

Today's is all on TCM diagnosis made easy. going to talk about inquiry, so part of TCM diagnosis.

We're gonna do the heart system, before we start talking about inquiry and diagnosis of the heart system in Chinese medicine, let's just review quickly to put us in the mood the heart functions in Chinese medicine.

So one of the main one is, of course, it's in charge of controlling blood circulation. It's also in charge of controlling sweat. So when we see some abnormal sweating, we'll look at the heart. Of course, it opens into the tongue and affects the speech for better speaking, for not getting anxious and not being able to speak right and open into the tongue.

Also, if there's issue on the tongue, we look at the heart as well, right? It manifests on the face, so emotions shows on the face. The color on the face reflects on the heart. So for example, a red face, right? This is more observation, which is not quite what we're gonna talk about today because we're gonna talk more about inquiry.

It also controls blood vessel and the strength of the pulse, which is like the same that western medicine, heart function, right? For blood pressure for strength. That would be the same idea. One of the emotion that's related to the heart is of course, it's in charge of happiness and joy.

And then the big function of the heart, it is to house the mind for all mental activities, memory, and being in charge of sleep. Mainly being in charge of being calm at night and being able to sleep well. So the heart is really in Chinese medicine opens into the shen, the mind, the spirit, and it really houses the mind and everything that's happening in the brain activity, which is interesting because in western science now they are starting to connect the heart organ to the brain organ. So I found that fascinating that western medicine is catching up to Chinese medicine.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks.

Let's start looking at the heart system in chinese medicine and inquiry. So when we do the inquiry, which means during the consultation, we ask questions, what we wanna ask is, how

do you sleep? So I always ask my patients, how's your sleep? But you have to be a bit more specific because some people don't quite know what you're asking. So does it take you a long time to fall asleep or do, you fall asleep instantly?

Another question would be, do you wake up between one and 3:00 AM right? Do you wake up anytime and at what time Do you usually wake up or do you toss and turn all night or you sleep like fully you in, you fall asleep, you stay asleep, and you wake up and everything is just perfect, right? Also, do you have dream that disturb your sleep?

Asking, do you have nightmares? Frequent nightmares in TCM are a little bit different from recurring nightmares, which would be the same nightmare that keeps coming over and over, right? So when we ask those question, the ideas to get as much information as possible, as much detail as possible, so we can put a

picture together and put a puzzle together to try to figure out what's going on with the patient. Of course, each system and each inquiry is its own entity, but in the end, we wanna put them all together and form a Chinese medicine diagnosis so we can form a treatment plan accordingly. So let's look at the answers to this question that I just asked previously, right?

So someone that tosses and turns all night, like on and off, on and off. This is usually a heart and kidney disharmony, or a heart and kidney yin deficiency, which. Really means the same thing, heartened kidney disharmony or heartened kidney yin deficiency is the same thing, and one of the main symptoms is tossing and turning all night.

This person also probably may have hot flash or night sweat or feeling hot at night. That also can be feeling restless all night. And some people will say, oh, I, I've been like this for a long time, just tossing and turning for years. It doesn't mean this a good thing, the most common one, I would say it's counting sheep to go to sleep. So the people that cannot fall asleep, does it take you a long time to fall asleep? And if the person says, yeah, it takes me a long time, but once I'm asleep, I stay asleep. So if it takes you a long time to fall asleep, either it is a spleen and heart blood deficiency.

Or a liver overacting on spleen. And overacting on spleen means that it's liver qi stagnation, which means stress, which overacting on spleen means create some worry and overthinking for the spleen. Okay? Which makes the spleen qi deficient. So liver overact on spleen is liver qi stagnation, creating some spleen qi deficiency

how do we know which one it is? Liver overact on spleen, the person would have some liver qi stagnation symptoms. They're irritable, they're feeling stressed, frustrated, overwhelmed.

They may have, if it's a woman, some PMS like breast tenderness and moody. If it is often, someone that's stressed.

They may also have headaches at the end of the day or feel really bloated at the end of the day. And then the spleen qi deficiency. So the person is also fatigued. They worry, they overthink they feel bloated easily. They have cravings. probably, their appetite is all over the place. The digestive system is not very great.

It's probably weak with loose stools, right? So that would be how we make the difference between that and spleen and heart blood deficiency. So spleen and heart blood deficiency would be more. Blood deficiency for me is always thinking of pale and poor. PNP, pale and poor, right? So pale lips, pale tongue, pale face lips relates to spleen, face relates to heart.

And then of course the tongue is pale, right? Also poor. So poor sleep in this case cannot fall asleep. That's the poor sleep because the person has usually anxiety. So the anxiety, all that. Thinking and worry in the head starts creating some issue and the person cannot fall asleep. They're usually very fatigue.

They have poor memory as well. It's a pale and poor poor digestion as well. 'cause it's affecting the spleen. Another one that's very common is liver yang rising or liver fire. So the question that I would ask is, do you wake up in the night? And if someone says yes, I always wake up around two 30 or two o'clock or three o'clock.

So if it's between one and 3:00 AM it's either a liver yang rising, or liver fire because. One to 3:00 AM is liver time. So how do we know the difference is that liver yang rising is like, it stems from liver qi stagnation and the person is stressed and frustrated, irritable, probably overwhelmed maybe lots of pressure at work or there's a lot to do and so they get really irritable at the end of the day.

Maybe they have. Headaches at the end of the day, especially temporal headaches. They feel very short, very irritable, right? With everybody around them. Liver fire is past liver yang rising meaning it's worse. The person is on top of all the things that I described. They also may have high blood pressure.

They feel really hot. They are thirsty. They're past irritable. They're angry, okay? Now it's anger. They're really lashing out, so it's a bit more worse than the first one. And then the last is heart phlegm, fire, gallbladder, qi deficiency. So this is all about nightmares.

Remember I asked about, do you have nightmares? So the nightmares that are recurring, meaning it's the same nightmare over and over, that's usually a gallbladder qi deficiency.

The gallbladder is so depleted by years of having the same nightmare, which usually can come from an emotional trauma, which depletes the gallbladder and the self-esteem and self doubt, and the person has that recurring, which depletes the gallbladder.

If it is nightmares, frequent nightmares, but they change all the time, depending, that's more phlegm fire invading the heart mind. So lots of children have that kind of thing, right? They can have a lot of nightmares and then they feel restless and very hot and just, very scared.

So that's usually more heart phlegm fire. Okay, so that's looking at sleep and insomnia from a point of view of the heart system in Chinese medicine, let's look at the other function of the heart, which is looking at in charge of sweat, right? So the heart and TCM is in charge of sweat, so we need to ask questions, and this is very simple, right?

If you sweat when you're anxious, right? It's like you're about to do a presentation or you're anxious a lot. 'cause the anxiety really obviously affects the heart with palpitations and feeling oh, can't breathe right tight chest. So usually if we sweat when we're anxious, the qi of the heart is not able to control the sweat.

So it's a heart qi deficiency. If it's night sweats, so the person has night sweats, like maybe doing menopause for a woman, that is a heart yin deficiency because the person usually feels quite hot. If a person never, ever sweat, I could tell you, I used to be in the fitness industry and I used to teach aerobics and dance, and I had a participant that was super, super nice and did all my classes and worked so hard.

Like she worked really hard and not once, like we were all drenched at the end of the class. Not once did she have even a bead of sweat. On her shirt, nothing. She never sweats. So someone that doesn't sweat at all, that's not good either, right? That means they're usually body fluid deficient. They may be blood deficient.

Often it's a heart yin and heart blood deficiency. So as you could see when someone over sweats or doesn't sweat. In Chinese medicine, it's like a deficiency in all aspects. The only time sweating is in excess is when there's an acute sweating due to fever due to external pathogen invasion.

But if it's a chronic sweat issue or no sweat issue, it's always a deficiency affecting the heart. Looking at one common heart pattern in TCM of diagnosis. So let's look at heart fire in Chinese medicine. So symptoms of heart fire give you an idea, right? Usually it's palpitations 'cause it's affecting the heart.

And if there's fire, it is gonna reflect on the tongue because the heart opens into the tongue. So we're gonna have, canker sores on the tongue, not the mouth. The mouth is affecting the stomach, but the tongue is affecting the heart. Insomnia. So heart, fire, insomnia as the person doesn't sleep at all, like at all.

Not one minute. So that's, if someone is manic, usually or has a disorder or is on medication, that stops them, but not sleeping at all. That's a heart fire. Of course, they're restless because they can't sleep. They are thirsty 'cause they're hot. Especially for cold drinks of course. 'cause they feel really hot, right?

They're irritable. They have a red face 'cause their heart manifests on the face usually because the heart is connected to the small intestine in TCM and to remind us the small intestines in charge separating the clear from the turbid for urination. So if there's heart fire, then usually there's dark urine, right?

The person's dehydrated, so it's very dark urine, a bitter taste in the mouth, bitter taste correspond to fire, or the five element fire, and that's the heart element as well. The tongue, of course, is red. There's fire with a yellow coat on the tongue, and probably the tip of the tongue because that's the area of the heart may be a little red, or even the pulse is very big, very large.

Very rapid, right? It's a full rapid pulse because there's excess fire in the heart, some points for you to clear fire in general. Stomach 44, large intestine 11, and then other ones are specifically for fire in the heart, like PC 8, PC seven, heart seven, heart eight, food that is very cooling, so dandelion is very cold, so I wouldn't do it forever, but just to cool the person up.

You can do dandelion tea, dandelion salads lots of things. You could do valerian roots, which is more of a herb and a plant, but you can do valerian tea calm the mind. Celery juice, very cooling lettuce, spirulina, which is seaweed, so very cooling as well. Apple. Watermelon, of course is a summer.

Fruit sprouts, mint, and cilantro. Those are all very cooling and very good for the heart. And of course we wanna avoid food that is going to bring more fire. So alcohol brings heat, coffee brings heat, but also lamb. Which is one of the hottest meat of all the meat. Lamb is the hottest meat, so it makes everything warmer.

Spicy food, of course, does this as well, and we wanna try to eat slow, so be mindful and eat slowly to try to allow the digestive system to take this time and not be on fire and super fast and burn. Okay, so give you an idea.

Diagnosis has to be the hardest part of Chinese medicine. We always say there is no wrong treatment in TCM, only the wrong diagnosis. This is why I created my second book Chinese Medicine Made easy to make it easy to grasp using a lot of colorful visuals. I have included all Chinese Medicine Foundation.

Yin Yang, five element, Zang-Fu and all of it. All diagnosis, of course, including tongue and pulse practice case studies to help you improve your skills, as well as give you access to my online fillable intake form to use with your own patients. You can download the digital version on any device and it comes with many video links to complement it.

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Let's look at all the patterns when it comes to the heart diagnosis in TCM specifically with symptoms and inquiry, right? Let's separate heart qi deficiency versus heart yang deficiency, both have palpitations 'cause it's the heart of course, but heart qi deficiency is gonna have sweating when anxious. Remember we talked about this a minute ago?

So the person's gonna sweat while they're anxious. So anxiety is part of it. Short of breath, palpitations and sweating. When nervous, when anxious. Of course, it's a qi deficiency, so the person's fatigue, they have a pale face, right? They also have a pale tongue most of the time. Not always depending how much qi deficiency the person has, and a weak pulse, especially at the heart.

Position, which is on the left front part of the wrist. Heart yang deficiency, is pretty much all the same symptom as heart qi deficiency, but more advanced, right? We have palpitations, we have fatigue, we have a weak pulse. We have a pale tongue, right? So that's also there.

But then we have the yang deficiency symptoms, which would be feeling cold, like really cold limbs, cold body shivering kind of thing, all the time, wanting to be warm, hating.

The cold, loving the heat, specifically discomfort in the heart area, not feeling right in the heart area. And of course the pulse is gonna be a bit slower because there's no fire, no yang. So it slows down like a beep, like it's quite slow and it's weak and very deep. Specifically again, at the heart area.

The tongue is pale, swollen when there's yang deficiency, it's swollen and a wet coat. The next two, heart blood deficiency versus heart yin deficiency. So heart blood deficiency and heart yin deficiency both again, have palpitation because it's the heart.

Remember, heart blood deficiency is pale and poor, so we have pale face. Pale lips, and pale tongue of course, but we also have poor sleep. So this insomnia and poor sleep is difficulty in falling asleep. That is typical heart blood deficiency and sleep Blood deficiency. They may have dream disturbed sleep, but not as much as cannot fall asleep.

Poor memory. This is usually poor memory because there's, they have so much in their head they forget. So it's short term, it's not long term. And of course, anxiety is the big one. That's why they can't fall asleep. The pulse is thin or really thready and choppy. Choppy relates to blood and thin relates to deficiency, right?

So the tongue is pale and it's a thin looking tongue. It's not thick or it's not big. It's pretty small and it's slightly dry coat. With heart yin deficiency, again, we have palpitation, but now we have the yin deficiency sign, which would be red cheeks. Dry mouth, dry. Dry throat, right? Low grade fever. So low grade fever is a very specific Chinese medicine term that I think is badly translated from the textbook.

What it means is you just feel hot at night or at the end of the day, right? Doesn't mean you have fever, you just feel overheated at night, specifically at in time or at the end of the evening. Also looking at this, we look at the heart symptoms. So night sweat because yin is nighttime, so now a yin deficiency, sweating is night sweat.

Also, we look at the fact that the insomnia for this is to and turning. So that's the to and turning insomnia. There could be some dream disturb sleep as well, and the toss and turning with it. Also mental restlessness. The person's very restless in general during the day and at night. Very fidgety. I would say uneasy, right?

The pulse is a yin deficiency pulse, which is usually thin and rapid, but when it affects the heart, sometimes it could be also floating. Not always. The tongue is red with a red tip,

maybe it's cracked in the center of the tip, right? So not in the center of the tongue, but in the center of the tip.

Heart yang collapse. So when I teach this in class, I always say, you're not gonna see that in your practice very often. You may see it around you and hopefully not. But this is literally, a heart attack in the making, right? It's palpitation. It's not a heart attack, as in angina, pectoris, but it's the person's heart, there's a lot of palpitations.

The person cannot breathe, but they have profuse sweat, like cold sweat, and their sweating cold sweat. The lips are turning purple. They may faint, may pass out and may end up in a coma. So it's like the yang, the energy of the heart fire collapsing. So we're not gonna see it a lot. And if we do, probably gonna rush the person to the emergency, right?

Obviously. So the pulse would be knotted. It feels like a knot and tongue is like very pale or purple because this constriction of the vein and arteries. So we've locked all the deficiency. Now let's look at the excess pattern. In TCM Heart, we have heart fire blazing. I love that. Very romantic blazing. And we have phlegm fire in the heart.

So phlegm fire in the heart is the same as heart fire, except heart fire does not have the phlegm, right? So let's look at the first one. Heart fire, of course, has palpitations. Because the heart, of course, and then the fire part of it would be agitation. Would be red face. 'cause it's affecting the heart.

Bitter taste may have blood in the urine. Very dark urine. That's the fire, right? So fire means often there's blood, right? So there may be blood in the urine, thirsty for cold drinks, of course. Mouth ulcers or tongue ulcers. That's again the fire affecting the heart if it's on the tongue. If it's in the mouth, it's just the fire is everywhere, right?

That's a bit more heart and stomach, which can happen a lot as well. And then insomnia for heart failure blazing, the person is not sleeping at all. So a full, big rapid pulse. We saw this earlier when we looked at heart fire. And then the same red tip, red tongue prickle or strawberry prickle and yellow coat.

The difference with phlegm fire is that it has all the heart fire symptoms we just mentioned right there, plus the phlegm. So mental confusion incoherent speech, uncontrolled behavior. This is like a mental disorder, like maybe manic depressive or schizophrenia or bipolar. Those would be a phlegm fire where it is on the manic state.

And so there's a lot of the mental confusion.. Plus all the fire of the heart, so the pulse is full and rapid, but now it's slippery as well. And on the tongue, there's a sticky or a greasy yellow



coat because now there's phlegm, so there's more greasy to it. And the last pattern that is common. Those are all common pattern of the heart we see in general is heart, blood, stasis, and that's an excess pattern as well.

Of course, this palpitations as usual with the heart, and then what happened with the blood stasis, it's going to constrict. The vessel. So now we have really angina pectoris on the way. So this is pain in the heart area radiating to the left arm. So that's not good. The lips are gonna turn purple 'cause that's blood stasis.

The nails are gonna turn purple. The tongue is purple. Person may have cold hands. So this is again, an emergency situation with the pulse being knotted and a purple tongue. I think again, that's something we wanna send a person to the emergency if it's that far advanced. So hopefully you got the idea about, differentiating all the patterns in Chinese medicine diagnosis.

Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, live a review, and if you want more. Go to my website, [acuproacademy.com](http://acuproacademy.com). I have tons of resources there with treatment protocols, case studies, free courses, and so much more.

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