

Xīn Yīnxū – Heart Yīn Xū

心
陰
虛

More pronounced symptoms of Heart Xuè Xū and indications of false Heat appear.

Aetiology

Excessive emotional turmoil, Blood deficiency, or febrile disease can lead to this symptom-complex.

Symptoms

As for **Xīn Xuèxū – Heart Blood Xū** (page 62).

Malar flush, low-grade fever and "five-hearts hot".

Nervousness and mental restlessness.

Night sweats.

T. Red body especially the tip. Peeled coat.

P. Floating, weak, fast.

Analysis

Heat signs such as malar flush, etc., indicate Yīn Xū. Irritability, mental restlessness, anxiety and nervousness will be more severe than in the Heart Xuè Xū symptom-complex because there will be Heat rising to disturb the Shén.

Night sweats occur as there is insufficient Yīn to hold the Yáng within the body. While sleeping the 衛氣 Wèi Qì moves internally to warm the ZàngFǔ. This extra heat overcomes the Yīn centripetal action and the Yáng Qì moves outwards to the skin. As the Yáng moves it carries 津液 JīnYè with it causing sweating. This will further deplete the Yīn as the JīnYè is part of the Yīn.

Treatment principle

Nourish the Yīn and support the Shén.

Some points that could be considered

复溜 Fùliú(K7) - Rescues the Essence.

陰郄 Yīnxī(H6) - Xī-Cleft of the Heart.

Use with 复溜 Fùliú(K7) to reduce the night sweats.

內關 Nèiguān(P6) - Luó point of the Pericardium. Confluent point of 陰維脈 Yīnwéimài. Protects the Shén and has a sedative action.

Xīnhuǒ Nèifén – Heart Fire Blazing

心
火
內
焚

Aetiology

Excessive emotional turbulence or repression causes constrained Qì which generates 火 Huǒ (Fire).

See **Gān Yīnxū, Gānyáng Shàngkàng – Liver Yīn Xū / Liver Yang Rising** on page 105..

Symptoms

Agitated Shén, anger, frustration.

Flushed face.