

Heart & Spleen Deficiency

心脾两虚 — Xīn Pí Liǎng Xū

“The mind feels tired and easily distracted”



What it may feel like

- Everyday **forgetfulness or absent-mindedness**
- **Short-term memory** is particularly affected
- Difficulty **concentrating or keeping your attention on something**
- Feeling **mentally tired or easily distracted**
- Difficulty **falling asleep or switching the mind off**
- Sleep **disturbed by dreams**

This is particularly a pattern of **poor attention + poor retention**. Most commonly seen in **younger people, particularly women of reproductive age**.

May also come with

- Fatigue and weakness
- Dizziness
- Palpitations
- Anxiety or feeling easily unsettled
- Poor appetite
- Bloating after eating
- Pale complexion
- Easy bruising
- Heavy or prolonged periods

Often linked to

- **Overwork and prolonged mental effort**
- **Insufficient sleep**
- Long periods of **stress or worry**
- **Physical or mental exhaustion**
- **Recovery after illness**
- **Blood loss**, including heavy or prolonged periods
- **Poor nourishment** or reduced appetite

What May Help

In Chinese medicine, treatment include **acupuncture and Chinese herbal medicine**, with a focus on supporting the Spleen and Heart, nourishing qi and blood, and calming the mind.

- **Regular, sufficient sleep**
- **A consistent bedtime routine**
- **Regular, nourishing meals** with enough protein and iron-rich foods, with supplements if needed
- **Gentle movement** such as walking, tai chi or yoga
- **Meditation or other calming activities**
- **Reducing prolonged periods of overwork**

Possible Western medical overlap

For general understanding only — not a diagnosis.

Anaemia • Persistent fatigue and mental exhaustion • Sleep-related cognitive difficulties • Stress-related concentration problems • Post-illness fatigue • Depression or low mood • Multiple sclerosis

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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