

Traditional Chinese Medicine Syndromes

1. Symptoms of Kidney Yang Deficiency

Sore lower back
Copious, pale urine
Cold limbs
Dislike cold
Weak legs
Water retention in the legs
Poor appetite
Loose stools

Infertility
Sexual dysfunction
Premature ejaculation
Chronic vaginal discharge
Loose teeth

Related Conditions

Chronic nephritis
Low back pain
Sexual dysfunction
Chronic urinary and prostate problems
Chronic ear disorders
Adrenal fatigue
Hypothyroidism
Depression
Erectile dysfunction

Foods Used For Kidney Yang Deficiency

These are just some of the foods that are believed to help kidney yang deficiency

- Lobster
- Sardines
- Shrimp
- Clove
- Dill seed
- Fennel

- Pistachio
- Raspberry

Walnuts

2. Symptoms of Liver Qi Stagnation

Pain or discomfort anywhere along the sides of the body
Depression
Mood swings
Sighing
Hiccups
Frustrated easily
Inappropriate anger
Sensation of a lump in throat
Difficulty swallowing
Bitter taste in mouth
Excessive sleep
Constipation
Abdominal pain and discomfort
Stomachache that improves after massage
Stomachache that worsens with anger
PMS with irritability or swollen breasts
Irregular or painful periods
Poor appetite
Churning sensation in stomach.

Tongue

Normal tongue, sides may be curled up.

Pulse

Wiry pulse

Related Conditions

Mastitis
Anxiety
Depression
Irregular menses
Nervous and emotional disorders

Foods Used For Liver Qi Stagnation

These are just some of the foods that are believed to help liver qi stagnation

Garlic
Turmeric
Kumquat
Cherry
Chicken
Coconut meat
Date
Tofu
Mustard seed
Squash
Sweet potato
Red and black date
Rice
Caraway seed
Spearmint
Mushroom
Oregano
Red bean
Sweet basil
Saffron

3. Symptoms of Spleen Yang Deficiency

Cold limbs
Loose stools with undigested food
Abdominal distension and pain
Symptoms feel better with heat or pressure
Water retention
Difficult urination
Leukorrhea
Feel cold
Fatigue
Poor appetite
Bloating and gas
Weak limbs

Tongue

Pale, swollen, wet tongue

Pulse

Weak, slow and deep pulse

Related Conditions

Gastric or duodenal ulcers
Gastritis
Hepatitis

Herbs Used For Spleen Yang Deficiency

These are just some of the herbs that are believed to help spleen yang deficiency
Cinnamon bark
Dried ginger

4. Symptoms of Stomach Heat

Burning in the epigastrium
Thirst, especially for cold drinks
Frontal headaches
Crave cold drinks and food
Gum swelling, pain, or bleeding
Constant hunger
Constipation
Nausea or vomiting
Sour regurgitation
Stomach discomfort or ache
Dry mouth or lips
Food stagnation
Sour regurgitation
Loss of appetite
Fullness and distension in epigastrium
relieve by vomiting
Foul breath
Insomnia

Tongue

Red tongue with dry, thick, yellow coating

Pulse

Pulse full, slippery, fast

Herbs Used For Stomach Heat

- Deglycyrrhinated licorice root
- Peppermint
- Longan -- Longan berries tonify blood.

Foods Used For Stomach Heat

These are just some of the foods that are believed to help stomach heat

Bitter endive
Spinach
Strawberry
Banana
Buckwheat
Mung bean
Cucumber

5. Symptoms of Kidney Yin Deficiency

Dry mouth, especially at night
Dark, scanty urination
Night sweats
Thirst
Dizziness
Malar flush
Sensation of heat in palms, soles, chest
Heat flushes in the afternoon or evening
Constipation
Forgetfulness
Ringing in the ears
Chronic low back soreness or weakness
Desire to lie down and sleep
Hair falls out easily
Toothache
Declining muscle mass, thin body
Dry throat
Hot palms and soles
Premature ejaculation
Nocturnal emission

Tongue

Reddish tongue with little or no coating

Pulse

Floating and empty pulse

Related Conditions

High blood pressure
Low back pain
Tinnitus
Diabetes
Chronic urogenital infections

Herbs Used For Kidney Yin Deficiency

- Rehmannia
- Lycii
- Schisandra

Foods Used For Kidney Yin Deficiency

These are just some of the foods that are believed to help kidney yin deficiency

- Kidney beans
- Black sesame seeds
- Walnuts
- Protein
- Asparagus
- Egg
- Sweet Potato
- Seaweed
- String beans
- Celery
- Parsley
- Grapes
- Plum
- Berries
- Sea salt

6. Symptoms of Lung Yin Deficiency

Bouts of dry coughing
Bitter taste in the mouth
Feel hot in the afternoon or evening
Pain on coughing
Insomnia
Hunger
Low voice

Night sweats
Dry throat
Thin body
Red cheeks

Tongue

Red, dry tongue with thin or absent tongue coating. May have dry cracks in the lung area.

Pulse

Pulse floating, empty, fast

Related Conditions

Chronic pharyngitis
Chronic bronchitis
Bronchiectasis

Herbs Used For Lung Yin Deficiency

Slippery Elm

Marshmallow

7. Symptoms of Liver Fire

Red face and eyes
Irritability
Outbursts of anger
Dizziness
Ringing in the ears
Dry mouth and thirst
Bitter taste in the mouth
Muscle tightness in the neck and shoulders
Headache, especially on the sides of the head
Feel hot
Blood pressure rises with stress
Migraine
Dark, scanty urine
Insomnia
Constipation

Tongue

Red tongue, may have red sides. Coating is yellowish and dry. May also be normal.

Pulse

Full, wiry, rapid pulse

Herbs Used For Liver Fire

- Dandelion

Foods Used For Liver Fire

These are just some of the foods that are believed to help liver fire

- Seaweed
- Spinach
- Chestnut
- Rye
- Vinegar
- Asparagus
- Egg

- Royal jelly

8. Symptoms of Spleen Qi Descending

Bearing down sensation in abdomen
Prolapsed stomach, vagina, uterus, or rectum

Frequent urge to urinate

Urinary incontinence

Hemorrhoids

Chronic diarrhea

Hemorrhage

Tongue

Pale tongue

Pulse

Weak pulse

Related Conditions

Hemorrhoids

Prolapsed organs

Chronic diarrhea

Urinary incontinence

9. Symptoms of Spleen Qi Deficiency

Weakness, lethargy

Pale, bright face

Shallow breathing
Low, soft voice
Little desire to speak
Poor appetite
Prolonged headache
Fatigue
Loose stools
Lethargy
Dizziness
Tired eyes
Dislike cold greasy foods
Headache after exertion
Symptoms are worse in the morning
Abdominal discomfort which feels better when pressure is applied
Indigestion
Bloating and gas
Weak limbs

Tongue

Pale or normal tongue. May have swollen sides

Pulse

Weak pulse

Related Conditions

Gastric or duodenal ulcer
Dyspepsia
Hepatitis
Anemia

Herbs Used For Spleen Qi

Deficiency

These are just some of the herbs that are believed to help spleen qi deficiency

- Codonopsis
- Ginseng
- Astragalus
- Jujube Dates

Foods to Strengthen the Spleen

- Beef
- Root vegetables
- Warm foods
- Soups

- Warming spices, such as black pepper, ginger, cumin

10.Symptoms of Cold Damp Obstructing the Lungs

Chronic cough
Copious white sputum
Chest congestion
Difficulty breathing when lying down
Coughing
Wheezing
Chest distension
Shortness of breath
Pale complexion
Constipation

Tongue

Thick greasy white tongue coating

Pulse

Slippery, weak

Related Conditions

Chronic bronchitis
Asthma

Foods Used For Cold Damp Obstructing the Lungs

These are just some of the foods that are believed to help cold damp obstructing the lungs

- Adzuki bean
- Barley
- Cucumber
- Mung bean
- Seaweed
- Star fruit
- Bamboo shoot
- Date
- Fresh ginger
- White or black pepper
- Asparagus
- Pear

- Mustard

11.Symptoms of Heart Yin Deficiency

Palpitations
Agitation
Mental restlessness
Flushed cheeks
Exhaustion
Feel hot, especially at night
Insomnia
Night sweats
Dry mouth
Feel hot in the palms, feet and chest

Tongue

Red tongue with absent/peeled coating, red tip, crack down the middle of the tongue to the tip.

Related Conditions

- Arrhythmia
- Anemia
- High blood pressure
- Hyperthyroidism

Foods Used For Heart Yin Deficiency

These are just some of the foods that are believed to help blood deficiency

- banana
 - endive
 - sea salt
 - spinach
 - strawberry
 - peppermint
 - egg
 - asparagus
 - royal jelly
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- mung beans

12.Symptoms of Heart Fire

Heart palpitations
Thirst
Feeling of heat
Canker sores
Insomnia
Restlessness

Flushed face
Hot, dark urine
Bitter taste in the mouth

Tongue

Red tongue, especially on the tip. May have yellowish tongue coating

Herbs Used For Blood Deficiency

- Chamomile

13.Symptoms of Blood Deficiency

Palpitations
Forgetfulness, poor memory
Insomnia
Shortness of breath
Dizziness
Fatigue
Excessive dreaming
Constipation
Pale complexion
Pale and dry, cracked lips
Dry mouth
Headache with lightheadedness
Floaters
Anxiety
Numbness or tingling in limbs
Dry skin
Dry, brittle hair
Light menses

Tongue

Pale tongue

Pulse

Thin or choppy pulse

Herbs Used For Blood Deficiency

- Dang gui -- Also known as Chinese angelica root, dang gui nourishes and tonifies blood.
- Longan -- Longan berries tonify blood.

Foods Used For Blood Deficiency

These are just some of the foods that are believed to help blood deficiency

- asparagus
 - egg
 - grape
 - beef
 - oyster
 - potato
 - royal jelly
 - yam
 - red black dates
 - squash
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- carrot

14. Symptoms of Blood Stagnation

Dark, clotted, painful menstruation

Irregular menstruation

Nosebleeds

Abdominal pain

Fixed, stabbing pain

Tumors

Fibroids

Cysts

Tongue

Purple tongue, especially on the sides

Pulse

Wiry pulse

Foods Used For Blood Stagnation

These are just some of the foods that are believed to help blood stagnation

Brown sugar

Chestnut

Eggplant

Peach

Basil

Crab

Papaya

Saffron