

4 QI IMBALANCES and 5 ELEMENTS

A New System for Diagnosis and Treatment

by Jeremy Ross

Part II: Patient example with Herbs

Please first read: *Introduction to 4QI +5E*

Enid is a 30 year old woman who worked as a public servant until she had to stop work from job-related stress five years ago. Now she lives alone at home, and is often afraid to go out.

MAIN COMPLAINTS

Complaint A. Fearfulness and emotional lability

This is why she is no longer able to work in a public role. She becomes so frightened and anxious at even the thought of having to stand up in front of people, that she sweats, her hands shake, she gets a feeling of panic, and she gets palpitations.

Complaint B. Exhaustion

She is always tired, but her energy varies a lot, from tired to exhausted. Her energy is lowest in the afternoons, about 3-5 pm. She would like to drink strong coffee to stimulate her energy, but it makes her too nervous, jumpy, and restless.

Complaint C. Headache

She has about two severe headaches per week, and mild to moderate headaches every day. The severe headaches are often following stress, and the moderate headaches are worse with stress or exhaustion.

Complaint D. Dysmenorrhea and backache

She has dysmenorrhea with pain radiating to the lower back. She has a weak lower back, and her legs feel weak, worse with either tiredness or fearful stress.

OTHER DATA

Temperature She does not like extremes of temperature. Occasionally she can be warm at night, or warm in the daytime with either coffee or stress, but usually feels cool-cold. Her hands are cool, sweaty, and trembling.

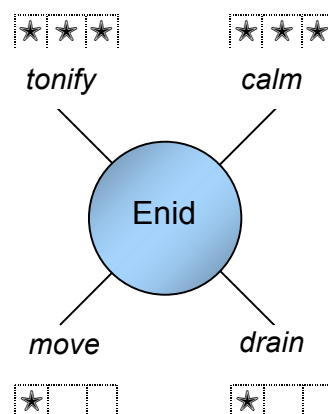
Pulse Her pulse speed is 80 beats per minute, rising to 100 if stressed. It is slightly irregular, which is worse with stress or coffee, and when stressed she has 'spinning bean' pulse. Her pulse is empty, especially in third positions.

Tongue Her tongue is pale, flabby, with toothmarks, trembling, and with slight red spots at tip.

4 QI IMBALANCES + 5 ELEMENTS

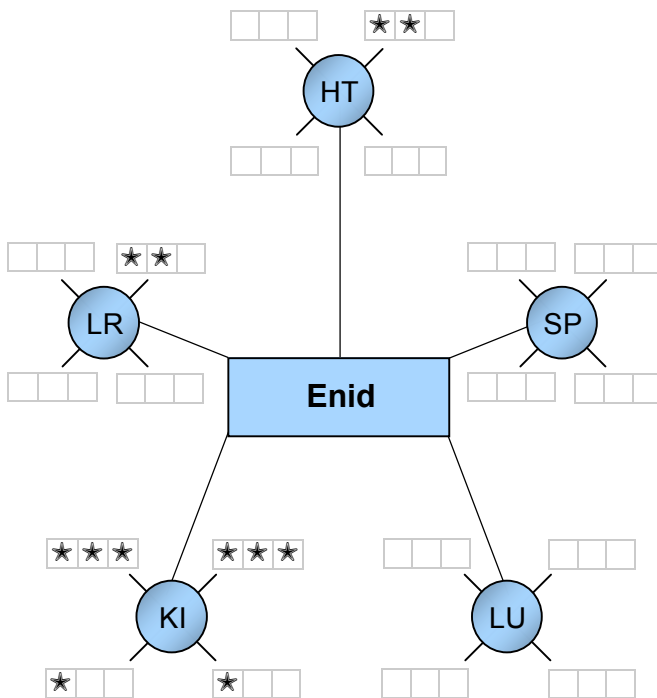
4 Qi Imbalances

A useful overview of Enid's needs is shown in the diagram below in terms of the 4 Qi Imbalances and their associated principles of treatment.



4 Qi Imbalances + 5 Elements

A more precise and detailed picture is shown in Enid's 4 Qi Imbalances + 5 Elements diagram below.



Prioritization

Enid's main complaints, principles of treatment, and Chinese syndromes can be given priority numbers, as in the Prioritization table below.

No.	Main complaint	POT	Ch. syndrome
1.	fearfulness	calm	KI fear
2.	exhaustion	tonify	KI Qi
4.	anxiety	calm	HT Spirit
5.	headache	calm	Liver Yang
6.	dysmenorrhea	move	KI & UT Qi
7.	warm at night	drain	KI Defic. Heat

HERB CHOICE

Using the system of the 4 Qi Imbalances + 5 Elements, we can classify patients in terms of the four principles of treatment for each organ system.

As you can see in [How to compare different herbs](#), we can classify herbs in the same way. We can then match patients and herbs together.

Relative proportions of herbs

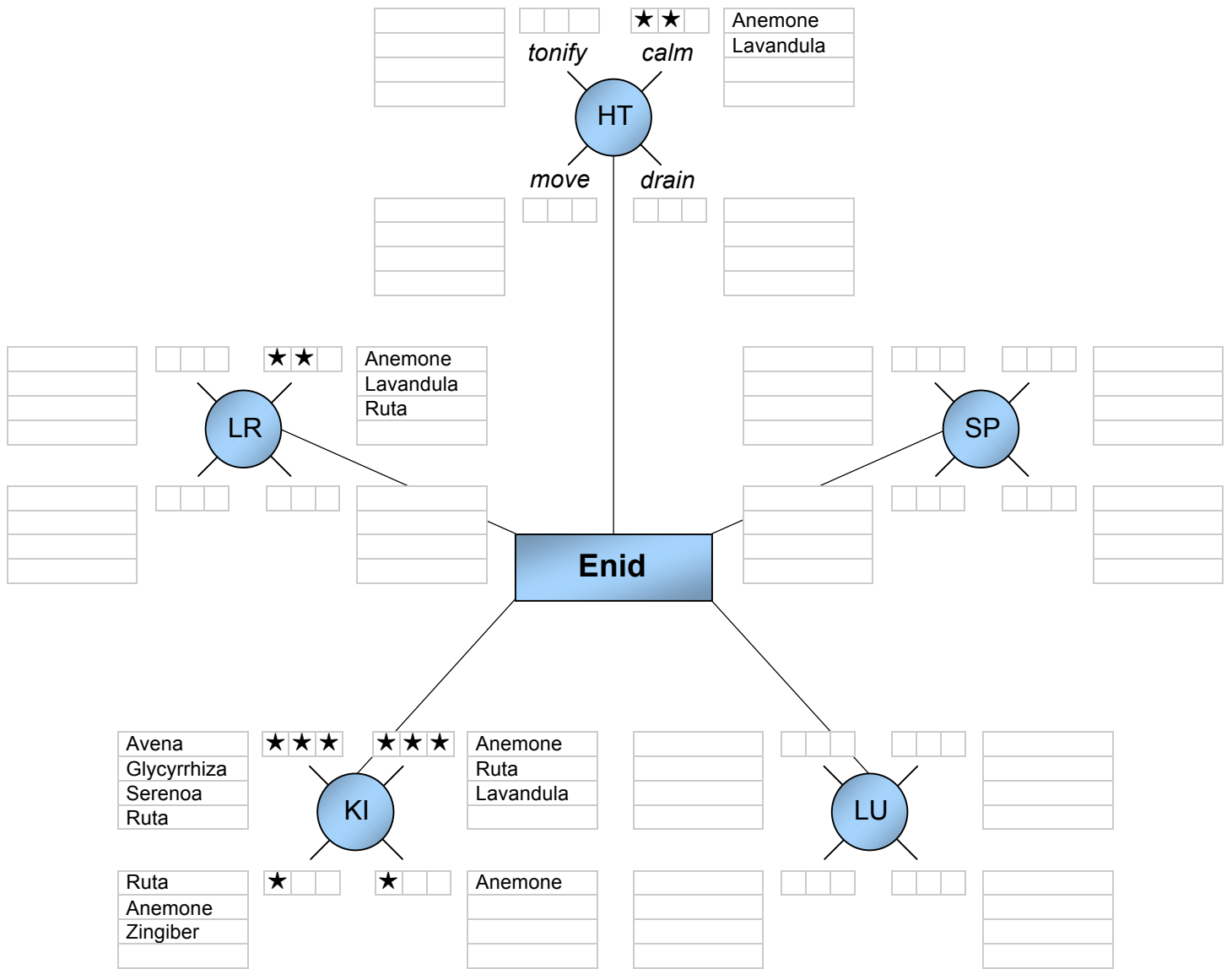
Looking at the number of stars in the 4 Qi Imbalances + 5 Elements diagram on the left, the relative proportions of herbs in the prescription for the seven complaints would be:

- fearfulness 3
- exhaustion 3
- anxiety 2
- headache 2
- dysmenorrhea 1
- warm at night 1

Make herbs work!

The art of herbal medicine is, when appropriate, to make one herb do several jobs. This can be done because most herbs have several different actions and uses.

For example, in the herb diagram and table for Enid below, it can be seen that Anemone is performing five different functions, and that Ruta is performing four.



Both the 4 Qi Imbalances + 5 Elements diagram and the prioritization table have been expanded to include the herbs for each organ system and syndrome.

No.	Main complaint	POT	Ch. syndrome	Herbs
1.	fearfulness	calm	KI fear	Anemone, Ruta, Lavandula
2.	exhaustion	tonify	KI Qi	Avena, Glycyrrhiza, Serenoa, Ruta
4.	anxiety	calm	HT Spirit	Anemone, Lavandula
5.	headache	calm	Liver Yang	Lavandula, Anemone, Ruta
6.	dysmenorrhea	move	KI & UT Qi	Ruta, Anemone, Zingiber
7.	warm at night	drain	KI Defic. Heat	Anemone

Enid's prescription

This was given as a tincture, 2.5 ml in quarter of a glass of water, three times per day.

The herbs were in the following proportions:

Anemone	1
Ruta	1
Lavandula	1
Avena	1
Glycyrrhiza	1
Serenoa	1
Zingiber (dried)	0.5

FURTHER READING

Please refer to the following pdfs for further explanation of 4 QI + 5E:

- Introduction to 4QI +5E
- How to compare different herbs
- Patient example with acupuncture
- How to compare acupoints