



SIX TISSUE TERRAINS

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METABOLISM

OVERACTIVE "HOT"

General Indications

- * Increased metabolic rate, elevated temperature, fever
- * Classic signs of inflammation—heat, swelling, redness and acute or sharp pain
- * Red tongue, often pointed or elongated
- * Rapid pulse usually floating or superficial
- * White fibers in iris
- * Initial tissue reaction to injury, trauma or disease
- * Hyperactive function of any organ or gland

• **General Irritation**

UNDERACTIVE "COLD"

General Indications

- * Reduced metabolic rate
- * Lowered temperature
- * Skin is typically pale or white and cold (warm, dark red or purple splotches may also be present in this condition due to putrification)
- * Dull or chronic pains
- * Pulse slow and/or weak, often deep or thin (may be rapid and non-resistant with putrification)
- * Tongue pale or white (dark red or purple with putrification)
- * Tendency to fatigue and lethargy, lack of response to stimulation
- * Dark fibers in iris
- * Hypoactive function of any organ or gland

• **General Depression**

MOISTURE

EXCESS "DAMP"

General Indications

- * Excess fluids in tissues with insufficient mineral electrolytes to keep fluids in motion
- * Swollen, spongy, water-logged tissues
- * Tongue swollen and damp, often with scalloped edges
- * Tongue may also have a heavy mucus coat
- * Pulse rolling or slippery
- * When skin is depressed on the hand or the arm it takes more than 2 or 3 seconds to return to normal color
- * Heavy mucus production
- * Lymphatic congestion
- * Oily skin and hair
- * Lacunas in iris
- * Hydrogenoid subtype in iris

• **General Stagnation**

DEFICIENT "DRY"

General Indications

- * Excess minerals with insufficient fluids (water and fats) to keep tissues moist and flexible
- * Dry, rough, leathery skin, typically thin and weak
- * Brittle nails, hair, skin and bones
- * Pulse thin, weak and/or deep, sometimes tense on one side with weakness
- * Dry mouth with dry tongue, usually pale, often cracked or fissured
- * In advanced cases the tongue may appear shriveled or withered
- * Psori in the iris
- * Tissue degeneration and decay

• **General Atrophy**

TONE

SPASTIC "TENSE"

General Indications

- * Muscle cramping and spasm
- * Conditions that alternate between extremes, such as fever and chills or diarrhea and constipation
- * Pulse tense or wiry
- * Tongue often quivers
- * Sharp stabbing or shooting pains that migrate from one location to another
- * Person is tense, nervous and high strung
- * Conditions aggravated by nervous stress or fatigue
- * Contraction furrows (nerve rings) in the iris
- * Constricted collarette in iris

• **General Constriction**

ATONIC "RELAXED"

General Indications

- * Excessive secretion of body fluids, sweat, mucus, urine, blood, etc.
- * Conditions involving a "leaking" or rapid loss of body fluids such as incontinence, diarrhea, bleeding, constant sinus drainage, etc.
- * Pale, cool, moist skin
- * Non-resistant, relaxed, languid pulse
- * Radial furrows (radii solaris) in the iris.
- * Expanded collarette in the iris.
- * Tophii floculations (lymphatic rosary) in iris

• **General Relaxation**