

Phlegm

痰浊扰心 — Tán Zhuó Rǎo Xīn

“The mind feels foggy, heavy and unclear”



What it may feel like

- Forgetfulness with a “foggy” or heavy head
- Difficulty concentrating
- Feeling as though there is a veil over the senses
- Reading something but forgetting the beginning by the time you reach the end
- Difficulty thinking clearly
- Poor mental comprehension or processing
- In more pronounced cases, thoughts or speech may feel confused

May also come with

- Fatigue
- Sleepiness
- Heavy-headedness
- Dizziness or vertigo
- A feeling of tightness or stuffiness in the chest
- Nausea
- Digestive heaviness
- Productive cough or frequent throat clearing

Often linked to

- Digestive weakness in Chinese medicine
- Accumulation of Dampness and Phlegm
- Lingering effects after an illness
- Long-standing stagnation or stress
- In some cases, a combination of Phlegm with internal “Wind”

What May Help

In Chinese medicine, treatment include acupuncture and Chinese herbal medicine, with a focus on **transforming Phlegm, reducing the sense of heaviness and clouding, and supporting clearer mental function.**

- Regular meals that are easy to digest
- Avoiding excessive heavy, greasy or rich foods
- Gentle regular movement
- Supporting digestion
- Addressing underlying stress or prolonged stagnation when relevant

Possible Western medical overlap

For general understanding only — not a diagnosis.

Post-viral or chronic fatigue-related brain fog • Post-concussion symptoms • Some neurological or vascular conditions may also involve memory and cognitive changes.

A final note

Chinese medicine patterns are not fixed categories, and more than one pattern may be present at the same time.

The information in this guide is intended for general education only and does not replace individual assessment or medical advice.

If forgetfulness is **sudden, unusual, worsening, persistent, or accompanied by other concerning symptoms**, please seek appropriate medical care.

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