

Identification of Patterns According to the Six Stages

DSY class 10 & 11

- Identification of Patterns According to the Six Stages comes from the book "Discussion of Cold-Induced Diseases" more commonly known by its Chinese title "Shang Han Lun" (c.220 CE)
- Written by Dr. Zhang, Zhongjing

- Originally part of a larger work including contents on internal and miscellaneous diseases; this second part is called "Pearls from the Golden Cabinet" (Jin Gui Yao Lue)
- Shang Han Lun was first clinical manual describing step by step transmission of disease from exterior to interior

- Basis of many subsequent developments in Chinese Medicine
- Extremely important in Chinese herbal medicine -- introduced many formulas commonly used today
- Shang Han Lun itself developed from Huang Di Nei Jing Su Wen chapter 31:

Su Wen 31

- ◆ Excerpt: Discussion of febrile disease

- ◆ In the case of damage caused by cold, on the first day, the Taiyang receives it. Hence, the head and the neck have pain; the lower back and the spine are stiff.

- ◆ On the second day, the Yangmíng receives it. The Yangmíng rules the flesh; its vessels line the nose on both sides and enclose the eyes. Hence, the body is hot, the eyes have pain, and the nose is dry. One cannot lie down.

- ◆ On the third day, the Shaoyang receives it. The Shaoyang rules the gallbladder; its vessels follow the flanks and enclose the ears. Hence, the chest and the flanks have pain, and the ears are deaf.

- ◆ On the fourth day, the T ai yin receives it. The T ai yin vessels spread into the stomach and enclose the throat. Hence, the abdomen is full and the throat is dry.

- ◆ On the fifth day, the Shaoyin receives it. The Shaoyin vessels penetrate the kidneys and enclose the lung. They are attached to the base of the tongue. Hence, the mouth is desiccated, the tongue is dry, and one has thirst.

- ◆ On the sixth day, the Jueyin receives it. The Jueyin vessels move along the yin (i.e., sexual) organ and enclose the liver. Hence, there is vexation and fullness, and the scrotum shrinks.

- ◆ When the three yin and the three yang, the five zang and the six fu have all received the disease, then the nutritive and the protective no longer move, the five zang are no longer passable, and death results.

- ◆ If one is not doubly affected by evils, on the seventh day the T aiyang disease weakens, and the headache lessens
- ◆ On the eighth day the Yangming disease declines, and the fever lessens
- ◆ On the ninth day, the Shaoyang disease lessens and the ears begin to hear again

- ◆ On the tenth day the T ai yin disease is alleviated, the fullness leaves the belly and one desires food
- ◆ On the eleventh day, the Shaoyin disease is alleviated; the thirst is allayed, the dry tongue moistens and the patient sneezes

- ◆ On the twelfth day the Jueyin disease weakens, the shrunken scrotum and the abdomen relax
- ◆ The pernicious evils all recede, and the illness is over

- Transmission of disease takes place from exterior to interior, through three Yang stages and three Yin stages.
- Yang stages are characterized by excess patterns, Yin stages by deficiency patterns

- Tai (Greater) Yang
- Yang Ming (Bright)
- Shao (Lesser) Yang
- Tai (Greater) Yin
- Shao (Lesser) Yin
- Jue (Terminal) Yin

- GREATER YANG (TAI YANG) STAGE
- First stage, corresponds to Exterior Wind
- Internal Organs not affected in initial stages
- Two Exterior patterns
- Two transmuted (organ) patterns

- Three essential symptoms:
- Aversion to cold
- Stiff neck and headache
- (Disruption of Taiyang channels located at the posterior neck and occiput)
- Floating pulse
- (Wei Qi active at surface)

- ATTACK OF WIND (ZHONG FENG)
- Clinical Manifestations
- Slight aversion to cold, aversion to wind, slight fever, stiff neck, headache, aches in the body, sweating, sneezing and Floating-Slow pulse.

- Pathology
- Aversion to cold is typically not alleviated by covering
- Slight sweating due to disharmony of Ying and Wei, and qi deficiency unable to contain sweating.
- Penetration of pathogen is into the muscles, so necessary to "release the muscle layer"

- Treatment Principle
- Release Exterior, expel Wind and Cold, diffuse the Lung, Harmonize Ying and Wei
- Formula
- Cinnamon Twig Decoction (Gui Zhi Tang)

- ATTACK OF COLD (SHANG HAN)
- Clinical Manifestations
- Aversion to cold, slight fever, stiff neck, headache, no sweating, aches in the body, shortness of breath, runny nose with white discharge and Floating-Tight pulse.

- Pathology
- Same as previous pattern, but no sweating; Cold contracts the pores and sweat does not exit.
- Lung symptoms such as breathlessness and runny nose are due to disruption of Lung descending function
- Tight pulse reflects Full Cold

- Treatment Principle
- Release Exterior, expel Wind and Cold, diffuse and descend the Lung
- Formula
- Ephedra Decoction (Ma Huang Tang)

- ACCUMULATION OF WATER (XU SHUI)
- Clinical Manifestations
- Aversion to cold, slight fever, retention of urine, slight thirst, vomiting of fluids soon after drinking, Floating-Rapid pulse

- Pathology
- Taiyang channel connects with the Bladder, so Bladder transformation function is disrupted: urinary retention, vomiting fluids, thirst

- Treatment Principle
- Release Exterior, restore Bladder transformation function, promote urination
- Formula
- Five Ling Powder (Wu Ling San)

- ACCUMULATION OF BLOOD (XU XUE)
- Clinical Manifestations
- Hypogastric distension, fullness and urgency, blood in urine, mental restlessness, Reddish-Purple tongue without coat, Deep-Fine-Rapid or Deep-Choppy pulse

- Pathology
- Pathogen in Taiyang channel disrupts flow in the Lower Burner and causes accumulation of Heat and Blood stasis: blood in urine, hypogastric distension
- Heat in the blood produces mental restlessness
- Blood stasis produces choppy pulse

- Treatment Principle
- Move Blood, eliminate stasis in Lower Burner, clear Heat from Bladder
- Formula
- Persica Qi Conducting Decoction (Tao He Cheng Qi Tang)

- BRIGHT YANG (YANG MING) STAGE
- Pathogen interiorized and transformed into Heat; fever rises and aversion to cold disappears.
- 8 principle: Interior Full Heat

- Can develop from either Tai Yang or Shao Yang stages
- Two patterns: Channel (Heat without form) and organ (Heat with form)

- BRIGHT-YANG CHANNEL PATTERN
- Clinical Manifestations
- High fever, profuse sweating, feeling of heat, intense thirst, red face, irritability, delirium, red tongue with yellow coating and Overflowing-Rapid or Big-Rapid pulse.

- Pathology
- Pattern characterized by "4 Bigs":
- Big Thirst
- Big Sweat
- Big Fever
- Big Pulse

- Heat is in the Stomach and Large Intestine channels and begins to interiorize into the Stomach itself, causing thirst
- Psych symptoms suggest Stomach Fire

- Treatment Principle
- Clear Heat, nourish fluids
- Since the Heat is still mainly in the channels, it is close enough to the surface to be able to push it out through the pores.
- Formula
- White Tiger Decoction (Bai Hu Tang)

- BRIGHT-YANG ORGAN PATTERN
- Clinical Manifestations
- High fever which is worse in the afternoon, profuse sweating, sweating on limbs, constipation, dry stools, fullness and pain in the abdomen which becomes worse on pressure, thirst, Red tongue with a thick dry yellow ("old yellow") coating and Deep-Full-Slippery-Rapid pulse.

- Pathology
- The heat has now penetrated into both the Stomach and Large Intestine, where it binds with the contents of those organs and dries them out, leading to dry-stool constipation. This leads to abdominal fullness, hardness, dryness and pain, which are the four manifestations that characterize this pattern.

- Treatment Principle
- Drain fire from the stomach and intestines, free the stool
- The Heat is fully internal; treatment is focused on draining the heat from the bowels by promoting defecation
- Formula
- Major Qi Conducting Decoction (Da Cheng Qi Tang)

- LESSER YANG (SHAO YANG) STAGE
- Clinical Manifestations
- Alternation of chills and fever, fullness and distension of the costal and hypochondriac regions, lack of appetite, irritability, dry throat, nausea, bitter taste, blurred vision, white tongue coating on one side only and Wiry or Wiry-Fine pulse.

- Pathology
- In this pattern, the pathogen is midway between interior and exterior; this is sometimes call a "mid-stage" or "half-interior half-exterior" pattern.
- The chills and fever alternate, rather than appearing simultaneously as in the Tai Yang pattern. The gallbladder channel and organ are affected thus the pain in the ribs, nausea, wiry pulse and bitter taste.

- Treatment Principle
- Harmonize the Shao Yang.
- Harmonizing is a complex set of principles which including simultaneous exterior releasing, heat clearing, qi moving and tonification
- Formula
- Minor Bupleurum Decoction (Xiao Chai Hu Tang)

- GREATER YIN (TAI YIN) STAGE
- Clinical Manifestations
- Abdominal fullness, feeling of cold, vomiting, no appetite, diarrhea, absence of thirst, tiredness, Pale tongue and Deep-Weak-Slow pulse.

- Pathology
- The first of the Yin stage patterns, Tai Yin is largely equivalent to Spleen Yang deficiency with Cold.
- Cold obstructs the qi dynamic of the abdomen causing abdominal fullness and vomiting; all the other signs point to Spleen Yang deficiency.

- Treatment Principle
- Warm the interior, expel cold, tonify Spleen Yang
- Formula
- Regulate the Center Pills (Li Zhong Wan)

- LESSER YIN (SHAO YIN) STAGE
- There are two patterns in the Shao Yin stage; one is a cold pattern and the other a heat pattern.
- They basically correspond to Kidney Yang Deficiency and Kidney Yin Deficiency respectively.

- LESSER YIN (SHAO YIN) COLD PATTERN
- Clinical Manifestations
- Chills, feeling of cold, lying curled up, listlessness, desire to sleep, cold limbs, diarrhea, no thirst, frequent pale urination, Pale wet tongue with white coating and Deep-Weak-Slow pulse.

- Pathology
- Essentially the same as Kidney Yang Deficiency

- Treatment Principle
- Warm interior, expel cold, Tonify Kidney yang
- Formula
- Four Rebellious Decoction (Si Ni Tang)

- LESSER YIN (SHAO YIN) HEAT PATTERN
- Clinical Manifestations
- Feeling of heat, irritability, insomnia, dry mouth and throat at night, dark urine, night sweating, Red tongue without coating and Fine-Rapid pulse.

- Pathology
- Essentially the same as Kidney Yin Deficiency with Empty heat

- Treatment Principle
- Clear Heat, tonify Yin
- Formula
- Coptis and Hide-Glue Decoction (Huang Lian E Jiao Tang)

- TERMINAL YIN (JUE YIN)
- Clinical Manifestations
- Persistent thirst, feeling of energy rising to the chest, pain and feeling of heat in the heart region, feeling of hunger with no desire to eat, cold limbs, diarrhea, vomiting, vomiting roundworms, Wiry pulse.

- Pathology
- This pattern is characterized by Heat above (thirst, pain and feeling of heat in the heart region, hunger) and cold below (cold limbs, diarrhea).
- The name Jue is sometimes translated as "reversal", indicating that things are moving the wrong way.
- This set of symptoms may indicate actual parasite infestation.

- Treatment Principle
- Clear Heat, Expel cold, harmonize Liver channel
- Formula
- Mume Pills (Wu Mei Wan)

Identification of Patterns According to the Four Levels

- Four Levels
- Devised by **Dr. Ye, Tian Shi** in Discussion of Warm Diseases (Wen Bing Lun) (1746)
- Important member of “Warm Disease School” of Qing Dynasty
- Describes penetration and transformation of Wind Heat

- Warm Diseases have special characteristics
- *Manifest with fever
- *Pathogen enters through nose and mouth
- *Infectious
- *Rapid development
- *Strong tendency to injure Yin

- Four Levels (Si Fen)
- Defensive Level (Wei Fen)
- Qi Level (Qi Fen)
- Nutritive Level (Ying Fen)
- Blood Level (Xue Fen)

- Defensive Level -- Wei Fen
- Beginning stage of pathogen invasion
- Only exterior level of the four

- Four different patterns according to nature of Pathogenic Factor
- Wind Heat
- Summer Heat
- Damp Heat
- Dry Heat

- Qi Level -- Qi Fen
- Beginning of interiorization of pathogen
- Interior Full Heat pattern involving various organs
- Some patterns may correspond to Yang Ming or Shao Yang patterns in Shang Han Lun

- *Patterns within Qi Level:*
- Lung Heat
- Stomach Heat
- Large Intestine Heat
- Gallbladder Heat
- Spleen-Stomach Damp-Heat

- Nutritive Level -- Ying Fen
- Heat begins to enter the Yin-Blood level
- Signs of injury to Yin -- Fever at night, peeled tongue coat
- Increasing signs of shen disturbance -- Pericardium may be affected

- Blood Level -- Xue Fen
- Deepest level
- Heat causes blood to move frenetically and bleeding results
- Skin eruptions (may begin in Ying level also)

- Yin is increasingly consumed
- More severe mental signs including coma
- Heat stirs internal Wind -- seizures, convulsions
- Collapse may result
- Different patterns reflect these manifestations

DEFENSE (WEI) LEVEL

- Wind Heat
- Clinical Manifestations
- Fever, aversion to cold, headache, slight sweating, runny nose with yellow discharge, slight thirst, sore throat, red and swollen tonsils, Red sides or tip of the tongue, Floating-Rapid pulse.

- Pathology
- Same as Wind-Heat invading the Lung
- Treatment Principle
- Release Exterior Wind-Heat, diffuse and descend the Lung
- Formula
- Lonicera & Forsythia Powder (Yin Qiao San)

- Summer Heat
- Clinical Manifestations
- Fever, aversion to cold, headache, sweating, feeling of heaviness, uncomfortable sensation in epigastrium, thirst, irritability, Red sides or tip of the tongue with white sticky coating, Soggy-Rapid pulse.

- Pathology
- Summer heat, a seasonal pathogen, invades the exterior causing exterior symptoms (aversion to cold), however moves quickly to Qi level producing interior heat symptoms (thirst, irritability).
- Dampness combined with heat produces heaviness and epigastric discomfort.

- Treatment Principle
- Release Exterior, clear Summer-Heat, nourish fluids
- Formula
- Clear the Collaterals Decoction (Qing Luo Yin)

- Damp Heat
- Clinical Manifestations
- Fever worse in the afternoon, body hot to touch, aversion to cold, swollen glands, headache, feeling of heaviness, oppression in epigastrium, sticky taste, thirst with no desire to drink, white sticky tongue coating, Soggy pulse.

- Pathology
- Exterior pathogenic Damp invades, causing exterior symptoms (aversion to cold), obstructs Qi level producing oppression, heaviness, sticky taste. Swollen glands are due to Damp and are a key sign of the pattern.
- The headache is usually on the frontal aspect.

- Treatment Principle
- Release Exterior, clear Heat, resolve Dampness
- Formula
- Agastache Rectify Qi Powder (Huo Xiang Zheng Qi San)

- Dry Heat
- Clinical Manifestations
- Fever, slight aversion to cold, slight sweating, dry skin, nose mouth and throat, dry cough, sore throat, dry tongue with thin white coating, Floating-Rapid pulse.

- Pathology
- Dry Heat at the exterior level produces aversion to cold, other symptoms are due to dryness injuring fluids

- Treatment Principle
- Release Exterior, Clear Heat, nourish fluids
- Formula
- Apricot Seed and Perilla Leaf Powder (Xing Su San)

QI LEVEL

- Lung Heat (Heat in Chest and Diaphragm)
- Clinical Manifestations
- High fever, feeling of heat, no aversion to cold, cough with thin-yellow sputum, shortness of breath, thirst, sweating, Red tongue with yellow coating, Rapid pulse.

- Pathology
- This is Interior Qi-level Heat of the Lungs. As with all Qi-level patterns there is fever, feeling of heat, thirst, and sweating. Heat disrupts the descending of Lung qi producing cough and shortness of breath.
- There may be sticky yellow phlegm as well.

- Treatment Principle
- Clear Qi-level heat, clear heat from the Lung, descend Lung Qi.
- Formula
- Ephedra, Apricot Seed, Gypsum and Licorice Decoction (Ma Xing Shi Gan Tang)

- Stomach Heat
- Clinical Manifestations
- High fever worse in the afternoon, no aversion to cold, feeling of heat, intense thirst, profuse sweating, Red tongue with yellow coating, Overflowing-Rapid pulse.

- Pathology
- Same as for Bright Yang Channel pattern
- Treatment Principle
- Clear Qi-level heat, clear heat from the Stomach
- Formula
- White Tiger Decoction (Bai Hu Tang)

- Intestine Dry Heat
- Clinical Manifestations
- High fever worse in the afternoon, constipation, dry stools, burning in anus, abdominal fullness and pain, irritability, delirium, Red tongue with a thick dry yellow coating and Deep-Full-Rapid pulse.

- Pathology
- Same as for Bright Yang Organ pattern
- Treatment Principle
- Drain fire from the stomach and intestines, free the stool
- Formula
- Major Qi Conducting Decoction (Da Cheng Qi Tang)

- Gallbladder Heat
- Clinical Manifestations
- Alternation of heat and cold with prevalence of heat, bitter taste, thirst, dry throat, hypochondriac pain, nausea, fullness in epigastrium, red tongue with sticky unilateral coating and Wiry Rapid pulse.

- Pathology
- Basically equivalent to the Shao Yang pattern in 6 stages, but with more heat and some dampness (sticky tongue coat).
- Treatment Principle
- Harmonize Shao Yang, clear Gallbladder
- Formula
- Artemisia & Scutellaria Clear Gallbladder Decoction (Hao Qin Qing Dan Tang)

- Stomach-Spleen Damp Heat
- Clinical Manifestations
- Continuous fever that decreases after sweating then increases again, feeling of heaviness of head and body, oppression in epigastrium and chest, nausea, loose stools, Red tongue with sticky-yellow coating, Soggy-Rapid pulse.

- Pathology
- Damp-Heat obstructs the Middle Jiao causing oppression in epigastrium and chest and nausea. Dampness hampers the Spleen, causing loose stools and feeling of heaviness
- Damp heat produces sweating but the sweating is more superficial than the dampness which is interior, so the fever is not completely eliminated by sweating.

- Treatment Principle
- Clear heat in Spleen and Stomach, resolve Dampness
- Formula
- Coptis and Magnolia Decoction (Lian Po Yin)

to be continued...