New and Improved 8 Principles in Clinical Practice:
3 Most Important Dichotomies

Bruce Ferguson, DVM, MS
Holistic Veterinary Care
www.naturalvet.org
Introduction

- It is said that Chinese Medicine (TCVM) treats Chinese Diseases
- This means that TCVM is an internally consistent system of treatments based upon a Diagnosis by the same system
- Thus, TCVM treats diseases or Patterns of Disharmony diagnosed BY TCVM
- We can utilize Natural Medicine principles in the same manner
Prelude

- TCVM is a heteropathic medicine
- As with western biomedicine, the correct Diagnosis must be made in order to choose the correct Treatment
- A TCVM diagnosis is made based upon physical parameters of the patient
- So let’s extend this notion and broaden it to include an **Energetic, Natural Medicine**
Prelude

- The patient’s physical diagnostic parameters allow us to track the Evolution of the Pathogenic Factor
- This means that our primary concern is the body’s reaction to the pathogen
- The pathogen itself, in a western biomedical sense, is less important
A body may respond to a pathogenic factor by becoming:

- Warmer
- Cooler
- Excess/stagnant
- Deficient/weak
- Damper/moister
- Drier
- Or other, more complex changes
Classical Eight Principle Pathogenic Processes

- Hot
- Excess
- Exterior
- Yang
- Deficient
- Interior
- Cold
- Yin
“New Look” at 8 Principles
Pathogenic Processes

- Hot
- Excess
- Dry
- Deficient
- Cold
- Damp
- Yin
- Yang
Hot or Cold?

- Is the pathogenic process in the patient evolving as a Hot or Cold process?
- If Cold, the treatment principle is to Warm the Channels, Interior, or Dispel Cold
Hot or Cold?

- Is the pathogenic process in the patient evolving as a Hot or Cold process?

- If Hot, the treatment principle is to Cool, Release the Exterior, Clear Heat or Drain Heat
Excess or Deficient?

- Is the pathogenic process in the patient evolving as an Excess or Deficiency?
- If Excess, the treatment principle is to Sedate or Drain the Excess.
Excess or Deficient?

- Is the pathogenic process in the patient evolving as an Excess or Deficiency?
- If Deficient, the treatment principle is to Tonify or Nourish
Damp or Dry?

- Is the pathogenic process in the patient evolving as Dampness or Dry?
- If Damp, the treatment principle is to Dry or Drain Damp
Damp or Dry?

- Is the pathogenic process in the patient evolving as Dampness or Dry?
- If Dry, the treatment principle is to Moisten, Nourish Yin or Nourish Blood
An Aside

- **Heat** may be caused by
  - Excess pathogenic heat (e.g. environment, infection, food), Yin Deficiency or Stagnation

- **Cold** may be caused by
  - Excess pathogenic cold (e.g. environment, infection, food), Yang Deficiency or Qi Deficiency
An Aside

- **Excess** may be caused by
  - Trauma, Stagnation, Excessive drug, vaccine or food use, psychological factors

- **Deficiency** may be caused by
  - Ageing, Poor quality or species-inappropriate foods, over-work, over-thinking, excessive sex
An Aside

- **Damp** may be caused by
  - Environmental factors (e.g. damp weather, dampening foods), weak Spleen, Qi Deficiency or Yang Deficiency

- **Dry** may be caused by
  - Environmental factors (e.g. dry weather, drying or warming foods), Yin Deficiency, Chronic Heat Disharmonies
How to do a TCVM “Work-up” as a Prelude to Energetic Natural Medicine

- *Si Zhen* or Four Diagnostic Methods or 4 “Questions”
  - *Wang* or Looking
  - *Wen* or Hearing
  - *Wen* or Asking
  - *Qie* or Touching
- *Bian Zheng*/Pattern Differentiation
**Si Zhen or Four Diagnostic Methods**

- The following is only an overview of the Four Questions
- It should be remembered that ALL Natural Medical Systems depended primarily upon Careful Observation and Physical Examination of the patient
Careful Observation and Physical Examination

- Technically Complex and Expensive Diagnostic tests “may” be useful for understanding many disease processes.

- However, according to the statistical basis underlying the Scientific Use of Advanced Diagnostics, they are to be used to “rule out” diseases.

- NOT to be used as huge “filters” to find “pathologic changes” in a patient.
Careful Observation and Physical Examination
TCVM Four Questions

- Looking or Inspection
  - Shen
  - Tongue
  - Body Appearance
  - Skin and Hair
  - Movement and Posture
  - Eyes
  - Nose
  - Lips
TCVM Four Questions

- Listening or Hearing and Smelling
  - Voice
  - Breathing
  - Cough
  - Chewing
  - Odor of the Mouth
  - Odor of the Nose
  - Bodily Discharge
  - Feces
  - Urine
TCVM Four Questions

- Asking or Inquiry
  - Current Problem and Previous Treatments
  - Dietary Regimen
  - Feces and Urine
  - Eating and Drinking
  - Management
  - Genetic Background of Patient
  - Husbandry History of Patient
  - Medical History
  - Breeding and Prior Pregnancies
TCVM Four Questions

- Touching or Palpation
  - Feeling the Pulse
  - Palpation of the Channels
  - Palpation of Trigger Points
  - Palpation of Front *Mu* Points
  - Palpation of Back *Shu* Points
Making the Diagnosis

- A Natural Medicine or Energetic Medicine Diagnosis may be from one or more theoretical viewpoints:
  - Energetic Dichotomies
  - Internal Organs
  - Pathogen Patterns
  - And sometimes Myofascial Pain patterns
Back to the Basics: New and Improved *Ba Gang* or Eight Principles

- First Question
  - Is it a problem of Excess?
  - Is it a problem of Deficiency?
  - Is it a mixed Excess/Deficiency?

- Treatment Principles
  - Reduce Excess
  - Supplement Deficiency
  - Both Reduce and Supplement, but judiciously with patient’s response to treatment as a guide
Excess

- Excess vs Deficiency reveals the quantity or strength of the disharmony or pathogenic factor relative to the antipathogenic factor.
- Excess refers to:
  - a strong pathogenic factor and a relatively strong antipathogenic factor.
Excess

- Excess also refers to
  - an excessive quantity or an accumulation of a fundamental substance (Energy, Anabolic Products, Body Fluids) or to a pathological product (Food Accumulation)
  - an excessive or hyperactive Organ
Deficiency

- Deficiency refers to
  - a weak antipathogenic factor
  - an insufficient quantity of a fundamental substance
  - an insufficient or hypoactive Organ
Excess and Deficiency

- In the most basic sense, in an Excess condition, the body’s *true energy* is relatively strong (uncompromised).
- In a Deficiency condition the body’s *antipathogenic energy* is weak (compromised).
Treatment Principles

- Discover which fundamental substance is Excess or Deficient and directly reduce or supplement that fundamental substance.

- Discover which Internal organ has Excess or Deficiency function and directly reduce or supplement that individual organ.
Clues to Excess and Deficiency

- If allopathic medicine works or gives a strong positive response
  - Disharmony is Excess
- If allopathic fails to work or is only marginally effective
  - Disharmony is Deficient
A patient with inadequate hydrochloric acid secretion in the stomach has both
- Deficiency of hydrochloric acid (a substance)
- Deficiency of parietal cell activity (an “organ” or organelle)

Treatment may include supplementing
- Hydrochloric acid (or reducing intake of buffers and bases)
- Hypothetically tonifying the parietal cells
Another Example

- Parkinson’s Disease is thought to be due to a
  - Deficiency of dopamine (a substance)
  - Death of dopaminergic cells in the substantia nigra (an “organ” or organelle)

- Treatment may include supplementing
  - Dopamine via L-dopa (a substance)
  - Dopaminergic cells via insertion of proactive genes with viral vectors (tonifying an “organ”)
TCVM Example

- A canine patient with fatigue, reduced appetite, loose stools, a pale tongue and weak, slippery pulse has Spleen Qi Deficiency with Dampness

- Using the herbal formula *Shen Ling Bai Zhu San* we can

- Tonify the weak Zang-Fu Organ (Spleen)

- Dry the Excess Substance (Dampness)
Back to the Basics

- Second Question
  - Is it a problem of Cold?
  - Is it a problem of Heat?
  - Is it a mixed Cold/Heat problem?

- Treatment Principles
  - Warm the Cold (Possibly Release the Exterior with Warm herbs or Purge Cold)
  - Cool the Heat (Possibly Release the Exterior with Cool herbs or Clear and Drain Heat)
Characteristics of Hot

- Hot Disharmonies may have one or more of the following clinical signs
  - Increased body temperature
  - Warm nose
  - Warm ears
  - Red tongue (yellow coating if there is one)
  - Rapid pulse
  - Irritability and restlessness
  - Dryness if chronic
  - Hot and/or red lesions
  - Yellow or yellow-green discharges

- Western Biomedical drugs such as NSAIDs, corticosteroids and antibiotics have a Cold nature and tend to improve Hot disharmonies
Characteristics of Cold

- Cold Disharmonies may have one or more of the following clinical signs:
  - Cold nose
  - Cool ears
  - Pale or pale-pink tongue (white coating)
  - Slow pulse
  - Lethargy
  - Cool or body-temperature lesions
  - Clear discharges

- Western Biomedical drugs such as NSAIDs, corticosteroids and antibiotics have a Cold nature and tend to exacerbate Cold disharmonies
Hot and Cold: Heteropathy

- Hot disharmonies are treated with cooling herbs, foods and acupressure techniques
- Cold disharmonies are treated with warming herbs, foods and acupressure and moxibustion techniques
Treating a Hot Disharmony

- Chronic gingivitis/stomatitis with a warm nose, red tongue, malodorous breath, and a rapid pulse
  - “Stomach Heat” in TCVM
- Herbs: *Yu Nu Jian* Jade Woman Decoction, drains heat from the Stomach and nourishes the *Yin*
- Foods: watermelon, avocado
Treating a Cold Disharmony

- Weak and cool lumbus and stifles, frequent profuse clear urination, pale moist tongue, deep weak pulse
  - “Kidney Yang Deficiency” in TCVM
- Herbs: *Jin Gui Shen Qi Wan* Kidney Qi Pill from the Golden Cabinet to warm and tonify the Kidney Yang
- Foods: ginger, lamb
Back to the Basics

- Third Question
  - Is it a problem of Damp?
  - Is it a problem of Dry?

- Treatment Principles
  - Dry the Damp (Possibly Drain Damp, Dry Damp or Tonify Spleen, Qi or Yang)
  - Moisten the Dry (Possibly Increase Body Fluids, Nourish Yin or Tonify Blood)
Characteristics of Dry

- Dry Disharmonies may have one or more of the following clinical signs
  - Dry nose
  - Dry tongue
  - Dry skin/hair
  - Dry footpads/hooves
  - Thirst
  - Thin or tight pulse
Characteristics of Damp

- Damp Disharmonies may have one or more of the following clinical signs
  - Moist nose
  - Moist tongue with thick coat
  - Oily or seborrheic skin
  - Oozing skin lesions
  - Edema/Ascites
  - Dysuria/stranguria
  - Lack of thirst
  - Slippery pulse
Dry and Damp: Heteropathy

- Dry disharmonies are treated with Moistening herbs and foods, and acupuncture points
- Damp disharmonies are treated with Drying and Draining herbs, foods and acupuncture needle techniques and point combinations
Treating a Dry Disharmony

- Chronic low-grade cough with dry nose, red, dry tongue and thin, rapid pulse
  - “Lung Yin Deficiency” in TCVM
- Herbs: *Bai He Gu Jin Tang*, Lily Bulb Preserve the Metal Decoction, nourishes the Yin, moistens the Lungs and stops coughing
- Foods: apple, pear, almond
Treating a Damp Disharmony

- Edema, dysuria/stranguria, diarrhea with little odor, thick tongue coat and slippery pulse
  - “Accumulation of Dampness” in TCVM
- Herbs: *Wu Ling San*, Five-Ingredient Powder with Poria, promotes urination, drains dampness, strengthens the Spleen
- Foods: celery, kelp
Get the Basics Right!

- Supplementing an Excess Pattern or draining a Deficient Pattern = disaster
- Cooling a Cold Pattern or warming a Hot Pattern = treatment failure
- Drying a Dry Pattern or Moistening a Damp Pattern = symptom exacerbation
After the Basics

- You may always add complexity to your diagnosis later:
  - Zang-Fu Organ
    - SP/KID/HT, etc.
  - Qi, Blood, Body Fluid
    - E.g. “Spleen Qi Deficiency”
Self Assessment Questions

- This 17 year old female Husky-cross has a pale tongue and weak pulse
- Excess or Deficiency?
- Of what?
- Treatment principle?
This 6 year old Shepherd-cross has moist, pruritic paws, a reddish moist tongue and a rapid, slippery pulse.

- Excess? Deficiency?
- Of what?
- Treatment principle?
Self Assessment Questions

- What if this 6 year old Shepherd-cross has warm, moist, pruritic paws, a pale pink moist tongue and a slow, slippery pulse
- Excess? Deficiency?
- Of what?
- Treatment principle?
Self Assessment Questions

- What if this 6 year old Shepherd-cross has cool, moist, pruritic paws, a pale moist tongue and a slow, slippery pulse?
- Hot? Cold?
- Treatment principle?
- Which herbs?
Self Assessment Questions

- This 7 year old female DSH cat has a reddish, dry tongue, warm ears and a tight, rapid pulse
- Hot? Cold?
- Treatment principle?
Self Assessment Questions

- This 7 year old female DSH cat has a pale, dry tongue, cool ears and a thin pulse
- Hot? Cold? Or...?
- Treatment principle?
Self Assessment Questions

- This 7 year old female DSH cat has a dark pink, dry tongue, cool ears, warm Ren 2-8, and a thin, tight pulse
- Hot? Cold? Or...?
- Treatment principle?