

Disease – Evils

Internal or external

6 Excesses

External ONLY

3 categories of phlegm

Phlegm is an internal disease

External – any phlegm that can be seen outside of the body –expelled

Internal (insubstantial)- phlegm at work within the pattern but never seen, may cause nodules or lumps

Phlegm is a thick turbid yin substance

Causes:

TNT not working

Heat (cooks down fluids)

Cold- congeals

Blood stasis

Luo point- connects the zang and fu organs *transports excess out

Stomach 40- Luo point A key point for treating phlegm

TNT is the function in the body to remove phlegm or dampness

Spleen – Lung – Kidney (tipple burner) (shao yang)

Fluids slow, accumulate and thicken into phlegm

Phlegm can move and lodge- it does not move upward by itself

To treat phlegm, forget the phlegm and treat the qi

Lung –tai yin- spleen -kidney

Main targets of phlegm affected seriously is heart and shen

In wind phlegm -Open the orifices

Excess disease-Phlegm turbidity harassing the upper body- the turbid rises with the clear yang and causes dizziness/vertigo as a main symptom

Phlegm confounding the orifices of the heart

Similar to wind phlegm – consciousness and shen are being affected

Phlegm lodged in the channels

Phlegm accumulation in the channel- swelling, nodules- chronic