

# SIX TISSUE TERRAINS

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## METABOLISM

## MOISTURE

## TONE

### OVERACTIVE "HOT"

### UNDERACTIVE "COLD"

### EXCESS "DAMP"

### DEFICIENT "DRY"

### SPASTIC "TENSE"

### ATONIC "RELAXED"

#### 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**

#### 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 putrefaction)
- \* Dull or chronic pains
- \* Pulse slow and/or weak, often deep or thin (may be rapid and non-resistant with putrefaction)
- \* Tongue pale or white (dark red or purple with putrifaction)
- \* Tendency to fatigue and lethargy, lack of response to stimulation
- \* Dark fibers in iris
- \* Hypoactive function of any organ or gland

• **General Depression**

#### 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**

#### 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**

#### 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**

#### 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**