What is TCM diagnosis?

- Diagnosis in traditional Chinese medicine (TCM) involves the examination of the body for the purpose of diagnosing disease and differentiating patterns under the guidance of the basic theories of TCM.

- It is a bridge that connects the fundamental studies of TCM with all branches of clinical medicine and includes inspecting the manifestations, analyzing the changes, understanding the pathomechanisms, and predicting the transformation of diseases.

The fundamental theory for TCM diagnosis

Holistic approach:

1. Knowing the interior by the exterior
   - Through observing external pathological (abnormal) phenomenon, the doctor can understand and predict internal pathological changes

2. Knowing whole body’s condition by observing the small changes in local part
   - Through local pathological changes, the doctor can know the whole body’s condition

3. Knowing abnormal changes by understanding a normal state
   - Understanding a normal (physiological) condition enables the doctor to know the abnormal changes. Normal conditions are relative
The main contents of TCM diagnosis

Zhen ('Ô):
- Examination
- Collect information and data

Duan ('œ):
- Inspection
- Smelling and listening
- Inquire
- Palpitation

Identify the Disease

Identify Pattern

Disease develop and diagnosis Procedure

Disease develop procedure
- Pathogenic factors
- Zang Fu or Meridians
- Pathological change
- Pathology shape (symptoms or signs)

Diagnosis procedure
- Pathology shape (symptoms or signs)
- Pathological change location
- Determine causative factors

TCM diagnosis Process

Use the examination and testing methods to collect data that relates to the health changes of the patient

Analyze the data to identify the disease

Based on the data, differentiate the pattern of the disease
Case 1
A patient comes into your clinic looking for help.

1. Use the four diagnostic methods to collect information:
   54 year old, male has had a headache for three days, with
   nausea, dizziness, and irritability. He has red eyes and
   tongue, and his pulse is wiry. His blood pressure is 145/95
   mm Hg

2. Identify the disease
   Headache

3. Differentiate
   Liver Yang rising

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Examination and Testing Methods

- The process of examination uses various methods to
  inspect the patient in order to collect information
  relating to changes in health. These methods include
  - inspection
  - inquiry
  - listening and smelling
  - palpation
  which are generally known as the “four pillars”.

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Disease Identification £©Èś®©

- Disease identification is the process by which a more
  exacting assessment of a patient’s condition can be
  made based on the patient’s signs and symptoms. After
  further analysis and judgment, disease identification
  can be made.
Disease (≤£©)

Disease is a deviation from or interruption of the normal structure or function of any body part, organ, or system that is manifested by a characteristic set of signs and symptoms whose etiology, pathology, anatomical location, and prognosis may be known. A disease is a summary of the distinct features of a disorder including the process and life cycle of pathologic development.

Common Cold (Sample of disease)

Etiology: exopathogens attack
Location: Lung, or channels
Pathology: zhèng qi struggle with evil qi, Lung qi obstructed, and not able to dispersing, channels and collaterals are constrained, blocks qi and blood flow
Symptoms and Signs: Fever and chills, cough, headache, nasal congestion, sneezing, sore throat, a floating pulse. etc..
Prognosis/Develop Law or Trend:
1) zhèng qi overcome pathogens: recovered
2) Pathogens stronger than zhèng qi: Transfer into interior
The name of the disease itself represents an additional specificity. It is a summary of the pathology and an abstract of the disease process that may include its etiology, pathomechanism, and signs and symptoms. The name of the disease may also provide insight into the nature of the disease, such that its incidence, evolution, outcome, and prognosis may be further inferred.

4,000 disease names have been documented. Naming a disease is valuable not only for the purpose of diagnosis, but also for classification.

- Named on the basis of their pathological shape or symptoms, such as edema, jaundice, cough, or asthma.
- Named for the pathology, such as restless organ disorder (zàng zào).
- Named for the zàng fǔ organ or structure that is involved, such as Lung abscess, or chest painful obstruction (bì);
- Named for their etiology, such as sunstroke or “fright wind” (jìng fèng).

Pattern differentiation is the process by which clinical information (obtained from the examination) is analyzed, synthesized, and inferred, leading to a clear representation of a particular phase of a disease in a TCM pattern.
Pattern ( kształtowanie)

- **Pattern** is a combination of signs and/or symptoms that forms a distinct clinical picture indicative of a **particular disorder**. It is the summary of environment, pathogens, pathological location, pathogenesis, condition of the zhèng qi, signs and symptoms, and the constitution of a patient. It is based on the information obtained by the four examination methods. The pattern comprehensively and concretely reflects the nature and features of a disease at a given stage. Thus, the pattern reflects the essence of a disease at the moment of the assessment.

Common Cold  ➔  Disease
Exterior Wind-cold Excess Pattern  ➔  Pattern

- **Pathogen**: wind cold
- **Nature of pathogen**: Cold
- **Location**: Exterior
- **zhèng qi State**: Strong
- **Pathogenesis**: External wind cold attack the body surface, cause zhèng qi rising up to against it, which disrupted function of Lung qi, blocks channels.
- **Symptoms and Signs**: Chills and fever, itching throat, cough, headache, bodyache, nasal congestion, and a floating, tight pulse

Symptoms and Signs (symptomatics)

- **Signs and symptoms** are the abnormal phenomena which deviate from the normal physiological range that are associated with a disorder, such as fever, cough, or headache. Signs and symptoms reflect the body’s pathological changes. They reflect the presence and stage of pathological change and are important indicators for the identification of disease and the differentiation of patterns.
- symptoms, which are defined as subjective feelings of discomfort, such as headache, bloating, pain, nausea, dizziness, etc.
- signs, which are objective data obtained by the practitioner through examination. Such as pale face, fever, swollen, vomiting, etc.

**Differentiation of Pattern**

Over the course of thousands of years of clinical practice, practitioners developed many methods of differentiation, such as eight-principle differentiation, six-stage differentiation, four-level differentiation, and etiology differentiation. These methods are a summary of the pathological tendencies and the understanding of patterns from different perspectives. Each method has its special emphasis, and they are related to and supplemented by each other.
The basic principles of TCM diagnosis

- Holistic approach
  - The human body as a whole
  - The unification of the human body and the surrounding environment

- Dynamic approach
  - Comprehensive analysis of the data gained by the four diagnostic methods

- Combining the diagnosis of the diseases with the differentiation of the Pattern
  - Disease: reflects the principle disorder in the whole pathological process
  - Syndrome (Pattern): generalizes the pathology of a disorder in its certain stage

Relationship between disease and Pattern

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<th>Disease Stage A</th>
<th>Pattern Stage A</th>
<th>Pattern Stage B</th>
<th>Pattern Stage C</th>
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<tr>
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Disease, Symptoms & Pattern

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Case 2
A 65 years old female patient had CVA 4 weeks ago. Now she suffers from hemiplegia on her right side. Her daughter told you that her mom has history of hypertension for over 20 years. She has a red cracked tongue without coating, and her pulse is thready and wiry.

What are the signs and symptoms?
- Hemiplegia, hypertension, red cracker tongue without coating, wiry and thready pulse

What is the disease?
- Wind-Stroke

What is the differentiation (pattern)?
- Liver Yang rising due to Liver and Kidney
- Yin deficiency
- Etiology: wind
- Location: Liver/Kidney
- Nature of the disease: heat
- Vital Qi: deficiency
Case 3
A 65 year old female patient had CVA 4 weeks ago. Now she suffers from hemiplegia on her right side. Her daughter told you that her mom has a history of hypertension for over 20 years. Her weight is 204 lbs. She has a slight red tongue with thick greasy yellow coating, and her pulse is slippery and wiry.

What are her symptoms and signs?
Hemiplegia, hypertension, overweight, slight red tongue with thick yellow greasy coating, a slippery and wiry pulse

What is the disease?
Wind-Stroke

What is the differentiation (pattern)?
Etiology: wind
Location: Liver/Kidney
Nature of the disease: heat
Vital Qi: deficiency

Quiz
Which of the followings are symptom?
A. Liver Yang rising
B. Sun stroke
C. Lung abscess
D. Aversion to cold

Which of the followings are syndrome (pattern)?
A. Edema
B. Nausea
C. Hemiplegia
D. Lung Qi deficiency