



Eight Principles and the Six Roots

Classification of Disease	1 st Root Pair Location	2 nd Root Pair Property or Nature	3 rd Root Pair Strength of Zheng Qi
Yang	Exterior	Hot	Excess
Yin	Interior	Cold	Deficiency

Differentiation of an Exterior and Interior Pattern

	Location	Causes	Onset	Pulse	Disease Course
External	Skin Muscles Bones Channels	External pathogens	Acute	Superficial	Short
Internal	Internal Organs	External pathogens, Emotional stress, Bad training or feeding	Chronic	Deep	Long

Differentiation of a Hot or Cold Pattern

	Body Temperature	Body Signs	Behavior Signs	Tongue	Pulse
Hot	Fever Hot ears Hot Back	Panting Thirsty	Seek cool places	Red Dry	Fast
Cold	Cold ears Cold back	Shivering	Seek warm places	Purple Wet	Slow

Main Deficiencies of Internal Organs

Yin	Yang	Qi	Blood
Liver	-	-	Liver
Heart	Heart	Heart	Heart
Stomach	Spleen	Spleen	-
Lung	-	Lung	-
Kidney	Kidney	Kidney	-



Differentiating Excess and Deficiency Patterns

Parameter	Excess	Deficiency
Age	Young (6years)	Old (10years)
Course of disease	Acute	Chronic
Constitution/voice	Strong	Weak
Appearance	Hyperactive	Depressed
Fever	High	Low grade or none
Massage	Don't like	Like
Tongue	Purple or Red	Red or Pale
Tongue coat	Thick	None or little
Pulse	Forceful	Weak
Nodule or mass	Yes	No

The 8 Principles and the 6 Roots Overview for Bian Zheng

Classification of Disease	1 st Root Pair	2 nd Root Pair	3 rd Root Pair
Yang	Exterior	Hot	Excess
Yin	Interior	Cold	Deficiency

Excess Yang Pattern signs: hot, fever, hyperactive, red or purple tongue, pulse strong and fast.

Treatment strategy: GV-14, LI-4, LI-11, Er-jian, Wei-jian

Excess Yin Pattern signs: cold, swelling or edema, loose stool, pale or purple tongue, strong slow pulse.

Treatment strategy: Moxa at GV-4

Deficient Yang Pattern signs: cold back and extremities, edema loose stools, chronic back pain, rear limb weakness, infertility, pale tongue, weak deep pulse.

Deficient Yin Pattern signs: low fever, thirsty, prefer cool, restless, anxious, red and dry tongue, thready fast pulse.

Treatment Strategy: nourish Yin and clear Heat. Ki-3, Sp-6