakness and soreness of the back and knees, pale complexion, polyuria, etc.	Kidney yang deficiency
<b>Emotion...</b>	Instability with stress, PMS, nervousness	Liver qi stagnation
	Instability with Heart fire manifesting in restlessness, insomnia and anger	Liver and Heart fire
	Instability with mood swings in menopause patients	Kidney and Liver yin deficiencies
	Instability, over-active mind, stress and insomnia in patients with deficiency	Liver qi stagnation with qi deficiency
	Excessive worrying, pensiveness, anemia	Spleen and Heart blood deficiencies
	Depression	Qi, blood, phlegm, food, fire and damp accumulation
	Pent-up emotion with red face, constipation, excess fire	Excess accumulation of fire
	Chronic, stubborn emotional imbalance that doesn't seem to respond to any treatment	Blood stagnation
<b>Emphysema</b>	Dyspnea, wheezing, scanty or no sputum, weakness	Deficiencies of the Lung and the Kidney
	Dyspnea, wheezing, white sputum	Lung cold
	Dyspnea, wheezing, fever	Lung heat
	Maintenance formula to improve breathing	Lung and Kidney deficiencies
	Cough with no other pronounced symptoms	Lung qi reversal
<b>Endocrine Disorder</b>	Diminished function of the adrenal glands and endocrine system	Deficiencies of Kidney yin, yang and <i>jing</i> (essence)
	Diabetes mellitus	Yin deficiency with dampness and heat
	Hyperthyroidism	Excess heat
	Hypothyroidism	Kidney yang deficiency
	Addison's disease	Kidney deficiency
<b>Endometriosis</b>	Cramps and pain with or without menstruation	Blood stagnation in the lower <i>jiao</i>
	Severe menstrual cramps	Blood stagnation in the lower <i>jiao</i>
	With back pain	Blood stagnation in the lower <i>jiao</i>
	Causing infertility	Blood stagnation in the lower <i>jiao</i>
<b>Energy...</b>	Short-term tiredness and lack of energy	Qi deficiency
	Chronic fatigue with generalized weakness and deficiency in qi, blood, yin and yang	Qi, blood, yin and yang deficiencies
	Chronic fatigue with Lung and Kidney weakness	Lung and Kidney deficiencies
	Low energy and weak immune system	<i>Wei</i> (defensive) <i>qi</i> deficiency
	Low energy and weak digestive function	Spleen qi deficiency
	Chronic sluggishness with blood stagnation signs of purplish tongue, dark complexion, past history of trauma or surgery	Blood stagnation
<b>Enhancement (Breast)</b>	To enhance the size and the shape of the breasts	Kidney yang and <i>jing</i> (essence) deficiencies
<b>Enteritis</b>	Diarrhea with foul-smelling stool, burning sensation of anus, abdominal discomfort and pain, nausea and vomiting	Damp-heat in the Intestines
	Ulcerative colitis, Crohn's disease	Damp-heat in the Large Intestine
	Moderate to severe cases of ulcerative colitis and Crohn's disease	Accumulation of toxic heat
	Chronic enteritis with weakness, poor appetite, and diarrhea	Spleen qi deficiency
	Due to chemotherapy	Qi deficiency and heat accumulation
	With excess heat and inflammation	Excess heat
	Enteritis with pain	Qi and blood stagnation
	Enteritis with bleeding	Heat pushing blood out of the vessels
<b>Epicondylitis (Lateral or Medial)</b>	Tennis elbow	Qi and blood stagnation
	For degeneration of the joint and related soft tissue (muscle, ligaments, tendons, cartilages)	<i>Wei</i> (atrophy) syndrome
	For severe pain	Qi and blood stagnation

<b>Epigastric Pain</b>	Epigastric fullness and pain, stomach ulcer, gastritis, acid reflux	Stomach heat
	Irritable bowel syndrome (IBS), Crohn's disease, gas with indigestion	Liver qi stagnation
	Pain due to gallstones	Damp-heat in the Liver and Gallbladder
	With severe pain	Severe qi and blood stagnation
	With obesity and excessive appetite	Stomach fire
<b>Epilepsy</b>	Childhood convulsions, epilepsy, seizures and twitching of muscles	Liver wind
	Convulsion, epilepsy, seizure or twitching in adults	Liver wind
<b>Erection Difficulty</b>	<i>See</i> Impotence	
<b>Erysipelas</b>	Skin and lymph infection	Toxic heat accumulation with phlegm
<b>Esophageal Reflux</b>	<i>See</i> Acid Reflux	
<b>Estrogen...</b>	Breast discomfort with PMS	Liver qi stagnation
	Breast discomfort with lumps, possible fibroids	Liver qi stagnation with phlegm stagnation
	Infertility	Depends on each phase
	Menopause	Kidney yin deficiency
	Osteoporosis	Kidney <i>jing</i> (essence) deficiency
	Dryness of the eyes with blurred vision	Liver and Kidney yin deficiencies
<b>Eyes</b>	Hypertensive patients with red eyes, blurred vision, dizziness or vertigo	Liver yang rising
	Hypertensive patients with red eyes, flushed face, short temper	Liver fire rising
	Red eyes due to infection	Accumulation of toxic heat
	Dry eyes with blurred vision	Liver and Kidney yin deficiencies
<b>Eye</b>  <b>(With Dark Circles)</b>	With generalized weakness, possible tinnitus, blurry vision, night sweating, low-grade fever	Kidney yin deficiency
	With coldness, soreness and weakness of the low back and knees, spermatorrhea, low libido, polyuria, hair loss, etc.	Kidney yang deficiency
<b>Facial Paralysis</b>	Bell's Palsy	Wind attack with qi and blood stagnation
<b>Fainting</b>	<i>See</i> Hypoglycemia, Hypotension	
<b>Fallopian Tubes</b>	Infertility due to obstruction	Qi and blood stagnation of the lower <i>jiao</i>
	Inflammation of the fallopian tubes	Damp-heat in the lower <i>jiao</i>
	Abscess and inflammation	Phlegm obstruction
	Infertility due to scarring, coldness and weakness	Blood stagnation with Kidney yang deficiency
<b>Fat</b>	Obesity with excess appetite	Damp-heat accumulation with heat
	High cholesterol and triglycerides levels	Damp-heat accumulation
	Fatty tissue deposit, such as lipomas	Phlegm stagnation
<b>Fatigue...</b>	Short-term tiredness and lack of energy	Qi deficiency
	Chronic fatigue with generalized weakness	Qi, blood, yin and yang deficiencies
	Weakness, insomnia, excess worries	Spleen and Heart qi deficiencies
	Patients who are burned out with fatigue, lack of energy and drive	Deficiency of Spleen and Stomach
	Chronic fatigue with lung and kidney weakness	Lung and Kidney deficiencies
	Low energy and weak immune system	<i>Wei</i> (defensive) <i>qi</i> deficiency
	Low energy and weak digestive function, poor appetite, loose stool	Spleen qi deficiency
	Due to coronary artery disease	Chest pain; chest <i>bi zheng</i> (painful obstruction syndrome)
	Due to chronic nephritis	Toxic heat in the Kidney
	In cancer patients	<i>Yuan</i> (source) <i>qi</i> and <i>wei</i> (defensive) <i>qi</i> deficiencies
	In chronic patients with severe blood stagnation manifesting in purplish tongue	Blood stasis
<b>Fatty Liver</b>	Fatty liver with high cholesterol and obesity	Damp and phlegm accumulation
	With hepatitis	Toxic heat in the Liver
<b>Fear</b>	Fear, restlessness, anxiety	<i>Shen</i> (spirit) disturbance with fire
	Easily frightened, poor sleep, excessive dreams	Spleen and Heart blood deficiency with <i>shen</i> (spirit) disturbance



<b>Fertility</b>	See Infertility	
<b>Fever</b>	General fever	Heat in all three <i>jiaos</i>
	Fever in viral infections, common cold and flu	Wind-heat
	Fever in bacterial infections, pneumonia, or bronchitis, cough, dyspnea	Lung heat
	Fever, chest congestion, yellow sputum	Damp-heat in the Lung
	Low-grade fever in the evening with perspiration	Yin deficiency with false heat
	Various types of infection	Heat at various parts of body
	Fever due to hyperthyroidism	Liver fire excess
	Fever due to exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
	Fever with swelling and inflammation	Heat with phlegm stagnation
	Unremitting fever due to blood stagnation manifesting in purplish tongue	Blood stasis
<b>Fever Blister</b>	Cold sores with pain and inflammation	Wind-heat
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Fever blister with severe pain	Qi and blood stagnation
<b>Fibrocystic Disease</b>	Fibrocystic breast masses	Liver qi stagnation with phlegm
	Fibroids in the uterus and ovaries	Blood stagnation in the lower <i>jiao</i>
<b>Fibromyalgia...</b>	With coldness and/or numbness	<i>Bi zheng</i> (painful obstruction syndrome) with cold and deficiency
	With heat sensations	<i>Bi zheng</i> (painful obstruction syndrome) with heat
	With spasms and cramps	<i>Bi zheng</i> (painful obstruction syndrome) with Liver yin and body fluid deficiencies
	Due to stress	<i>Bi zheng</i> (painful obstruction syndrome) with Liver qi stagnation
	With extreme fatigue due to deficiency	<i>Bi zheng</i> (painful obstruction syndrome) with qi deficiency
	Due to bone spurs	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
	Due to blood stagnation manifesting in purplish tongue	Blood stasis
<b>Fidgeting</b>	See Irritability	
<b>Filatov's Disease</b>	Fever, pharyngitis, enlarged lymph	Toxic heat accumulation with dampness
<b>Fire</b>	Excess fire and heat signs	Excess fire in all three <i>jiaos</i>
<b>Fissures</b>	Fissures with dryness	Yin deficiency
	With ulceration or from hemorrhoids	Damp-heat in the lower <i>jiao</i>
	With acute constipation	Qi and blood stagnation
	With chronic constipation or dry stool	Yin deficiency
	With infection	Toxic heat
<b>Five-Center Heat</b>	With sweating, irritability	Yin deficiency with heat
	With thirst, dryness	Yin deficiency
	With extreme Kidney yin deficiency	Kidney yin deficiency
<b>Flatulence</b>	Due to irritable bowel syndrome	Liver qi stagnation
	With burning diarrhea or infection	Damp-heat in the intestine
	With weakness, poor appetite with diarrhea	Spleen qi deficiency
	With ulcerative colitis, Crohn's disease	Damp-heat accumulation
	Stress related bloating and distension	Liver qi stagnation
	With gallstones	Damp-heat in the Liver
<b>Flu</b>	See Common Cold, Influenza	
	Intestinal Flu	Toxic, damp-heat in the Intestines
<b>Focus...</b>	ADD, ADHD	Liver wind with <i>shen</i> (spirit) disturbance
	Inability to focus, poor memory, forgetfulness	Heart and Kidney deficiencies
	Alzheimer's disease	Kidney yang deficiency
<b>Follicular Phase</b>	Infertility; follicular phase	Qi and blood deficiency, Kidney <i>jing</i> (essence)

		deficiency
<b>Food Poisoning</b>	Diarrhea, abdominal pain, nausea, vomiting	Damp-heat in the Intestines
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With fever	Accumulation of toxic heat
<b>Forgetfulness</b>	Poor memory, forgetfulness	Heart and Kidney deficiencies
	Poor memory, poor concentration associated with Alzheimer's disease	Deficiencies of Kidney yin, yang and <i>jing</i> (essence)
	With dizziness, weakness, difficulty sleeping, anemia, excessive thinking and worrying	Spleen and Heart deficiency
	ADD or ADHD in children	Liver wind with <i>shen</i> (spirit) disturbance
	Diminished mental and physical functions	Deficiencies of Kidney yin, yang and <i>jing</i> (essence)
	With Kidney yin deficient signs of blurry vision, weakness of the back and knees, tinnitus, dryness, flushed cheeks, possible low-grade fever, etc.	Kidney yin deficiency
	With Kidney yang deficient signs of coldness, low libido, premature ejaculation, weakness and soreness of the back and knees, pale complexion, polyuria, etc.	Kidney yang deficiency
<b>Fracture</b>	See Bone Disorders	
<b>Frozen Shoulder</b>	Acute pain and immobility	Qi and blood stagnation
	Chronic, dull pain, immobility, numbness	Qi and blood stagnation with Liver yin deficiency
	Pain due to bone spur	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Fullness...</b>	Due to peptic ulcers	Stomach heat
	With irritability and stress	Liver overacting on the Spleen and Stomach
	With constipation	Qi stagnation of the Large Intestine
	Before or during menstruation	Liver qi stagnation
	Due to endometriosis, uterine or ovarian fibroids	Blood stagnation in the lower <i>jiao</i>
	Due to gallstone	Damp-heat in the Gallbladder
	Due to irritable bowel syndrome (IBS), Crohn's disease	Liver qi stagnation
	Due to ulcerative colitis	Damp-heat accumulation
	With weakness, poor appetite and loose stool	Spleen qi deficiency
	In those undergoing chemotherapy/radiotherapy	Stomach yin and qi deficiencies
<b>Fungal Infection</b>	See Infection	
<b>Furuncle</b>	Swelling with redness and pain	Damp-heat
	Moderate to severe infection	Toxic heat
	With severe pain	Severe qi and blood stagnation
	Chronic, non-healing cases with blood stagnation manifesting in purplish tongue	Blood stasis
<b>Gallbladder</b>	See Cholecystitis, Cholelithiasis	
<b>Gallstones</b>	See Stones	
<b>Gas</b>	See Flatulence	
<b>Gastritis</b>	Heartburn, acid reflux, stomach pain	Stomach fire
	Stress related gastritis with heartburn, acid reflux, stomach pain	Stomach fire with Liver qi stagnation
	Gastritis with weakness, poor appetite and loose stool	Spleen qi deficiency
	With bleeding	Heat pushing blood out of the vessels
	With dryness and thirst	Stomach yin deficiency
<b>Gastroenteritis</b>	Diarrhea with foul-smelling stool, burning sensation of anus, abdominal discomfort and pain, nausea and vomiting	Damp-heat in the Intestines
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Ulcerative colitis, Crohn's disease or symptoms like such	Damp-heat accumulation
	Gastrointestinal symptoms associated with exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
	With bleeding	Heat in the blood
	With fever or excess heat	Excess accumulation of heat

<b>Gastroesophageal Reflux Disease (GERD)</b>	Acid reflux, heartburn, stomach pain and discomfort	Stomach fire with rising Stomach qi
	Stress related	Liver qi stagnation
<b>Gastropptosis</b>	Downward displacement of the stomach	Qi and yang deficiency
<b>Genital Herpes</b>	<i>See Herpes</i>	
<b>Genital Itching</b>	Itching and discomfort in the genital area	Damp-heat in the lower <i>jiao</i>
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Chancre, sore, warts	Damp and toxic heat in the lower <i>jiao</i>
<b>Germes</b>	<i>See Infection</i>	
<b>Glandular Fever</b>	Fever, pharyngitis, enlarged lymph	Toxic heat accumulation with dampness
<b>Glomerulonephritis</b>	Compromised kidney function with proteinuria and edema	Toxic heat accumulation
	Drug related	Toxic heat accumulation
<b>Glucose</b>	<i>See Diabetes, Hypoglycemia</i>	
<b>Goiter</b>	Enlargement of the thyroid gland due to hyperthyroidism	Liver qi and phlegm stagnation with <i>shen</i> (spirit) disturbance
	Enlargement of the thyroid gland due to hypothyroidism	Spleen and Kidney yang deficiencies
<b>Gonorrhea</b>	Discharge, dysuria with burning sensation and pain	Damp-heat in the lower <i>jiao</i>
<b>Gout</b>	Pain, redness and swelling	Hot <i>bi zheng</i> (painful obstruction syndrome)
	With severe pain	Severe qi and blood stagnation
<b>Grave's Disease</b>	<i>See Hyperthyroidism</i>	
<b>Growth</b>	Growth retardation	Kidney yin, yang and <i>jing</i> (essence) deficiencies
<b>Gums</b>	Bleeding or swollen gums	Stomach heat
<b>Hair</b>	Premature gray hair, dry scalp, hair, nails	Liver yin and blood deficiencies
	Stress-related hair disorders	Liver qi stagnation with yin and blood deficiencies
<b>Halitosis</b>	<i>See Bad Breath</i>	
<b>Hands</b>	Cold hands with weakness or anemia	Liver blood deficiency
	Cold hands due to poor circulation	Qi and blood stagnation
	Feeling of heat in the palms and feet	Yin deficiency with heat
	Pain or numbness of the arm	Qi and blood stagnation
	Tingling, pain or numbness of the hands originating from cervical disorder	Qi and blood stagnation
<b>Hangover...</b>	Excessive consumption of alcohol	Toxic heat in the Liver
	Hangover with headache	Toxic heat in the Liver with qi and blood stagnation
	Hangover with stomach pain, nausea and vomiting	Heat in the Liver and the Stomach
	With excessive thirst	Yin and fluid deficiencies
	With excess heat and fire signs	Excess fire accumulation
<b>Hardness</b>	<i>See Nodules</i>	
<b>Hashimoto's Thyroiditis</b>	<i>See Hypothyroidism</i>	
<b>Hay Fever</b>	<i>See Allergy</i>	
<b>Headache</b>	Immediate relief for a variety of headache or migraine	Qi and blood stagnation
	Due to hypertension with dizziness	Liver yin deficiency with Liver yang rising
	Due to stress	Liver qi stagnation
	Temporal or vertex headache with flushed face, anger	Damp-heat in the Liver channel
	Due to common cold, fever, sore throat	Wind-heat
	Sinus headache with white watery nasal discharge	Wind-cold with fluid congestion
	Sinus headache with yellow thick nasal discharge	Damp-heat with fluid congestion
	With ear, nose or throat infection	Toxic heat invasion
	Blood deficient type of hollow headache	Blood deficiency with qi and blood stagnation
	Stubborn, stabbing headache due to previous trauma to the head or blood stagnation	Blood stasis
	Headache with excess heat signs manifesting in red face, fast heartbeat and possible constipation	Excess heat
	With facial paralysis, Bell's palsy, TMJ or trigeminal neuralgia	Qi and blood stagnation
<b>Hearing Loss</b>	Diminished hearing or ringing of the ear	Kidney yin deficiency

	Tinnitus	Lung and Kidney qi deficiencies
<b>Heart</b>	<i>See</i> Angina Pectoris, Cholesterol, Hypertension, Hypotension, Coronary Heart Disease	
<b>Heart Attack (Prevention)</b>	Coronary heart disease	Blood stagnation in the upper <i>jiao</i>
<b>Heartbeat</b>	Fast with high blood pressure	Excess fire
<b>Heartburn</b>	Acid reflux with stomach pain and discomfort	Stomach fire
<b>Heaviness</b>	Heaviness and/or sluggish feeling	Damp accumulation
	Obesity with excessive appetite	Stomach heat
<b>Heavy Metal</b>	<i>See</i> Poisoning, Detox	
<b><i>Helicobacter pylori</i> Infection</b>	Stomach or duodenal ulcer due to <i>H. Pylori</i> infection	Stomach heat
<b>Hematemesis</b>	Vomiting of blood	Stomach heat
<b>Hematochezia</b>	Blood in the stool	Heat in the Intestines
	In ulcerative colitis, Crohn's disease	Damp-heat and toxic heat in the Intestines
	With hemorrhoid	Heat and blood stagnation in the lower <i>jiao</i>
<b>Hematuria</b>	Blood in the urine with infection	Heat in the bladder or lower <i>jiao</i>
<b>Hemiplegia</b>	Muscle stiffness, paralysis, difficult movement	Qi and blood stagnation
	With muscle cramps and spasms	Qi and blood stagnation with Liver yin and body fluid deficiencies
	Facial paralysis, Bell's Palsy	Qi and blood stagnation
<b>Hemoptysis</b>	Coughing of blood	Heat in the Lung or deficiency
<b>Hemorrhage</b>	<i>See</i> Bleeding	
<b>Hemorrhoids</b>	Excess type constipation with hemorrhoids	Heat in the Large Intestine
	Deficient type constipation with hemorrhoids	Heat in the Large Intestine with yin deficiency
	With severe pain	Severe qi and blood stagnation
	With bleeding	Heat pushing blood out of the vessels
<b>Hepatitis</b>	With elevated liver enzymes	Toxic heat in the Liver
	With gallstones or cholecystitis	Toxic heat in the Liver, damp-heat in the Gallbladder
	Due to exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
	With fatigue and weakness	Qi, yin, yang and blood deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Herbicide Poisoning</b>	Adverse reactions from exposure to insecticide, pesticide, herbicide and other toxins	Toxic heat in the Liver
	Compromised liver function due to exposure to toxins	Toxic heat in the Liver
	Compromised kidney function due to exposure to toxins	Toxic heat in the Kidney
<b>Herniated Disk</b>	Slipped disk with pain	Qi and blood stagnation
	With back sprain and strain	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Herpes (Genital)</b>	Genital herpes outbreak with lesions and pain	Damp-heat in the Liver and Gallbladder channels
	Frequent genital herpes outbreaks	Damp-heat in the Liver and Gallbladder channels with underlying yin deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With severe pain	Severe qi and blood stagnation with heat
<b>Herpes (Oral)</b>	Fever blisters with pain and inflammation	Wind-heat
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Herpes Zoster</b>	Acute pain and inflammation of herpes zoster	Damp-heat
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With severe pain	Severe qi and blood stagnation with heat
<b>Hiccup</b>	With foul breath, hunger, redness of the face	Stomach heat
	With poor appetite, loose stool or diarrhea, generalized weakness	Spleen qi deficiency
	Chronic and unknown in cause	Blood stagnation
<b>High Blood Pressure</b>	<i>See</i> Hypertension	

<b>Hip Fracture</b>	Post-traumatic care	Qi and blood stagnation
	To strengthen and rebuild the bones and connective tissues (muscles, ligaments, tendons, cartilage)	Kidney <i>jing</i> (essence) deficiency
	For pain associated with hip fractures	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation with heat
<b>HIV</b>	Immune deficiency with frequent infections	<i>Wei</i> (defensive) <i>qi</i> deficiency
	Chronic fatigue with immune deficiency	Lung and Kidney deficiencies
<b>Hives</b>	<i>See</i> Itching	
<b>Hordeolum (Sty)</b>	Localized infection of one or more sebaceous glands	Toxic heat accumulation
<b>Hormones</b>	Estrogen deficiency	Kidney yin deficiency
	Testosterone deficiency	Kidney yang deficiency
	Low libido in men or women	Kidney yang deficiency
	Hypothyroidism	Kidney yang deficiency
	Hyperthyroidism	Liver fire
	Diabetes Mellitus	Yin deficiency
	To detox hormones present in milk and meat	Toxic heat
<b>Hospital-acquired Infection</b>	<i>See</i> Infection	
<b>Hot Flashes</b>	With menopause signs	Yin deficiency with deficient heat
	With thirst, dryness, and sweating	Yin deficiency with deficient heat and dryness
	With irritability and restlessness	Yin deficiency with Liver qi stagnation
	With insomnia due to deficiency	Yin deficiency with Spleen and Heart deficiencies
	With insomnia due to excess	Yin deficiency with <i>shen</i> (spirit) disturbances
	<i>See</i> Menopause	
<b>Hyperactivity</b>	ADD, ADHD	Liver wind with <i>shen</i> (spirit) disturbance
<b>Hyperglycemia</b>	<i>See</i> Diabetes	
<b>Hyperhydrosis</b>	Excessive sweating with a weak immune system	Lung qi deficiency and <i>wei</i> (defensive) <i>qi</i> deficiency
	Due to excess heat manifesting in red face, fast heartbeat, possible high blood pressure and constipation	Excess heat accumulation
<b>Hyperlipidemia</b>	<i>See</i> Cholesterol	
<b>Hypertension...</b>	Excess type with flushed face, anger, redness of eyes	Damp-heat in the Liver
	Deficient type with dizziness, vertigo, tinnitus, and blurry vision	Liver yang rising with Liver and Kidney yin deficiencies
	Hypertension in patients with chronic kidney disorder	Toxic heat in the Kidney
	With excess fire manifesting in red face, red eyes, heat sensation, fast heart rate, high blood pressure and possible constipation	Excess fire in all three <i>jiaos</i>
	With high cholesterol	Damp and phlegm accumulation
	With coronary heart disease	Blood stagnation
	With headache	Qi and blood stagnation
	With blood stagnation manifesting in purplish tongue	Blood stasis
<b>Hyperthermia</b>	Hyperthermia due to hyperthyroidism	Liver qi stagnation with heat
<b>Hyperthyroidism</b>	With elevated T3 and T4 levels and enlarged thyroid gland	Qi and phlegm stagnation with <i>shen</i> (spirit) disturbance
	With irritability	Qi and phlegm stagnation with <i>shen</i> (spirit) disturbance and Liver qi stagnation
	With hypertension	Qi and phlegm stagnation with <i>shen</i> (spirit) disturbance and rising Liver yang
	With excess heat or fever	Excess fire
<b>Hyper-triglyceridemia</b>	<i>See</i> Cholesterol	
<b>Hypochondriac Pain</b>	With fidgeting, restlessness, irritability	Liver qi stagnation
	With anger, neurosis	Liver fire
	Due to hepatitis	Toxic heat in the Liver
	With cholecystitis or gallstones	Damp-heat in the gallbladder
	In patients with irritable bowel syndrome (IBS)	Liver qi stagnation

	With severe pain	Severe qi and blood stagnation
	Chronic pain with blood stagnation	Blood stagnation
<b>Hypoglycemia</b>	Low blood sugar level, dizziness	Spleen and Heart blood deficiencies
	With overall weakness and deficiencies of yin, yang, qi and blood	Qi, blood, yin and yang deficiencies
<b>Hypotension</b>	Low blood pressure with dizziness, fatigue	Deficiencies of qi and yang
<b>Hypothermia</b>	Coldness of the body and extremities	Cold accumulation with Kidney yang deficiency
<b>Hypothyroidism</b>	With fatigue, aversion to cold, decreased heart rate and blood pressure, muscle weakness or sluggishness, and other related symptoms	Yang deficiency of Heart, Spleen, and Kidney
	With low energy	Qi deficiency
	With depression	Qi, blood, food and phlegm stagnation
	With coldness or slow metabolism	Yang deficiency
<b>Hysterectomy...</b>	Post-operative healing	Blood stagnation
	Decrease in bone density following the operation	Kidney yin and <i>jing</i> (essence) deficiencies
	Hot flashes, irritabilities, mood swings, night sweating	Kidney yin deficiency with deficient fire
	With dryness and thirst	Yin and body fluids deficiencies
	With dry hair or graying of hair	Kidney <i>jing</i> (essence) and Liver blood deficiencies
<b>Hysteria</b>	Mild to moderate cases of irritability and stress	Liver qi stagnation
	Moderate to severe cases of mood swings, anger, restlessness, irritability	Liver fire with <i>shen</i> (spirit) disturbance
	Disorientation, crying spells, inability to control oneself, restless sleep	Yin deficiency with false heat
	Stress, anxiety, restlessness, insomnia in patients with deficiency	Liver qi stagnation with qi deficiency
	Excessive worrying, pensiveness, dreams, anemia, mostly in women	Spleen and Heart blood deficiencies with <i>shen</i> (spirit) disturbance
<b>IBS (Irritable Bowel Syndrome)</b>	See irritable bowel syndrome	
<b>Immuno-deficiency</b>	With frequent viral or bacterial infections	<i>Wei</i> (defensive) <i>qi</i> deficiency
	With weak constitution	Qi, blood, yin and yang deficiencies
	Due to chemotherapy and radiation	Qi and yin deficiencies
	With respiratory and reproductive weakness	Lung and Kidney deficiencies
	End-stage cancer patients who cannot receive chemotherapy or radiation	<i>Yuan</i> (source) <i>qi</i> deficiency
<b>Impotence</b>	Generalized male sexual dysfunction	Kidney yang deficiency
	Due to complications of diabetes	Kidney yin and yang deficiencies
	Decreased sexual desire and stamina due to adrenal depletion	Kidney yang deficiency
	Due to nervousness and anxiety	Liver fire with <i>shen</i> (spirit) disturbance
	With poor appetite, weakness, loose stool or diarrhea	Spleen qi deficiency with Kidney yang deficiency
	With palpitation, shortness of breath, spontaneous sweating, sallow complexion, emaciation, listlessness, poor appetite, loose stool	Spleen and Heart deficiencies
<b>Incomplete Evacuation</b>	Due to irritable bowel syndrome (IBS) or stress	Liver qi stagnation
	Due to ulcerative colitis, Crohn's disease	Toxic heat in the Intestines
	Due to food poisoning, improper food intake, traveler's diarrhea or colitis	Damp-heat in the Intestines
<b>Incomplete Emptying</b>	Urinary symptoms due to benign prostatic hypertrophy	Stagnation or damp-heat in the lower <i>jiao</i>
<b>Incontinence</b>	With coldness symptoms such as cold extremities, weakness and coldness of the lower back and knees, light-colored urine	Kidney yang deficiency
<b>Indigestion</b>	Indigestion and burning diarrhea with stomach pain, fullness and discomfort due to improper food intake	Damp-heat in the intestines
	Loose stool, poor appetite, weak digestion and generalized weakness	Spleen qi deficiency
	Food stagnation	Food stagnation
	Slow digestion, or due to irritable bowel syndrome (IBS)	Liver qi stagnation

<b>Infection</b>	Generalized: Various types of infection	Heat at various parts of body
	Sinus: infection with clear and watery discharge	Wind-cold at exterior
	Sinus: infection with sticky and yellowish discharge	Damp-heat in the interior
	Lung: Fever, dyspnea, chest congestion	Lung heat
	Lung: Runny nose with clear watery discharge, sneezing, nasal congestion	Lung cold
	Lung: Chest congestion, profuse yellow sputum, cough	Lung heat with phlegm
	Lung: Common cold and influenza	Wind-heat or wind-cold at the exterior
	Severe sore throat, strep throat, or tonsillitis	Toxic heat invasion
	Oral herpes with blisters	Wind-heat or Stomach heat
	Gastrointestinal infection with abdominal pain and diarrhea	Damp-heat in the Intestines
	Genital: Infection of the genital area, such as herpes, gonorrhea, and other sexually transmitted diseases; bacterial or fungal infections	Damp-heat in lower <i>jiao</i>
	Genito-urinary infection in both women and men	Damp-heat in the lower <i>jiao</i>
	Infection with inflammation and swelling	Damp-heat
	Infection with pain	Toxic heat accumulation
	Shingles	Toxic heat invasion
<b>Infectious Mononucleosis</b>	Fever, pharyngitis, enlarged lymph	Toxic heat accumulation with dampness
<b>Infertility...</b>	Male infertility, low sperm count, poor sperm motility, morphology and mobility of the sperm, generalized male sexual dysfunction	Kidney yang deficiency
	Female infertility (Menstrual Phase)	Qi and blood stagnation
	Female infertility (Follicular Phase)	Qi and blood deficiency, Kidney <i>jing</i> (essence) deficiency
	Female infertility (Ovulatory Phase)	Kidney yang deficiency
	Female infertility (Luteal Phase)	Liver qi stagnation
	Female infertility due to weakness and cold	Coldness in the uterus
	Female infertility due to obstruction (cysts, endometriosis, tubal obstruction, fibroids, etc.)	Blood stagnation in the lower <i>jiao</i>
	Female infertility with coldness, irregular or delayed menstruation with scanty discharge	Kidney yang deficiency and blood stagnation
	With extreme stress	Liver qi stagnation
	With inflammation or infection of the pelvis (ovaries, uterus, fallopian tubes)	Heat accumulation in the lower <i>jiao</i>
	Women past 35 years of age with more prominent signs of yin deficiency and heat signs	Kidney yin deficiency
	Women past 35 years of age with more prominent signs of yang deficiency and cold signs	Kidney yang deficiency
<b>Inflammation</b>	Soft tissue or joint inflammation with pain and redness	Hot <i>bi zheng</i> (painful obstruction syndrome)
	Joint pain that worsens with cold and dampness	Cold <i>bi zheng</i> (painful obstruction syndrome)
	Inflammation with severe pain	Qi and blood stagnation
	Muscle spasm and cramps	Liver yin and body fluid deficiencies
	Inflammation and pain due to external injuries	Qi and blood stagnation
	Tonsillitis	Wind-heat
	Pelvic inflammatory disease	Damp-heat in the lower <i>jiao</i>
	With swelling and redness	Damp-heat
	Inflammation in ulcerative colitis	Damp-heat in the Intestines
	Inflammation due to intestinal flu or traveler's diarrhea	Damp-heat in the Intestines
	Chronic nephritis or nephrotic syndrome	Toxic heat in the Kidney
	Hepatitis	Toxic heat in the Liver
	Ear infection and inflammation	Heat in the Liver channel
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With fever and other heat signs of red face, fast heartbeat, high blood pressure or constipation	Excess heat

	Inflammation of soft tissue (muscle, ligaments, tendon, cartilage)	Qi and blood stagnation
	Herniated disk	Qi and blood stagnation
	Gout	<i>Re bi</i> (heat painful obstruction)
<b>Influenza</b>	<i>See</i> Common Cold	
<b>Injury</b>	Bone fracture, severe pain, bruises	Blood stagnation
	Of the neck and shoulder area	Qi and blood stagnation
	Of the upper back	Qi and blood stagnation
	Of the low back	Qi and blood stagnation
	Of the arm	Qi and blood stagnation
	Of the leg, knee or ankle	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
	Chronic history of injury/trauma with residual pain	Qi and blood stagnation
	Sprain and strain of muscles	Qi and blood stagnation
<b>Inner Ear Disorder</b>	Inner ear infection and pain	Toxic fire accumulation
	Dizziness, vertigo and poor balance	Liver wind rising
	With severe pain	Severe qi and blood stagnation
	Swelling and feeling of pressure	Dampness accumulation
	Tinnitus	Kidney yin deficiency
<b>Insecticide Poisoning</b>	Adverse reactions from exposure to insecticide, pesticide, herbicide and other toxins	Toxic heat
	Compromised liver function due to exposure to toxins	Toxic heat in the Liver
	Compromised kidney function due to exposure to toxins	Toxic heat in the Kidney
<b>Insomnia</b>	Due to restlessness, stress, anxiety	<i>Shen</i> (spirit) disturbance with Liver fire
	Due to excessive worries and dreams, fatigue, pensiveness, poor appetite	<i>Shen</i> (spirit) disturbance due to Spleen and Heart deficiencies
	Due to hyperthyroidism	<i>Shen</i> (spirit) disturbance with qi and phlegm stagnation
	Due to depression	Stagnation of phlegm, qi, blood and food
	Fatigue with stress and an overactive mind with difficulty falling or staying asleep	Liver qi stagnation and qi deficiency
	Chronic insomnia with blood stagnation manifesting in dark complexion, purplish tongue	Blood stagnation
<b>Insulin</b>	Diabetes Mellitus	Yin deficiency
<b>Intercourse...</b>	Causing bladder infection	Damp-heat in the lower <i>jiao</i>
	Painful intercourse due to endometriosis	Qi and blood stagnation
	Difficult intercourse with yeast infection	Damp-heat in the lower <i>jiao</i>
	<i>See also</i> Infertility, Impotence, Libido	
<b>Intermittent Claudication</b>	With pain in the calf	Qi and blood stagnation
	With spasms and cramps	Liver yin deficiency with qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Intestinal Flu</b>	Nausea, vomiting, diarrhea and abdominal discomfort	Damp-heat in the Intestines
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With bleeding	Heat forcing blood out of the vessels
<b>Intestines</b>	<i>See</i> Constipation, Diarrhea, or specific disorders	
<b>Irritability</b>	Stress, anxiety, restlessness, insomnia, nervousness, poor appetite	Liver qi stagnation
	Above symptoms, but more severe, with or without neurosis	Liver fire
	With crying spells and melancholy attacks during menopause	Liver yin deficiency with false heat
	With Fidgeting, restlessness, short temper, high blood pressure	Liver fire
	Irritability due to hyperthyroidism	<i>Shen</i> (spirit) disturbance with qi and phlegm stagnation
	ADD, ADHD	Liver wind and <i>shen</i> (spirit) disturbance
	With anxiety, stress, insomnia and an over-active mind in patients with deficiency	Liver qi stagnation with qi deficiency
	With high blood pressure, excess heat, red face, fast heartbeat and possible constipation	Excess heat accumulation



<b>Irritable Bowel Syndrome (IBS)</b>	IBS	Damp-heat in the Intestines
	IBS due to stress	Damp-heat in the Intestines with Liver qi stagnation
<b>Itching</b>	General skin itching	Wind-heat at the skin level, heat in the blood
	Genital itching	Damp-heat in the lower <i>jiao</i>
	Genital itching with hypertension	Damp-heat in the Liver channel
	Severe itching	Toxic heat
	Psoriasis	Toxic heat
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With fever	Toxic heat
<b>IVF</b>	To increase the success of <i>in vitro</i> fertilization	Kidney <i>jing</i> (essence) deficiency
<b>Jaundice</b>	Yellow skin and sclera with hepatitis	Damp-heat in the Liver
	Yellow skin and sclera with cholecystitis or gallstones	Damp-heat in the Gallbladder
	Infectious jaundice	Toxic heat
	With fatty liver and obesity	Damp-heat accumulation
<b>Jock Itch</b>	Genital itching	Damp-heat in the lower <i>jiao</i> and Liver channel
<b>Joint</b>	<i>See</i> Neck Pain, Shoulder Pain, Back Pain, Arthritis and other related disorders	
	Degeneration of joint and surrounding tissue (muscle, ligaments, tendons, cartilages)	<i>Wei</i> (atrophy) syndrome
	Spurs or stiffness or calcification	Qi and blood stagnation
<b>Kidney</b>	Kidney or urinary stones	Dysuria due to stone; <i>shi lin</i> (stone dysuria)
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Chronic nephritis or nephritic syndrome	Toxic heat
	Compromised kidney functions	Kidney deficiency
	With bleeding	Heat forcing blood out of the vessels
	With back pain	Qi and blood stagnation
<b>Kissing Disease</b>	Fever, pharyngitis, enlarged lymph glands	Toxic heat accumulation with dampness
<b>Klebsiella Infection</b>	Urinary, pulmonary, wound infections	Toxic heat
<b>Knee</b>	Acute knee pain	Qi and blood stagnation
	Chronic knee pain	Qi and blood stagnation
	Ligament injury	Qi and blood stagnation
	Acute sprain and strain	Qi and blood stagnation
	Gout	Toxic heat accumulation with qi and blood stagnation
	With fracture	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Lactation</b>	Lack of lactation during nursing period	Blockage
	Due to deficiency	Qi, blood, yin and yang deficiency
<b>Lactose Intolerance</b>	Weakness of the digestive function, loose stool or diarrhea	Spleen qi deficiency
<b>Large Intestine</b>	<i>See</i> Diarrhea, Constipation, Ulcerative Colitis, Colitis, Crohn's Disease, Enteritis, or the specific disorder	
<b>Lateral Epicondylitis</b>	Tennis elbow	Qi and blood stagnation
	For degeneration of the joint and related soft tissue (muscle, ligaments, tendons, cartilage)	<i>Wei</i> (atrophy) syndrome
	For severe pain	Qi and blood stagnation
<b>LDL Cholesterol</b>	Elevated levels	Damp accumulation
	With hypertension due to deficiency	Liver yang rising with yin deficiency
	With hypertension due to excess	Liver fire with dampness
	With hepatitis	Toxic heat in the Liver
	With fatty liver and obesity	Damp heat accumulation
<b>Leg</b>	<i>See</i> Circulation (Poor), Pain, Osteoporosis, Restless Leg, Cramps, Knee, Ankle	
<b>Libido</b>	Decreased libido	Kidney yang deficiency

	Excess libido	Kidney yin deficiency with rising fire
<b>Ligament</b>	Enhancing the growth of muscles, tendons, ligaments and cartilages	Liver blood and Kidney yin deficiencies
<b>Lin (Dysuria) Syndrome</b>	Burning sensations during urination due to infection	Damp-heat in the lower <i>jiao</i>
	Kidney stone	Phlegm accumulation in the lower <i>jiao</i>
	Frequent urination profuse in amount, coldness	Kidney yang deficiency
	Chronic nephritis or nephritic syndrome	Toxic heat in the Kidney
	Moderate to severe infection	Toxic heat
	With severe pain	Severe qi and blood stagnation
	With fever, painful urination and dark yellow urine	Excess heat
	With edema and water accumulation	Damp accumulation
<b>Lipid</b>	See Cholesterol	
<b>Lipoprotein</b>	See Cholesterol	
<b>Lithiasis</b>	See Stones	
<b>Liver</b>	See Hepatitis, Detoxification, Gallstones, Cholecystitis, Fatty Liver and Cancer	
<b>Low Back Pain</b>	See Back Pain	
<b>Lumbago</b>	See Back Pain	
<b>Lumbar Radiculopathy</b>	Herniated disk with pain	Qi and blood stagnation
	With recent trauma	Qi and blood stagnation
	With severe back pain	Qi and blood stagnation
<b>Lump</b>	Hard swelling with redness and pain	Dampness accumulation
<b>Lung</b>	See Asthma, Cough, Dyspnea, Bronchitis and Pneumonia, etc.	
<b>Lupus</b>	Lupus	Toxic heat accumulation with yin deficiency
<b>Luteal Phase</b>	Female infertility, Luteal Phase	Qi and blood stagnation
<b>Lyme Disease</b>	Early symptoms of rash, fever, malaise, body ache	Toxic heat invasion
<b>Lymph Nodes</b>	Swelling	Damp accumulation
<b>Lymphadenitis</b>	Swelling and pain	Dampness with toxic heat
<b>Lymphedema</b>	Accumulation of lymphatic fluids causing swelling	Dampness and phlegm accumulation
<b>Lymphadenopathy</b>	All types of inflammation and swelling with heat sensation	Damp accumulation
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Swelling and enlarged lymph nodes with possible nodules or fibroids in the breasts	Liver qi and phlegm stagnation
	Swelling and enlarged lymph nodes with possible nodules or fibroids in the female reproductive organs	Blood and phlegm stagnation in the lower <i>jiao</i>
	Lymphadenopathy with immune deficiency	<i>Wei</i> (defensive) <i>qi</i> deficiency
	With edema	Damp and water accumulation
<b>Macula</b>	Degeneration of macula and diminished vision	Liver and Kidney yin deficiencies
<b>Malabsorption Syndrome</b>	Malabsorption, diarrhea, fatigue, poor appetite	Spleen qi deficiency
<b>Malignancy</b>	See Cancer	
<b>Malnutrition</b>	Malnutrition in children with fatigue, poor energy, lack of appetite	Spleen qi deficiency
	Malnutrition with generalized deficiency and over-all constitutional weakness	Qi, blood, yin and yang deficiencies
<b>Mammary Gland</b>	See Breast	
<b>Mania</b>	Mild cases of hyperactivity with anger and irritability	Liver heat with <i>shen</i> (spirit) disturbance
	In severe cases with blood stagnation signs of dark complexion, purplish tongue	Blood stagnation
<b>Manic Depressive Illness</b>	See Bipolar	
<b>Mastitis</b>	See Breast	
<b>Mass</b>	Mass, swelling or nodules	Phlegm and damp accumulation
	In the breast	Liver qi stagnation with phlegm accumulation
	In the female reproductive organs (ovarian cysts, uterine fibroids,	Qi and blood stagnation with phlegm

	myomas, etc)	accumulation
<b>Medial Epicondylitis</b>	Golfer's elbow	Qi and blood stagnation
	With severe pain	Qi and blood stagnation
<b>Memory</b>	Forgetfulness, poor memory	Heart and Kidney deficiencies
	Decreased mental function due to injury and/or degeneration	Deficiency of Kidney yin and <i>jing</i> (essence)
	Decreased mental function due to excessive stress and exhaustion	Deficiency of qi and Kidney
<b>Meniere's Disease</b>	Dizziness, vertigo, and loss of balance	Liver wind rising
<b>Menopausal Syndrome</b>	Mood swings, emotional instability, hot flushes, night sweating	Yin deficiency with deficient heat
	With thirst and dryness with yin deficient signs listed above	Yin deficiency with deficient heat and dryness
	With pronounced irritability and mood swings	Yin deficiency with Liver qi stagnation
	With pronounced anger, restlessness	Yin deficiency with <i>shen</i> (spirit) disturbance
	With tiredness, insomnia and excessive worrying	Yin deficiency with Spleen and Heart blood deficiencies
	With qi deficiency, insomnia, irritability, restlessness, stress, restless mind	Liver qi stagnation with qi deficiency
<b>Menstruation (Disorders During Period) ...</b>	<b>Diarrhea:</b> Loose stool or diarrhea with lower abdominal fullness, profuse menstrual amount, sallow complexion, edema, bland taste in the mouth, poor appetite	Spleen qi deficiency
	<b>Diarrhea:</b> Watery stool, lower abdominal coldness and feeling of prolapse, coldness of limbs, delayed menstruation	Spleen and Kidney yang deficiencies
	<b>Diarrhea:</b> Abdominal pain followed by loose stool, abdominal pain lessens with defecation, hypochondriac distension and pain, nausea, breast tenderness	Liver qi stagnation
	<b>Edema:</b> Edema of the face and limbs, loose stool, scanty urine, light in color	Spleen qi deficiency with deficiency cold
	<b>Fever:</b> Low-grade fever during the period and subsides after each cycle, period usually comes early, profuse in amount, purplish in color and thick in texture, chest and hypochondriac distension, irritability, dizziness, redness of the face and eyes, bitter taste in the mouth, dry throat	Liver fire
	<b>Fever:</b> Low-grade fever or heat sensation which is exacerbated before each cycle, early periods, dark in color and scanty in amount, irritability, dry mouth, throat, emaciation	Kidney yin deficiency with deficient heat
	<b>Headache:</b> Usually occurs before or during each cycle, fixed in location and stabbing in nature, blood clots with lower abdominal pain	Blood stagnation
	<b>Headache:</b> Dizziness, distension and pain before the period, irritability, short temper, restless sleep, tinnitus, hypochondriac pain, bitter taste in the mouth, bright red menstrual color, yellow vaginal discharge	Liver yang rising
	<b>Headache:</b> Feeling of emptiness and pain after cycles, dizziness, fear of light and prefers quiet environments, palpitation, insomnia, dry mouth, poor appetite, sallow complexion, light menstrual amount	Blood deficiency
	<b>Low back pain:</b> Acute pain, lower abdominal bloating, possible blood clots	Qi and blood stagnation
	<b>Low back pain:</b> Soreness and weakness sensation with fatigue	Kidney deficiency
	<b>Nose bleeding:</b> Bleeding occurs usually during or before periods, bitter taste in the mouth, dry throat, redness of the face, eyes, dizziness, irritability, short temper, insomnia, breast tenderness or hypochondriac pain	Liver fire
	<b>Nose bleeding:</b> Bleeding occurs usually during or after periods, dizziness, tinnitus, dry mouth, throat, afternoon fever	Yin deficiency
	<b>Nose bleeding:</b> Bleeding usually occurs during or after periods, light colored menstrual blood, fatigue, loose stool, poor appetite	Spleen qi deficiency with inability to keep blood within the vessels
<b>Menstrual Amount...</b>	<i>See also</i> amenorrhea	
	<b>Profuse:</b> Early and profuse in amount or incessant bleeding, bright red in color, emaciation, flushed cheeks, <i>wu xin re</i> (five-center	Kidney and Liver yin deficiency

	heat), dizziness, tinnitus, tidal fever, night sweating, insomnia, soreness of the lower back and knees, dry eyes, dry stool	
	<b>Profuse:</b> Early, profuse in amount or prolonged in length, bright red or dark and black in color, thick in texture with clots, redness of the face, irritability, short temper, stifling sensation in the chest, breast tenderness, dizziness, headache, bitter taste in the mouth	Liver fire
	<b>Profuse:</b> Prolonged duration, light in color, sensations of emptiness in the lower abdomen, preference for pressure, pale complexion, listlessness, shortness of breath, spontaneous sweating, poor appetite, loose stool, edema	Spleen qi deficiency
	<b>Profuse:</b> Delayed, profuse in amount or incessant in bleeding, dark in color with clots, lower abdominal coldness and pain with preference for warmth and pressure, possible infertility	Deficiency and coldness of the <i>chong</i> (thoroughfare) channel
	<b>Profuse:</b> Profuse yellow vaginal discharge before and after cycles, fetid in smell and thick in texture, genital itching, epigastric fullness, heaviness sensation	Damp-heat in the lower <i>jiao</i>
	<b>Scanty:</b> As little as a few drops, light in color, delayed onset, dull abdominal pain, preference for pressure, pale complexion, dizziness, blurry vision, palpitation, forgetfulness, insomnia, dry skin and hair	Blood deficiency
	<b>Scanty:</b> Dark purple with clots, delayed onset, thick in texture, stabbing or needling pain in the lower abdomen, dark complexion, breast distension	Blood stagnation
	<b>Scanty:</b> Light red or dark red in color, scanty in amount, lower abdominal pain after each cycle, irregular menstruation, dizziness, tinnitus, weakness of the back and extremities	Kidney yin deficiency
	<b>Scanty:</b> Light or dark in color, possible clots, lower abdominal coldness and pain that lessens with warmth, cold extremities, clear vaginal discharge	Deficiency and coldness of the <i>chong</i> (thoroughfare) channel
	<b>Scanty:</b> Thick yellow in texture, turbid vaginal discharge, overweight, epigastric fullness, nausea, heaviness sensation	Damp-heat in the lower <i>jiao</i>
<b>Menstrual Color...</b>	<b>Light red:</b> Scanty in amount, delayed, lower abdominal dull pain, lusterless complexion, dizziness, palpitation, insomnia, dry skin, hair and nails	Blood deficiency
	<b>Light red:</b> Scanty, early and profuse in amount, lochia, pale complexion, fatigue, spontaneous sweating, aversion to wind, feeling of emptiness in the lower abdomen	Qi deficiency
	<b>Light red:</b> Clots, coldness of the limbs, lower abdominal pain that is alleviated by warmth, soreness and weakness of the lower back, clear leukorrhea, loose stool	Kidney and Spleen yang deficiency
	<b>Dark purple:</b> Thick with clots, lower abdominal pain, irritability, thirst, low grade fever before menstrual cycles, yellow thick vaginal discharge	Damp-heat accumulation
	<b>Dark purple:</b> Clots, lower abdominal fullness, distension and pain that worsens with pressure, emotional instability, breast distension and tenderness	Liver qi stagnation
	<b>Dark purple:</b> Blood clots with coldness in the lower abdominal and legs, purplish tongue, symptoms alleviated with warmth	Cold accumulation
<b>Menstrual Cramps/Pain</b>	Severe menstrual pain with bloating and blood clots	Blood and qi stagnation in the lower <i>jiao</i>
	Dull menstrual pain, coldness of extremities, fatigue	Coldness and blood deficiency with blood stagnation
	With severe pain and cramps due to endometriosis	Severe qi and blood stagnation
	Pain with water retention	Qi and blood stagnation with damp accumulation
<b>Menstrual Duration</b>	<b>Prolonged:</b> Bright red or purplish red in color, thick in texture with blood clots, soreness and weakness of low back and extremities, dizziness, five-heart heat, thirst	Kidney yin deficiency with heat
	<b>Prolonged:</b> Light in color, coldness of extremities, low back pain, slightly overweight	Kidney yang deficiency

	<b>Prolonged:</b> Light in color, edema, listlessness, poor appetite, lower abdominal fullness and distension, loose stool	Spleen qi deficiency
	<b>Prolonged:</b> Dark purple with clots, lower abdominal pain which worsens with pressure, pain lessens with passage of clots	Blood stagnation
	<b>Shortened:</b> Light in color, low-grade fever, night sweats, flushed cheeks, tinnitus	Kidney yin deficiency
<b>Menstrual Irregularity...</b>	During menopause	Yin deficiency with false heat
	<b>Early:</b> Profuse in amount, dark red or purplish in color, thick with fetid odor, irritability, dry mouth, preference for coldness, constipation, yellow urine	Damp-heat in the lower <i>jiao</i>
	<b>Early:</b> Scanty in amount, red in color with no clots, dizziness, palpitation, insomnia, soreness of the lower back, <i>wu xin re</i> (five-center heat), flushed cheeks	Yin deficiency
	<b>Early:</b> Amount may be profuse or scanty, color may be red or purplish with clots, breast distension and tenderness, chest, hypochondriac and lower abdominal fullness and pain, emotional instability with possible short temper, bitter taste in the mouth or dryness	Liver qi stagnation
	<b>Early:</b> Light in color, scanty in amount, feeling of emptiness in the lower abdomen, listlessness, palpitation, shortness of breath, poor appetite, loose stool	Qi deficiency
	<b>Early:</b> Profuse during the first day and dramatically decreases later or incessant bleeding that is purple with clots, lower abdominal fullness, distension and pain	Blood stagnation
	<b>Delayed:</b> Scanty in amount, light in color, dizziness, palpitation absence of abdominal pain	Blood deficiency
	<b>Delayed:</b> Scanty in amount, dark in color with clots, lower abdominal dull pain, preference for pressure, pain lessens with warmth, cold extremities, dark complexion	Deficiency and coldness of the <i>chong</i> (thoroughfare) channel
	<b>Delayed:</b> Scanty in amount, purplish in color, lower abdominal pain which worsens with pressure and lessens with warmth, purplish complexion	Excess cold
	<b>Delayed:</b> Purplish red blood with lower abdominal distension and pain, chest and hypochondriac pain, breast tenderness	Liver qi stagnation
	<b>Irregular:</b> May be twice a month or once in two months, may be profuse or scanty in amount, breast tenderness, lower abdominal distension and pain, hypochondriac distension, lower back soreness	Liver qi stagnation with Kidney yin deficiency
	<b>Irregular:</b> Pale in color and scanty in amount, dizziness, palpitation, fatigue, listlessness, loose stool	Heart and Spleen deficiency
<b>Mental Health Disorders...</b>	Anxiety	Liver qi stagnation
	Delusion	<i>Shen</i> (spirit) disturbance
	Depression	Qi stagnation
	With high blood pressure, fast heart rate, high temperature	Excess heat accumulation
	Chronic case with blood stasis signs of dark complexion, purplish tongue with distended sublingual veins	Blood stagnation
	Developmental delays	Kidney <i>jing</i> (essence) deficiency
	See Addiction for substance dependence	
	See Bulimia, Anorexia, Sexual Dysfunction for eating and sexual disorders	
<b>Metabolic Disorder</b>	Hyperlipidemia	Dampness accumulation
	Obesity with excessive appetite	Dampness accumulation
	Slow metabolism with low energy	Qi deficiency
	Slow metabolism in chronic fatigue syndrome	Severe qi deficiency
	Slow metabolism with overall weakness and deficiency	Qi and blood deficiencies
	Slow metabolism with adrenal insufficiency	Kidney qi deficiency
	Slow metabolism due to hypothyroidism	Kidney yang deficiency
	Rapid metabolism due to hyperthyroidism	Excess heat

<b>Metastasis</b>	<i>See</i> Cancer	
<b>Migraine</b>	<i>See</i> Headache	
<b>Miscarriage</b>	Weakness, fatigue, and coldness after miscarriage	Coldness in the uterus with qi, blood, yin and yang deficiencies
	Habitual miscarriage with yin deficient signs of low-grade fever, night sweats, flushed cheeks, dizziness, tinnitus, etc.	Kidney yin deficiency
	Habitual miscarriage with yang deficient signs of coldness, low libido, soreness and weakness of the back and knees, polyuria	Kidney yang deficiency
<b>Molds</b>	<i>See</i> Allergy	
<b>Mononucleosis</b>	Infection causing swelling of lymph glands with fatigue	Toxic heat with dampness
<b>Mood Swing</b>	Mood swings, irritability	Liver qi stagnation
	Insomnia, restlessness and anger in excess patients	Liver fire
	During menopause	Kidney yin deficiency with Liver qi stagnation
	In depression	Food, phlegm, qi and blood stagnation
	Insomnia, stress, overactive mind, anxiety with weakness in patients with deficiency	Liver qi stagnation with qi deficiency
	Excessive worrying, pensiveness, dream-disturbed sleep	Spleen and Heart blood deficiencies
	In chronic cases with blood stagnation signs of dark complexion, purplish tongue, distended sublingual veins	Blood stagnation
<b>Mouth</b>	Dry mouth	Stomach yin deficiency
	Ulcers	Stomach fire
<b>Mucus...</b>	Profuse yellow phlegm, chest congestion, cough and possible fever	Phlegm and heat in the Lung
	Cough, dyspnea, chest congestion, yellow sputum	Lung heat
	Clear or white phlegm, nasal congestion, sneezing	Lung cold
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Irritable bowel syndrome with mucus in stool	Liver qi stagnation
	Ulcerative colitis or Crohn's disease with mucus in stool	Damp-heat in the intestine
	Mucus in stool due to food poisoning or traveler's diarrhea	Damp-heat in the intestine
	With bleeding	Heat forcing blood out of the vessels
<b>Mumps</b>	Swollen, painful glands with infection and inflammation	Toxic heat with phlegm accumulation
<b>Muscle Tension</b>	Muscle tightness and tension	Liver yin and body fluid deficiencies
	Muscle tension in the neck and shoulders	Qi and blood stagnation
	Tension due to stress	Liver qi stagnation
	Tightness or degeneration of soft tissues: muscles, tendons, ligaments and cartilages	Liver blood and Kidney yin deficiencies
<b>Myasthenia Gravis</b>	General weakness and fatigability after exercise	<i>Yuan</i> (source) <i>qi</i> deficiency
<b>Nasal Congestion</b>	Thick yellow nasal discharge, nasal obstruction, sinus infection	Damp-heat with fluid congestion
	Clear watery nasal discharge, nasal obstruction, allergy	Wind-cold with fluid congestion
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Nausea</b>	With stomach pain, acid regurgitation	Stomach heat
	With vomiting due to chemotherapy	Stomach yin deficiency
	With vomiting, abdominal pain and diarrhea due to food poisoning	Damp-heat in the lower <i>jiao</i>
	With vomiting and abdominal pain due to gallstones	Damp-heat in the Liver and Gallbladder
	With poor appetite and weakness	Spleen qi deficiency
	With dryness and thirst	Stomach yin deficiency
	Unexplained cause, exhibiting dark complexion, purplish tongue	Blood stagnation
<b>Neck Pain</b>	Acute neck and shoulder pain	Qi and blood stagnation
	Chronic neck and shoulder pain	Qi and blood stagnation with Liver yin deficiency
	Chronic neck pain due to osteoporosis	Kidney yin and <i>jing</i> (essence) deficiencies
	Pain due to bone spurs	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Nephritis</b>	Compromised kidney function with edema and proteinuria	Kidney deficiency with dampness
	Compromised kidney and liver function	Kidney deficiency with damp-heat in the Liver
	Compromised kidney function due to exposure to drugs, chemicals	Kidney deficiency with toxic heat

	and other toxins	
	To improve kidney function for recovery	Kidney deficiency
	With edema	Water accumulation
	With high blood pressure	Kidney and Liver yin deficiency with Liver yang rising
	With lupus	Toxic heat accumulation
<b>Nephrotic Syndrome</b>	<i>See</i> Nephritis	
<b>Nerves</b>	Oral herpes	Stomach fire flaring upward
	Genital herpes	Damp-heat in the lower <i>jiao</i> and Liver channel
	Neuropathy with numbness and pain of extremities	Qi and blood stagnation
	Pain due to multiple sclerosis with generalized weakness and deficiency	Qi and blood stagnation with Kidney deficiency
	Shingles	Toxic and damp heat accumulation
	Temporo-mandibular joint pain	Wind attack with qi and blood stagnation
	<i>See</i> Stress, Anxiety	
<b>Nervousness</b>	<i>See</i> Stress, Anxiety	
<b>Neuralgia</b>	Peripheral neuralgia with pain, numbness, tingling and swelling	Qi and blood stagnation
	Pain due to bone spurs	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Neuropathy</b>	<i>See</i> Neuralgia	
<b>Neurosis</b>	Stress, irritability, restlessness, insomnia, nervousness	Liver qi stagnation
	Above symptoms, more severe	Liver fire
	Excessive worrying, pensiveness, over thinking, poor appetite	Spleen and Heart deficiencies
	Insomnia, nervousness, anxiety, overactive mind, stress and weakness	Liver qi stagnation with qi deficiency
	Severe or chronic condition with blood stagnation signs of dark complexion, purplish tongue, distended sublingual veins	Blood stagnation
<b>Night Sweat</b>	Perspiration at night	Yin deficiency with false heat
<b>Nocturnal Emission</b>	Nocturnal emission	Kidney yin deficiency
<b>Nodules</b>	Anywhere in the body due to infection and inflammation	Phlegm stagnation
	In the breast area	Phlegm stagnation
	In the lower abdominal area	Phlegm and blood stagnation
	In the neck due to hyperthyroidism	Liver fire with phlegm stagnation
	In the neck due to hypothyroidism	Yang deficiency with phlegm stagnation
	In the lymphatic system	Phlegm stagnation
<b>Nose</b>	Profuse white or clear nasal discharge, sneezing	Lung cold
	Allergy with clear or white nasal discharge	Wind-cold attacking the Lung
	Allergy with yellow nasal discharge	Wind-heat attacking the Lung
	Nose bleeding	Heat pushing blood out of the vessels
	Dry nose, throat, thirst	Lung and Stomach yin deficiencies
<b>Nutrition</b>	<i>See</i> Malnutrition	
<b>Obesity</b>	With excessive hunger	Stomach fire
	With high cholesterol	Stomach fire with phlegm and damp
	With diabetes	Stomach fire with yin deficiency
	With excess type hypertension	Stomach fire with damp-heat
	With deficient type hypertension	Stomach fire with Liver yin deficiency
	With coronary artery disease	Stomach fire with phlegm stagnation
	With fatty liver and high cholesterol	Damp-phlegm accumulation
<b>Obsessive-Compulsive Disorder (OCD)</b>	Presence of recurrent, unwanted and intrusive physical and mental activities	<i>Shen</i> (spirit) disturbance
<b>Olecranon Bursitis</b>	Painful elbow	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Operation</b>	Enhances recovery and prevents adhesions and complications	Qi and blood stagnation
	To treat or reduce the risk of infection in post-operative patients	Toxic heat
<b>(Post-Op Care)</b>	To enhance growth of bones	Kidney <i>jing</i> (essence) deficiency

	To enhance the recovery and growth of soft tissue (muscles, tendons, ligaments and cartilage)	Kidney yin and Liver blood deficiencies
	Post-operative recovery in deficient and weak patients	Qi and blood deficiency
	Post-operative pain: <i>See</i> pain or the affected parts of the body	
<b>Osteoarthritis</b>	Joint pain	Qi and blood stagnation with Kidney <i>jing</i> (essence) deficiency
<b>Osteoporosis</b>	Decreased density of bones	Deficiency of Kidney <i>jing</i> (essence)
	Osteoporosis with bone fracture or broken bone	Deficiency of Kidney <i>jing</i> (essence) with blood stagnation
	With low libido	Kidney <i>jing</i> (essence) deficiency
	With menopause symptoms such as hot flashes, irritability and night sweating	Kidney <i>jing</i> (essence) deficiency and deficient heat flaring
<b>Otitis Media</b>	Inflammation of the ear with pain, fever or hearing impairment	Toxic heat accumulation
	With flu or common cold symptoms of sore throat, etc.	Wind-heat invasion
	With severe pain	Toxic heat accumulation
<b>Otolaryngological Disorders</b>	Disorders of the ear, nose and throat	Toxic heat accumulation
<b>Ovaries</b>	<i>See</i> Fibrocystic Disease, Endometriosis, Infertility, Menstrual Irregularities	
<b>Overdose</b>	Overdose of drugs or other toxic materials	Toxic heat
<b>Overeating</b>	Excessive appetite	Stomach heat
<b>Overweight</b>	<i>See</i> Obesity	
<b>Ovulation</b>	Ovulation difficulties due to coldness, weakness and blood clots during menstruation	Blood stagnation with Kidney yang deficiency
	Coldness, soreness and weakness of the lower back and knees with constitutional weakness	Kidney yang deficiency
	Stress related	Liver qi stagnation
	Due to endometriosis or fibroids	Qi and blood stagnation
	Infertility	Varies
<b>Pain</b>	A general formula to relieve pain	Qi and blood stagnation
	<i>See</i> specific condition, disease, or body part	
<b>Palpitation</b>	Increased heart rate with insomnia, fatigue, and over-thinking	Heart and Spleen blood deficiencies
	Increased heart rate with chest pain, coronary heart disorder	Blood stagnation
	Increased heart rate and blood pressure due to hyperthyroidism	Qi and phlegm stagnation
	Increased heart rate in menopausal women	Deficient heat
<b>Pancreas</b>	<i>See</i> Diabetes	
<b>Paralysis ...</b>	Impaired function of the extremities or the face in post-stroke	Qi and blood stagnation
	Facial paralysis	Qi and blood stagnation
<b>Paranoia</b>	Personality disorder	<i>Shen</i> (spirit) disturbance
<b>Parkinson's Disease</b>	Tremor, muscle rigidity, poor balance, impaired mental and physical functions	Deficiencies of Kidney yin, yang and <i>jing</i> (essence) with Liver yang rising
<b>Parotitis</b>	Inflammation or infection of the parotid salivary gland	Toxic heat with phlegm accumulation
<b>Patella</b>	Acute knee pain	Qi and blood stagnation
	Chronic knee pain	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Pelvic Inflammatory Disease (PID)</b>	Yellow discharge with foul odor	Damp-heat in the lower <i>jiao</i>
	Foul smelling yellow discharge, pelvic pain in hypertensive patients	Damp-heat in the lower <i>jiao</i>
	Endometriosis	Qi and blood stagnation
	Chronic pelvic inflammatory disease with weakness and thirst	Damp-heat accumulation in the lower <i>jiao</i> with Kidney yin deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With severe pain	Severe qi and blood stagnation
<b>Pelvic Pain</b>	Due to pelvic inflammatory disease	Damp-heat in the lower <i>jiao</i>
	Due to dysmenorrhea	Blood stagnation in the lower <i>jiao</i>
	Due to fibroids or endometriosis	Blood and phlegm stagnation in the lower <i>jiao</i>



	Due to genito-urinary infection	Damp-heat in the lower <i>jiao</i>
	Post-surgical pelvic pain or scar tissues	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With high fever	Excess heat accumulation
<b>Penis</b>	<i>See</i> Impotence, Premature Ejaculation, Sexual Dysfunction, Sexually Transmitted Disease, Infection	
<b>Peptic Ulcer</b>	Gastric and duodenal ulcer	Stomach heat
	Stress-induced gastric and duodenal ulcers	Stomach heat with Liver qi stagnation
	Peptic ulcer with poor appetite, fatigue, loose stool	Stomach heat with Spleen qi deficiency
	With severe pain	Severe qi and blood stagnation
	With bleeding	Heat forcing blood out of the vessels
<b>Period</b>	<i>See</i> Menstrual Irregularity, Menstrual Cramp, Amenorrhea, Menopausal Syndrome	
<b>Peripheral Neuropathy</b>	Neuropathy with pain, numbness, tingling and swelling	Qi and blood stagnation
	Diabetic neuropathy	Yin deficiency with stagnation
<b>Personality Disorder</b>	<i>See</i> Mental Health Disorder	
<b>Pesticide Poisoning</b>	Adverse reactions from exposure to insecticide, pesticide, herbicide and other toxins	Toxic heat
	Compromised liver function due to exposure to toxins	Toxic heat in the Liver
	Compromised kidney function due to exposure to toxins	Toxic heat in the Kidney
<b>Pfeiffer's Disease</b>	Fever, pharyngitis, enlarged lymph	Toxic heat accumulation with dampness
<b>Pharyngitis</b>	With sore throat	Wind-heat invasion
	With fever, cough, dyspnea	Lung heat
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With severe pain	Toxic heat with severe qi and blood stagnation
<b>Phlegm</b>	Profuse yellow phlegm, chest congestion, cough and possible fever	Phlegm and heat in the Lung
	Cough, dyspnea, chest congestion, yellow sputum	Lung heat
	Clear or white phlegm, nasal congestion, sneezing	Lung cold
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Nodules or swellings	Phlegm accumulation
	Nodules or swellings with redness and pain	Toxic heat with phlegm
	With cough	Lung qi reversal
	With bleeding	Heat pushing blood out of the vessels
<b>Pituitary Gland</b>	Diminished function of the adrenal glands and endocrine system	Deficiencies of Kidney yin, yang and <i>jing</i> (essence)
	Diabetes mellitus	Yin deficiency with dampness and heat
	Hyperthyroidism	Excess heat
	Hypothyroidism	Kidney yang deficiency
<b>Plaque</b>	<i>See</i> Cholesterol	
<b>Plasma</b>	<i>See</i> Blood	
<b>PMS (Premenstrual Syndrome) ...</b>	Breast distention, bloating, mood swings	Liver qi stagnation
	Insomnia, restlessness and anger	Liver fire
	With lower abdominal pain and dysmenorrhea	Liver qi stagnation with blood stagnation
	With edema and coldness	Liver qi stagnation with coldness
	With insomnia, anxiety, stress, irritability, overactive mind and weakness in patients with deficiency	Liver qi stagnation with qi deficiency
<b>Pneumonia</b>	Cough, dyspnea, fever	Lung heat
	Chest congestion, fever, cough with yellow sputum	Phlegm and heat in the Lung
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With high fever	Excess heat accumulation
<b>Poison Oak/Ivy</b>	Itching of the skin	Toxic heat
	With infection	Toxic heat
<b>Poisoning</b>	Food poisoning with abdominal pain and diarrhea	Damp-heat in the Intestines

	Adverse reactions from exposure to insecticide, pesticide, herbicide, heavy metal, and other toxins	Toxic heat
	Compromised liver function due to exposure to toxins	Toxic heat in the Liver
	Compromised kidney function due to exposure to toxins	Toxic heat in the Kidney
	With fever	Excess heat accumulation
	Chronic cases with blood stagnation signs of dark complexion, purplish tongue with distended sublingual veins	Blood stagnation
	Itching of skin	Wind-heat attacking the exterior
	Moderate to severe cases of infection and inflammation of the skin	Accumulation of toxic heat
	To strengthen the immune system	<i>Wei</i> (defensive) <i>qi</i> deficiency
<b>Pollution</b>	<i>See</i> Detox, Poisoning	
<b>Polycystic Ovary Syndrome</b>	<i>See</i> Fibrocystic Disease, Endometriosis, Infertility, Menstrual Irregularities	
	Irregular menstruation with severe pain and coldness	Blood stagnation with cold accumulation
	Irregular menstruation with pain but no coldness	Qi, blood and phlegm stagnation
	Infertility	Varies
<b>Polydypsia</b>	Increased intake of fluid, thirst	Lung yin deficiency with heat
<b>Polydypsia</b>	Increased intake of fluid, thirst in diabetes	Lung yin deficiency with heat
<b>Polyneuropathy</b>	Neuropathy with pain, numbness, tingling and swelling	Qi and blood stagnation
<b>Polyps</b>	Intestinal polyps	Damp accumulation
<b>Polyphagia...</b>	Increased intake of food in diabetic patients	Stomach yin deficiency with heat
	Increased hunger	Stomach heat
<b>Polyuria</b>	With coldness and weakness	Kidney yang deficiency
	Due to infection with dark urine and pain	Damp-heat in the lower <i>jiao</i>
	In diabetic patients	Kidney yin deficiency
	Due to enlarged prostate	Damp-heat in the lower <i>jiao</i>
	Due to chronic nephritis or nephritic syndrome	Toxic heat in the Kidney
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Poor Memory</b>	<i>See</i> Forgetfulness	
<b>Post-Menstrual Care</b>	Dizziness with signs of anemia, poor sleep, excessive dreams and worrying	Blood deficiency
	Fatigue and generalized weakness	Qi and blood deficiencies
	Soreness and weakness of the back and knees, feeling of emptiness in the lower abdomen	Kidney yin deficiency
<b>Post-Nasal Drip</b>	Post-nasal drip that is yellow in color, possible inflammation	Damp-heat with fluid congestion
	Post-nasal drip that is white in color, nasal obstruction	Wind-cold with fluid congestion
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Plum-pit syndrome with feeling of foreign object obstructed in the throat	Liver qi stagnation with phlegm accumulation
<b>Postpartum Care</b>	Residual blood stagnation with pain	Blood stagnation
	To treat or reduce the risk of infection	Toxic heat
	Generalized weakness, dizziness, post-partum tonic	Blood, qi, yin and yang deficiencies
	Pale face, insomnia with anemia	Blood deficiency
	With severe pain	Severe qi and blood stagnation
	Post-partum depression	Qi, blood, phlegm and food stagnation
	With bleeding	Qi deficiency
	Insufficient lactation due to blockage or deficiency	Qi and blood deficiencies with qi stagnation
	Constipation	Qi and blood stagnation and deficiencies
<b>Premature Aging...</b>	Prematurely gray hair, hair loss, brittle hair with split ends	Liver blood deficiency
	Prematurely gray hair, hair loss due to stress	Liver blood deficiency with Liver qi stagnation
	With decreased mental and physical functions	Deficiency of qi, blood, yin and yang
	With poor memory and forgetfulness	Kidney yin and <i>jing</i> (essence) deficiency
	With decreased libido in men and women	Kidney yang deficiency
	To prevent osteoporosis	Kidney <i>jing</i> (essence) deficiency
	General Kidney yin deficiency signs such as blurry vision, weakness of the back and knees, tinnitus, dryness, flushed cheeks,	Kidney yin deficiency

	possible low-grade fever, etc.	
	General Kidney yang deficiency signs such as coldness, low libido, premature ejaculation, weakness and soreness of the back and knees, pale complexion, polyuria, etc.	Kidney yang deficiency
<b>Premature Ejaculation</b>	With soreness and weakness of the low back and knees, hair loss, coldness, polyuria, or loose stool	Kidney yang deficiency
	With <i>wu xin re</i> (five-center heat), night sweating, dry mouth, dizziness, tinnitus, dry stool	Kidney yin deficiency
	With irritability, bitter taste in the mouth, yellow urine, possible genital itching	Damp-heat in the lower <i>jiao</i>
	With emaciation, fatigue, weakness of limbs, poor appetite, loose stool	Spleen qi deficiency
	Generalized male sexual dysfunction with low libido	Kidney yang deficiency
<b>Premenstrual Syndrome (PMS)</b>	Breast distention, bloating, mood swings	Liver qi stagnation
	Insomnia, restlessness and anger	Liver fire
	PMS with lower abdominal pain and dysmenorrhea	Liver qi stagnation with blood stagnation
	PMS with edema and coldness	Liver qi stagnation with coldness
	With insomnia, anxiety, stress, irritability, overactive mind and weakness in patients with deficiency	Liver qi stagnation with qi deficiency
<b>Prolapse</b>	Organ prolapse	Spleen qi deficiency with inability to hold the organs in place
	Hemorrhoid	Damp-heat accumulation with blood stagnation
<b>Prostate</b>	Enlarged prostate with difficult, painful and burning urination	Damp-heat in the lower <i>jiao</i>
	Enlarged prostate with back soreness, terminal dripping of urine, overall coldness	Kidney yang deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Excessive swelling with thick tongue coating	Phlegm accumulation
<b>Proteinuria...</b>	Proteinuria due to nephritis	Kidney deficiency with dampness
	With edema	Damp accumulation
<b>Psoriasis</b>	Itching, silvery, scaling papules and plaques on the skin	Toxic heat
	With heat sensation, red discoloration of the skin, possible burning sensation	Excess heat accumulation
<b>Psychosis</b>	Mental impairment and confusion	<i>Shen</i> (spirit) disturbance with Liver fire
<b>Psychological Disorder</b>	See Mental Health Disorder	
<b>Pulmonary Disorders</b>	See Asthma, Cough, Dyspnea, Pneumonia, Bronchitis, Common Cold, Flu or other specific disorders	
<b>Purple Tongue</b>	Severe blood stagnation manifesting in chronic symptoms	Severe blood stagnation
<b>Purpura</b>	Purpura due to fatigue, weakness and Spleen qi deficiency	Spleen qi deficiency
	Subcutaneous bleeding	Heat pushing blood out of the vessels
	Excess heat with feverish sensation, red face, red tongue, rapid pulse	Excess heat accumulation
<b>Pus</b>	Lung abscess, profuse yellow phlegm	Phlegm and heat in the Lung
	Breast abscess	Phlegm stagnation in the upper <i>jiao</i>
	General formation of abscess due to infection and inflammation	Accumulation of toxic heat
	With hard mass	Phlegm and damp accumulation
<b>Pyelonephritis</b>	Infection of the kidneys	Damp-heat in the lower <i>jiao</i>
	Chronic nephritis or nephritic syndrome	Toxic heat in the Kidney
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Radiation Therapy</b>	See Cancer	
<b>Rash</b>	Itching, redness and swelling of skin	Wind-heat at the skin level, heat in the blood
	Genital rash and itching	Damp-heat in the lower <i>jiao</i>
	Severe itching	Toxic heat
	Rash due to exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
<b>Raynaud's Syndrome</b>	Coldness of the extremities	Yang deficiency
	To increase peripheral blood circulation	Qi and blood stagnation

<b>Red Blood Cells</b>	Deficiency of red blood cells in anemia	Blood deficiency
<b>Regurgitation</b>	<i>See</i> Nausea, Vomiting, Acid Reflux	
<b>Rehabilitation</b>	<i>See</i> Detoxification, Addiction	
<b>Reiter's Syndrome</b>	Urinary urgency, burning urination, redness and painful eyes, ulcers, pain, etc.	Toxic heat accumulation
<b>Renal Colic</b>	With severe pain in the flank due to kidney stones	Dysuria due to stone; <i>shi lin</i> (stone dysuria)
	With severe pain	Severe qi and blood stagnation
	With edema	Damp accumulation
<b>Reproductive System</b>	<i>See</i> Sexual Dysfunction, Infertility, Infection, and other related organs	
<b>Respiratory Disorders</b>	<i>See</i> Asthma, Cough, Dyspnea, Pneumonia, Bronchitis, Common Cold, Flu	
<b>Restless Leg Syndrome</b>	Constant movement of the leg	Liver wind rising with lack of nourishment to the tendons and muscles
<b>Restlessness</b>	<i>See</i> Stress, ADD/ADHD	
<b>Rheumatism</b>	<i>See</i> Arthritis	
<b>Rheumatoid Arthritis</b>	<i>See</i> Arthritis	
<b>Rhinitis</b>	<i>See</i> Sinusitis	
<b>Rib Pain</b>	Pain in the chest, ribs, thoracic area	Qi and blood stagnation in the upper <i>jiao</i>
	With spasms	Liver blood deficiency
	With severe pain	Severe qi and blood stagnation
<b>Ringling of Ears</b>	<i>See</i> Tinnitus	
<b>Rotator Cuff Tear / Tendonitis</b>	Acute pain and immobility	Qi and blood stagnation
	Chronic, dull pain, immobility, numbness	Qi and blood stagnation with Liver yin deficiency
	With neck pain	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
	With degeneration of soft tissue (muscle, ligaments, tendons, cartilage)	Liver blood deficiency and Kidney yin deficiency
<b>Runny Nose</b>	<i>See</i> Common Cold	
<b>Sadness</b>	<i>See</i> Depression	
<b>Salpingitis</b>	Inflammation of the fallopian tube	Damp-heat in the lower <i>jiao</i>
	To reduce adhesions and scar tissue	Blood stagnation
	With fever	Excess heat accumulation
<b>Scabies</b>	Dermatitis with eruptions	Wind-heat or toxic heat
<b>Scapular Pain</b>	Pain in the scapula or in between the scapulas	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Schizophrenia</b>	Disturbed thoughts, delusion, hallucination, bizarre behavior	<i>Shen</i> (spirit) disturbance with Liver fire
<b>Sciatica</b>	Sciatica with back pain	Qi and blood stagnation
	Sciatic pain with arthritis that worsens during cold and rainy seasons	Coldness and deficiency of the lower back
	Pain due to bone spurs	Qi and blood stagnation with phlegm formation
	With severe pain	Severe qi and blood stagnation
<b>Scrofula</b>	Scrofula	Dampness accumulation
	With redness and heat sensation	Heat accumulation
<b>Scrotum</b>	Itching of the scrotum	Damp-heat in the lower <i>jiao</i>
	Infection of the scrotum, swelling with pain with possible eczema or oozing of fluids, yellow urine, constipation	Damp-heat in the lower <i>jiao</i> and Liver channel
<b>Seizure</b>	For prevention and treatment of seizure	Liver wind rising
<b>Semen</b>	<i>See</i> Sexual Dysfunction	
<b>Sexual Dysfunction</b>	Diminished sexual and physical performances	Kidney yin, yang and <i>jing</i> (essence) deficiencies
	Impotence, premature ejaculation, inability to sustain erection	Kidney yang deficiency
	Sexual dysfunction due to complications of diabetes	Kidney yin and yang deficiencies
	Decreased libido in men and women	Kidney yang deficiency
	Sexual dysfunction with chronic fatigue	Kidney and Lung deficiencies

	Excess libido in men and women with emaciation, dry stool or constipation, dry mouth, yellow urine	Kidney yin deficiency with deficient fire
	Excess libido in men and women with dysuria, thirst, decreased appetite	Damp-heat in the lower <i>jiao</i>
	Male infertility due to sperm disorder (morphology, motility and mobility)	Kidney <i>jing</i> (essence) deficiency
	Female infertility	Varies
<b>Sexually Transmitted Disease (STD)</b>	Infection in the genital area with itching, pus, discharge, and pain	Damp-heat in the lower <i>jiao</i>
<b>SGPT, SGOT ...</b>	Elevated levels of liver enzymes SGPT and SGOT (AST and ALT)	Toxic heat in the Liver
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Elevated liver enzymes due to exposure to drugs, chemicals and other toxins	Toxic heat
<b>Shin Splints</b>	Muscle spasms and cramps	Liver yin or blood deficiency
<b>Shingles</b>	Pain of the affected area with or without lesions	Damp-heat in the Liver channel
	With severe pain	Severe qi and blood stagnation
<b>Shortness of Breath</b>	See Asthma, Cough, Dyspnea	
<b>Shoulder Pain</b>	Frozen shoulder, acute pain and immobility	Qi and blood stagnation
	Frozen shoulder, chronic dull pain	Qi and blood stagnation with Liver yin deficiency
	Bone spurs	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
	Shoulder pain radiating down the arm	Qi and blood stagnation
	With degeneration or for maintenance of soft tissue (muscle, tendons, cartilage, ligaments)	Liver blood deficiency and Kidney yin deficiency
	Radiating to the right shoulder blade or the back due to gallstones	Damp-heat in the Liver and Gallbladder
<b>Sigh</b>	Frequent sighing with chest or hypochondriac distension, poor appetite	Liver qi stagnation
	Due to depression	Qi, blood, food, phlegm stagnation
	With shortness of breath, spontaneous sweating, fatigue	Lung qi deficiency
	With anxiety, stress, restlessness, overactive mind, insomnia and weakness	Liver qi stagnation with qi deficiency
<b>Sinusitis</b>	Thick yellow nasal discharge, nasal obstruction, sinus infection	Damp-heat with fluid congestion
	Clear watery nasal discharge, nasal obstruction, allergy	Wind-cold with fluid congestion
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With headache	Qi and blood stagnation
<b>Sjogren's Syndrome</b>	Dry mouth, itchy eyes, swollen glands, dental cavity, fatigue	Lung and Stomach yin deficiency
<b>Skin...</b>	Yellow discoloration of the skin in jaundice patients	Damp-heat in the Liver and Gallbladder
	Dry skin and hair	Blood deficiency
	Itching, redness and swelling of skin, dermatitis	Wind-heat at the skin level, heat in the blood
	Dermatitis with moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Psoriasis or severe itching	Toxic heat
	Rash in the lower body and genital region	Damp-heat in the lower <i>jiao</i>
	Nodules, swellings and redness	Phlegm heat accumulation
	Adverse reactions on the skin from exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
	Redness and burning sensation affecting the upper body	Toxic heat invading the upper <i>jiao</i>
	With fever, redness and burning sensation all over the body	Excess heat accumulation
	Shingles	Toxic heat
<b>Sleep</b>	Insomnia in weak or deficient patients with excessive worrying, pensiveness and poor or dream-disturbed sleep	Deficiency of blood in the Heart and Spleen
	Insomnia with stress, anxiety, irritability, overactive mind and restlessness in patients with overall weakness and deficiency	Liver qi stagnation with qi deficiency

	Insomnia due to stress and anxiety in excess patients	<i>Shen</i> (spirit) disturbance
	Hypersomnia, constant sleepiness, poor appetite, loose stool, weakness	Spleen qi deficiency
	Generalized coldness, tinnitus, polyuria, edema	Kidney yang deficiency
<b>Slipped Disk</b>	Herniated disk with pain	Qi and blood stagnation
<b>Sluggishness</b>	Sluggishness or heavy sensation in the body	Damp accumulation
	Sluggishness or heaviness with poor appetite, loose stool and edema	Spleen qi deficiency with water accumulation
	Sluggishness due to deficiency	Qi deficiency
<b>Small Intestine</b>	<i>See</i> Diarrhea, Constipation, Enteritis, Crohn's Disease	
<b>Smoking</b>	<i>See</i> Addiction, Detoxification	
	Dryness	Yin deficiency
	Chronic chest tightness, dyspnea or wheezing	Lung qi deficiency
<b>Social Diseases</b>	<i>See</i> Sexually Transmitted Diseases	
<b>Soft Tissue</b>	Enhancing the growth of muscles, tendons, ligaments and cartilages	Liver blood and Kidney yin deficiencies
<b>Sore Throat</b>	Redness and swelling of the throat from common cold or influenza	Wind-heat invasion
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With swollen tonsils	Toxic heat accumulation
	With fever	Excess heat accumulation
	With yellow or greenish phlegm	Toxic heat with phlegm accumulation
<b>Spasm</b>	Spasms and cramps of the skeletal or intestinal muscles	Liver yin and body fluid deficiencies
	Spastic colon or irritable bowel syndrome (IBS)	Liver qi stagnation
<b>Sperm Count (Low)</b>	Infertility, generalized male sexual dysfunction	Kidney yang deficiency
	Infertility, generalized male sexual dysfunction with chronic fatigue	Lung and Kidney deficiencies
	Infertility with impotence	Kidney yang deficiency
<b>Spermatorrhea</b>	With emaciation, fatigue, listlessness, pale complexion, shortness of breath, spontaneous sweating, poor appetite, forgetfulness	Qi, blood, yin and yang deficiencies
	Easily aroused, bitter taste in the mouth, yellow urine, low grade fever	Kidney yin deficiency
	Irritability, genital itching or feeling of dampness	Damp-heat in the lower <i>jiao</i>
<b>Spider bite</b>	Toxic reactions	Toxic heat
<b>Spleen</b>	<i>See</i> Anemia, Immunodeficiency	
<b>Sports Formulas</b>	Desire for added energy, improved athletic performance	Qi deficiency
	Lack of energy, history of low energy	Qi, blood, yin and yang deficiencies
	Sports injuries, trauma	Blood stagnation
	Spasms, muscle cramps, sprain and strains	Liver yin and body fluid deficiencies
	Severe muscle pain	Qi and blood stagnation
	For maintainance of healthy soft tissue (muscles, tendons, ligaments and cartilage)	Liver blood deficiency and Kidney <i>jing</i> (essence) deficiency
<b>Sprain and Strain</b>	Acute muscle and tendon or ligaments sprain and strain	Qi and blood stagnation
<b>Spur (Bone)</b>	Bone spurs	Qi and blood stagnation
	Bone spur with severe pain	Severe qi and blood stagnation
	Pain of the neck and shoulder	Qi and blood stagnation in the upper <i>jiao</i>
	Low back pain	Qi and blood stagnation in the lower <i>jiao</i>
	Arm pain	Qi and blood stagnation in the upper <i>jiao</i>
	Knee or ankle pain	Qi and blood stagnation in the lower <i>jiao</i>
<b>Sputum...</b>	Yellow, profuse, purulent sputum, chest congestion	Phlegm and heat in the Lung
	Yellow sputum, fever, dyspnea, cough or asthma	Lung heat
	White sputum, nasal obstruction or discharge, sneezing	Lung cold
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Profuse white or clear sputum with poor appetite, fatigue, loose stool	Spleen qi deficiency
<b>Staphylococcal Infection</b>	Infection	Toxic heat accumulation
<b>Stiffness</b>	<i>See</i> Neck, Shoulder, Back, Arthritis, Bone Spurs, Spasms	

<b>Stomach</b>	Heartburn, acid reflux, stomach pain, ulcers, gastritis	Stomach fire
	Stomach pain due to stress	Stomach fire with Liver qi stagnation
	Stomach pain due to gallstones	Damp-heat in the Liver and Gallbladder
	Dull stomach pain with poor appetite, fatigue and loose stool	Spleen qi deficiency
	Severe stomach pain	Qi and blood stagnation
	General stomach problem with thirst and dryness	Stomach yin deficiency
	Chronic, stubborn stomach pain with manifestations of blood stagnation such as dark complexion, purplish tongue with distended sublingual veins	Blood stagnation
<b>Stones</b>	Kidney or urinary stones	<i>Shi lin</i> (stone dysuria)
	Gallstones	Damp-heat in the Liver and Gallbladder
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With severe pain	Severe qi and blood stagnation
	With bleeding	Heat in the blood
<b>Stool</b>	See Diarrhea, Constipation	
<b>Strep Throat</b>	See Sore Throat, Infection	
<b>Stress...</b>	Moderate cases of stress, anxiety, irritability, restlessness, nervousness	Liver qi stagnation
	Moderate cases of stress with excess type hypertension	Liver qi stagnation with damp-heat
	Stress with acute headache	Liver qi stagnation with qi and blood stagnation
	Stress with chronic headache	Liver qi stagnation with qi and blood stagnation
	Moderate cases of stress with stomach or duodenal ulcer	Liver overacting on the Stomach
	Severe cases of stress, anxiety, irritability, restlessness, nervousness	Liver fire with <i>shen</i> (spirit) disturbance
	Severe cases of stress with excess type hypertension	Liver fire with damp-heat
	Severe cases of stress with headache	Liver fire with qi and blood stagnation
	ADD or ADHD	Liver wind with <i>shen</i> (spirit) disturbance
	Stress causing weakness of the digestive system with loose stool	Spleen qi deficiency with Liver qi stagnation
	Stress, anxiety, restlessness, insomnia in patients with deficiency	Liver qi stagnation with qi deficiency
	Irritable bowel syndrome (IBS) due to stress	Liver qi stagnation
	Ulcerative colitis (UC) or Crohn's disease due to stress	Liver qi stagnation with damp-heat accumulation
<b>Stroke</b>	Patients with increased risk of stroke due to excess type hypertension	Liver fire rising
	Patients with increased risk of stroke due to deficient type hypertension	Liver yang rising with Liver and Kidney yin deficiencies
	Patients with increased risk of stroke due to high cholesterol levels	Phlegm and damp
	Patients with increased risk of stroke due to coronary heart disease	Blood stagnation
	Treats the complications of stroke; to be used only after hemorrhage stops	Deficiencies of Kidney yin, yang and <i>jing</i> (essence) with qi and blood stagnation
	Facial paralysis	Qi and blood stagnation
<b>Subluxation</b>	Neck, cervical vertebrae	Qi and blood stagnation
	Upper back, thoracic vertebrae	Qi and blood stagnation
	Low back, lumbar vertebrae	Qi and blood stagnation
	Herniated disk	Qi and blood stagnation
	With severe pain	Severe qi and blood stagnation
<b>Sugar</b>	See Diabetes, Hypoglycemia	
<b>Surgery</b>	Post-surgical weakness	Qi, blood, yin and yang deficiencies
	Enhances post-surgical recovery, reduces adhesions	Qi and blood stagnation
	With severe pain during post-surgical recovery	Severe qi and blood stagnation
	Enhances bone growth	Kidney <i>jing</i> (essence) deficiencies
	Enhances soft tissue growth (muscles, tendons, ligaments, cartilage)	Liver blood and Kidney <i>jing</i> (essence) deficiencies
	Post-surgical constipation	Qi and blood stagnation
<b>Sweat...</b>	Night sweating, irritability, hot flushes	Yin deficiency with deficiency heat
	Spontaneous sweating with impaired immune system	<i>Wei</i> (defensive) <i>qi</i> deficiency

	Sticky, yellowish sweating	Damp-heat accumulation
	Sweating due to hyperthyroidism	Qi and phlegm stagnation with <i>shen</i> (spirit) disturbance
	Profuse sweating due to excess heat, red face, possible constipation, rapid heart rate, high blood pressure	Excess heat
	With thirst, dryness	Stomach and Lung yin deficiencies
	With common cold, <i>See</i> Common Cold	
<b>Swelling</b>	Swelling with edema	Water accumulation
	Swelling with pain and inflammation	Damp-heat accumulation
	Moderate to severe infection	Toxic heat accumulation
	With severe pain	Severe qi and blood stagnation
	Edema of the lower body with coldness	Kidney yang deficiency
	Swelling and inflammation of the upper body with heat sensation and redness	Toxic heat invasion
<b>Swimmer's Ear</b>	Infection with pain	Toxic heat invasion
	With severe pain	Severe qi and blood stagnation with toxic heat
<b>Systemic Lupus Erythematosus (SLE)</b>	Lupus with inflammation in joints, tendons, and other connective tissues and organs	Toxic heat accumulation with yin deficiency
<b>Tachycardia</b>	<i>See</i> Palpitation	
<b>Tan yin (Phlegm Retention)</b>	Swelling with edema	Phlegm, damp and water retention
	Yellow phlegm and sputum in the chest	Phlegm and damp retention in the chest
<b>Taste</b>	Bitter taste, short temper, headache, hypochondriac pain, possible stickiness sensation in the mouth	Liver fire
	Above symptoms with constipation	Excess heat with stagnation
	Sweet taste, fatigue, poor appetite, epigastric distension, irregular bowel movement, possible stickiness sensation in the mouth	Spleen qi deficiency
	Sour taste	Qi, blood, phlegm and food stagnation
<b>Tendonitis</b>	<i>See</i> Neck, Shoulder, Arm, Wrist, Elbow, Ankle, Knee, Back	
<b>Tendon</b>	Enhancing the growth of muscles, tendons, ligaments and cartilages	Liver blood and Kidney yin deficiencies
<b>Tenesmus</b>	Due to food poisoning or traveler's diarrhea	Damp-heat in the Intestines
	With feeling of incomplete evacuation, hypochondriac pain, bloating, pain which lessens with defecation	Liver qi stagnation
	With pain, feeling of rectal prolapse, fatigue	Spleen qi deficiency
<b>Tension</b>	Stress, irritability, anxiety	Liver qi stagnation
	Severe restlessness with insomnia, redness of the face, anger	Liver fire
<b>Tension Headache...</b>	Headache with stress and anxiety	Liver qi stagnation
	Headache with excessive emotional distress, insomnia	Liver qi stagnation with <i>shen</i> (spirit) disturbance
	With severe pain	Severe qi and blood stagnation
	Maintenance formula for chronic pain or in cases of deficient type of headaches with dull and hollow pain	Blood deficiency
	Chronic headache with possible previous head injuries manifesting in dark complexion, purplish tongue and distended sublingual vein	Blood stagnation
<b>Terminal Cancer</b>	Terminal, end-stage cancer patients with extreme weakness	<i>Yuan</i> (source) <i>qi</i> deficiency
<b>Terminal Dribbling</b>	Urinary symptoms, painful urination that is dark in color due to benign prostatic hypertrophy and heat	Damp-heat in the lower <i>jiao</i>
	With polyuria, coldness and frequent urinary urges at night and coldness	Kidney yang deficiency
<b>Testicles</b>	<i>See</i> Impotence, Premature Ejaculation, Infection	
<b>Testosterone</b>	Impotence due to lack of testosterone	Kidney yang deficiency
	Lack of libido in women	Kidney yang deficiency
<b>Thirst</b>	General thirst and dryness	Lung and Stomach yin deficiency
	Increased desire and intake of water in diabetic patients	Lung yin deficiency with heat
<b>Thoracic Pain</b>	Pain in the chest, ribs, thoracic area	Qi and blood stagnation
	For severe pain	Severe qi and blood stagnation



	For stabbing pain with previous trauma history, purplish tongue, dark distended sublingual vein, dark complexion	Blood stagnation
<b>Throat</b>	<i>See</i> Sore Throat	
<b>Thrombocytopenia</b>	Decrease in number of blood platelets	Blood deficiency
<b>Thrombosis</b>	Obstruction in the vessels	Blood stagnation
<b>Throwing Up</b>	<i>See</i> Vomiting	
<b>Thyroid Gland</b>	Hyperthyroidism	Liver fire rising
	Hypothyroidism	Kidney, Heart and Spleen yang deficiencies
<b>Tidal Fever</b>	Afternoon fever with sweating, irritability	Yin deficiency with heat
	With thirst, dryness	Yin deficiency
<b>Tinnitus ...</b>	Dizziness and vertigo in hypertensive patients	Liver yin deficiency with Liver yang rising
	Dizziness, night sweats, and generalized weakness	Liver and Kidney yin deficiencies
	Tinnitus due to compromised Kidney and ear functions	Kidney deficiency
	Tinnitus due to exposure to drugs, chemical, and other toxins	Toxic heat
	General Kidney yin deficiency signs such as blurry vision, weakness of the back and knees, tinnitus, dryness, flushed cheeks, possible low-grade fever, etc.	Kidney yin deficiency
<b>TMJ</b>	Temporo-mandibular joint pain	Wind attack with qi and blood stagnation
<b>Tonic</b>	Generalized fatigue, lack of energy, dizziness, and weakness	Qi, blood, yin and yang deficiencies
	Short-term tiredness and lack of energy	Qi deficiency
	Weakened immune system with frequent viral or bacterial infections	<i>Wei</i> (defensive) <i>qi</i> deficiency
	Respiratory and reproductive weakness	Lung and Kidney qi deficiencies
	Weak digestion, fatigue, loose stool	Spleen qi deficiency
	Forgetfulness and poor memory	Heart and Kidney deficiencies
	Female infertility due to deficiency	Kidney <i>jing</i> (essence) deficiency
	Thirst and dryness	Body fluids deficiency
	General Kidney yin deficiency signs such as blurry vision, weakness of the back and knees, tinnitus, dryness, flushed cheeks, possible low-grade fever, etc.	Kidney yin deficiency
	General Kidney yang deficiency signs such as coldness, low libido, premature ejaculation, weakness and soreness of the back and knees, pale complexion, polyuria, etc.	Kidney yang deficiency
<b>Tonsillitis</b>	Sore throat with redness and swelling	Wind-heat invasion
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With severe pain and swelling	Toxic heat with phlegm stagnation
<b>Toothache</b>	With swelling and pain, worsens with intake of spicy food and lessens with coldness	Wind-heat invasion
	Pain with stomach ulcer	Stomach heat
	Toothache especially at the root, dry throat, palpitation, dizziness, irritability, insomnia	Kidney yin deficiency
	With bleeding	Heat forcing blood out of the vessels
	With inflamed gums, bad breath, thirst and excess hunger	Stomach heat
<b>Toxins...</b>	Compromised liver function due to exposure to toxins	Toxic heat in the Liver
	Compromised kidney function due to exposure to toxins	Toxic heat in the Kidney
	Adverse reactions from exposure to drugs, chemicals, heavy metals, environmental and airborne toxins	Toxic heat
	Headache from exposure to toxic substances	Toxic heat with qi and blood stagnation
	Respiratory symptoms from exposure to toxic substances	Toxic heat in the Lung
	Dermatological reactions from exposure to toxic substances	Toxic heat in the exterior
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	For chronic exposure to toxins with blood stagnation signs of dark complexion, purplish tongue and distended sublingual veins	Blood stagnation
	To strengthen the immune system to guard against toxic invasion	<i>Wei</i> (defensive) <i>qi</i> deficiency
<b>Traumatic Injuries</b>	With severe pain, inflammation, bruises, broken bones	Blood stagnation
	To facilitate recovery following traumatic injuries to the bones	Kidney yin and <i>jing</i> (essence) deficiencies

	Broken bone or bone fracture in patients with osteoporosis	Blood stagnation with Kidney yin and <i>jing</i> (essence) deficiencies
	To enhance recovery of connective tissue (muscles, tendons, ligaments, cartilage)	Liver blood and Kidney yin deficiencies
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With severe pain	Severe qi and blood stagnation
	Chronic, old injury with recurrent pain	Chronic blood stagnation
	Injury to the head	Qi and blood stagnation
	Injury to the neck and shoulder area	Qi and blood stagnation
	Injury to the arm	Qi and blood stagnation
	Injury to the back	Qi and blood stagnation
	Injury to the upper back	Qi and blood stagnation
	Herniated disk	Qi and blood stagnation
	Injury to the knees or ankles	Qi and blood stagnation
<b>Traveler's Diarrhea</b>	Diarrhea with foul-smelling stool, burning sensation of anus, abdominal discomfort and pain, nausea and vomiting	Damp-heat in the Intestines
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	For severe pain	Qi and blood stagnation and toxic heat
	With bleeding	Toxic heat
<b>Trichomoniasis</b>	Infection in the genital region	Damp-heat in the lower <i>jiao</i> and Liver channel
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Trigeminal Neuralgia</b>	Facial nerve pain	Wind attack with qi and blood stagnation
<b>Triglycerides</b>	See Cholesterol	
<b>Tuberculosis</b>	Cough, yellow-greenish sputum, dyspnea	Phlegm and heat in the Lung
	Dry cough with scanty sputum, dyspnea	Yin and qi deficiencies of the Lung
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
<b>Tumor</b>	See Cancer	
<b>Twitching</b>	Of the face, dizziness, tinnitus, short temper	Liver yang rising
	Of the face, intermittent in nature, dizziness, wiry, possible stiffness and cramping of other parts of the body	Liver blood deficiency
<b>Type "A" Personality</b>	Excessive competitive drive, impatience, overactive mind, stress but with deficient constitution	Liver qi stagnation with qi deficiency
	All the above symptoms but excess in body constitution also manifesting in possible red face, eyes, constipation, high blood pressure, fast heart rate	Liver and Heart fire
<b>Ulcer</b>	Gastric and duodenal ulcer	Stomach heat with yin deficiency
	Stress-induced gastric and duodenal ulcers	Stomach heat with Liver qi stagnation
	Ulcerative colitis, Crohn's disease	Toxic heat in the intestine
	Ulcer in the oral cavity	Stomach heat
	With severe pain	Severe qi and blood stagnation
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With dry mouth and thirst	Stomach yin deficiency
<b>Ulcerative Colitis (UC)</b>	Ulcerative colitis with mucus, pus and blood in the stools with feeling of incomplete evacuation and abdominal cramps	Damp-heat in the Intestines
<b>Upper Back Pain</b>	Pain in the upper back, chest, ribs, thoracic area	Qi and blood stagnation
<b>Upper Respiratory Infection</b>	Initial stage of infection with slight sore throat, feverish sensation, cough, yellow phlegm	Wind-heat invasion
	Severe sore throat, ear infection and yellow nasal discharge	Toxic heat
	Fever, cough, dyspnea	Lung heat
	Sneezing, white or clear nasal discharge	Wind-cold invasion
	Cough	Lung qi reversal
	Recurrent infection or to enhance the antibiotic function of any of the formulas above	Toxic heat
<b>Urinary Stones...</b>	Kidney or urinary stones	<i>Shi lin</i> (stone dysuria)
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With severe pain	Severe qi and blood stagnation

	With bleeding	Heat pushing blood out of the vessels
<b>Urinary Tract Infection (UTI)</b>	Painful and difficult urination with itching and discharge	Damp-heat in the lower <i>jiao</i>
	Frequent recurrences of urinary tract infection due to diabetes	Damp-heat in the lower <i>jiao</i> with yin deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	With severe pain	Severe qi and blood stagnation
	With bleeding	Heat pushing blood out of the vessels
	With high fever	Excess heat accumulation
	Recurrent infection with yin-deficient heat signs of thirst, dryness, flushed cheeks, low-grade fever	Yin-deficient heat
<b>Urination (Frequent)</b>	In diabetic patients	Kidney yang deficiency
	Frequent urination with burning sensations, cystitis, urinary tract infection (UTI)	Damp-heat in the lower <i>jiao</i>
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Due to prostate enlargement	Damp-heat in the lower <i>jiao</i>
	Frequent urinary urges, especially at night, coldness, clear urination	Kidney yang deficiency
	Chronic nephritis or nephritic syndrome	Toxic heat in the Kidney
	Interstitial cystitis	Blood stagnation
<b>Urination (Incontinent)</b>	With coldness, weakness and soreness of the lower back and knees, clear urination	Kidney yang deficiency
<b>Urine</b>	Clear, profuse, frequent urges especially at night, coldness	Kidney yang deficiency
	Dark, yellow, painful urination	Damp-heat in the lower <i>jiao</i>
	High urine ketone level or high blood glucose level	Deficient fire with damp accumulation
<b>Urolithiasis</b>	Kidney or urinary stones	Dysuria due to stone; <i>shi lin</i> (stone dysuria)
	With severe pain	Severe qi and blood stagnation
<b>Urticaria</b>	Rash, itching of the body	Wind-heat at the skin level, heat in the blood
	Rash of the lower body and genital region	Damp-heat in the lower <i>jiao</i>
	Severe itching	Toxic heat
<b>Uterus</b>	See Fibroids, Infertility, Menopause, Dysmenorrhea, Endometriosis, Pelvic Inflammatory Disease, Irregular Menstruation	
<b>Vaginal Infection...</b>	Foul smelling-yellow discharge, pelvic pain, itching due to infection	Damp-heat in the lower <i>jiao</i>
	Vaginal infection due to complications of diabetes	Damp-heat in the lower <i>jiao</i> with yin deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Vaginal infection leading to lower abdominal pain	Qi and blood stagnation
<b>Vaginitis</b>	Vaginitis with yellow discharge and foul odor	Damp-heat in the lower <i>jiao</i>
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Vaginal infection leading to lower abdominal pain	Qi and blood stagnation
<b>Varicocele</b>	Causing male infertility	Blood stagnation
<b>Varicose Veins</b>	Distended purplish black veins mostly on the legs	Blood stagnation
	With water retention	Blood stagnation with water accumulation
<b>Vein</b>	Distended sublingual vein	Blood stagnation
<b>Venereal Diseases</b>	See Sexually Transmitted Diseases	
<b>Vertigo</b>	Dizziness and vertigo with headache, flushed face and anger	Liver fire rising
	Dizziness and vertigo with or without nausea and vomiting and yin deficiency	Liver yin deficiency with Liver yang or Liver wind rising
<b>Viral Infection</b>	See Infection, Common Cold, Gastritis, Gastroenteritis, Hepatitis, Herpes, HIV, Influenza, Pneumonia, Sore Throat, Urinary Tract Infection	
<b>Vision</b>	Blurry vision due to deficient type hypertension	Liver yin deficiency with Liver yang rising
	Blurry vision due to excess type hypertension	Liver fire
	Vision impairment due to diabetes	Yin deficiency
	Dry, blurry vision	Kidney deficiency with false heat
<b>Voice</b>	Hoarseness due to a common cold/flu with itching, painful throat	Wind-heat invasion
	Hoarseness due to overuse, dry throat, scanty sputum	Yin deficiency

<b>Vomiting</b>	Nausea and vomiting due to chemotherapy	Stomach yin deficiency
	Nausea, vomiting, abdominal pain and diarrhea due to food poisoning	Damp-heat in the Intestines
	Nausea, vomiting, epigastric, chest and hypochondriac distension and pain, emotional instability, stress related	Liver qi stagnation
	With dryness and thirst	Stomach yin deficiency
	From exposure to toxic materials or smell	Toxic heat invasion
	Caused by gallstones	Damp-heat in the Liver and Gallbladder
<b>Vulvitis...</b>	Inflammation of the vulva	Damp-heat in the lower <i>jiao</i>
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat
	Severe itching	Toxic heat
<b>Wasting Syndrome</b>	Due to immune deficiency	<i>Wei</i> (defensive) <i>qi</i> deficiency
	Due to cancer with chemotherapy and radiation treatments	<i>Yuan</i> (source) <i>qi</i> and yin deficiencies
	End-stage cancer	<i>Yuan</i> (source) <i>qi</i> deficiency
	Weight loss, decreased energy, overall weakness	Qi, blood, yin and yang deficiencies
	Digestive weakness, loose stool, fatigue	Spleen qi deficiency
	Degeneration of soft tissue (muscles, ligaments, tendons, cartilage)	Liver blood and Kidney <i>jing</i> (essence) deficiencies
	Degeneration of bones	Kidney <i>jing</i> (essence) deficiency
<b>Water Retention</b>	<i>See</i> Edema	
<b>Weak Muscle</b>	Low energy and fatigue, weakness and soreness especially of the back and knees	Qi, blood, yin and yang deficiencies
	Weakness of muscle due to adrenal gland under-activity	Kidney yang deficiency
	Lack of muscle tone, digestive weakness, loose stool, fatigue	Spleen qi deficiency
	Post-stroke complications	Qi and blood stagnation
	Degeneration of soft tissue (muscles, ligaments, tendons, cartilage)	Liver blood and Kidney <i>jing</i> (essence) deficiencies
<b>Weakness...</b>	For immediate boost of energy	Qi deficiency
	Decreased energy, overall weakness of constitution	Qi, yin, yang and blood deficiencies
	Poor appetite, loose stool	Spleen qi deficiency
	Respiratory and reproductive weakness	Lung and Kidney deficiencies
	Anemia, restless sleep, pale complexion	Blood deficiency
	Adreno-insufficiency in patients who are “burned-out” with decreased mental and physical functions	Kidney deficiency
	Weakness of the immune system	<i>Wei</i> (defensive) <i>qi</i> deficiency
	End stage cancer patients who cannot receive chemotherapy or radiation	<i>Yuan</i> (source) <i>qi</i> deficiency
	Weakness in cancer patients receiving chemotherapy or radiation	<i>Yuan</i> (source) <i>qi</i> deficiency
	Weakness of the bones	Kidney <i>jing</i> (essence) deficiency
	Degeneration of soft tissue (muscles, ligaments, tendons, cartilage)	Liver blood and Kidney <i>jing</i> (essence) deficiencies
	Weakness of the back and knees	Kidney deficiency
	Weakness of the legs, knees and ankles	Kidney deficiency
	Weakness of the neck and shoulders	Liver blood deficiency
	General Kidney yin deficiency signs such as blurry vision, weakness of the back and knees, tinnitus, dryness, flushed cheeks, low-grade fever, etc.	Kidney yin deficiency
	General Kidney yang deficiency signs such as coldness, low libido, premature ejaculation, weakness and soreness of the back and knees, pale complexion, polyuria, etc.	Kidney yang deficiency
<b>Weight Control</b>	<i>See</i> Obesity	
<b>Wheezing</b>	<i>See</i> Asthma	
<b>Whiplash</b>	<i>See</i> Neck Pain	
<b>White Blood Cells</b>	Low white blood cells count in immuno-compromised patients	Qi deficiency
	Compromised respiratory and reproductive functions	Lung and Kidney qi deficiencies
<b>Withdrawal</b>	<i>See</i> Addiction	

<b>Wrist</b>	Wrist pain	Qi and blood stagnation
	Degeneration of soft tissue (muscles, ligaments, tendons, cartilage)	Liver blood & Kidney <i>jing</i> (essence) deficiencies
	With severe pain	Severe qi and blood stagnation
<b>Worrying</b>	With insomnia, weakness, poor appetite	Spleen and Heart deficiency
<b>Yawning</b>	Short-term fatigue and lack of energy	Qi deficiency
	Fatigue, coldness, decreased dietary intake, loose stool, frequent urinary urges especially at night, decreased libido	Kidney yang deficiency
	Overall weakness of the constitution	Qi, blood, yin and yang deficiencies
	With listlessness, stifling sensation in the chest, sighing, abdominal distension, plum-pit sensation, emotional instability	Liver qi stagnation
	With chest congestion and stabbing pain in a fixed location, palpitation, shortness of breath, dizziness, intermittent pulse	Chest <i>bi zheng</i> (painful obstruction syndrome)
<b>Yeast Infection (Vaginal)</b>	Itching and pain in the genital region	Damp-heat in the lower <i>jiao</i>
	Frequent yeast infection due to complications of diabetes	Damp-heat in the lower <i>jiao</i> with yin deficiency
	Moderate to severe cases of infection and inflammation	Accumulation of toxic heat