

Four-Level and Three-Burner Pattern Identification

DSY class 11 & 12

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)

NUTRITIVE (YING) LEVEL

- Heat in the Nutritive Qi Level
- Clinical Manifestations
- Fever at night, dry mouth with no desire to drink, insomnia, mental restlessness, delirium, incoherent speech or aphasia, spots on skin (macules), Deep-Red (crimson or scarlet) tongue without coating, Fine-Rapid pulse.

- Pathology
- At the Ying level, Heat affects the Mind causing restlessness, insomnia, delirium, incoherent speech or aphasia. Fever at night reflects the penetration of Heat into the Yin-Blood level.
- Macules indicate that the Blood is heating up.
- The crimson tongue is a key sign that the heat has entered the Ying level.

- Treatment Principle
- Clear Heat from the Ying level, nourish fluids
- Formula
- Clear the Nutritive Decoction (Qing Ying Tang)

- Heat in the Pericardium
- Clinical Manifestations
- Fever at night, mental confusion, incoherent speech or aphasia, delirium, body hot, cold hands and feet, macules, Deep-Red tongue without coating, Fine-Rapid pulse.

- Pathology
- As with the previous Ying level pattern but with more mental signs due to the invasion of the Pericardium.
- The cold hands and feet are due to the intense heat obstructing the Yang from circulating out to the extremities; it can be seen as a type of False Cold.

- Treatment Principle
- Clear Heat from the Ying level and Pericardium, restore consciousness, nourish fluids
- Formula
- Clear the Nutritive Decoction (Qing Ying Tang)

BLOOD (XUE) LEVEL

- Heat Victorious Moving Blood
- Clinical Manifestations
- High fever, mental restlessness, manic behavior, dark macules, vomiting of blood, epistaxis, blood in stools, blood in urine, Dark-Red tongue without coating, Wiry-Rapid pulse.

- Pathology
- Heat has entered the Blood level and scorches the vessels causing bleeding under the skin and from various orifices.
- Heat in the Blood disturbs the Mind causing mental restlessness and manic behavior

- Treatment Principle
- Cool Blood, stop bleeding
- Formula
- Rhinoceros Horn and Rehmannia Decoction
(Xi Jiao Di Huang Tang)

- Heat Victorious Stirring Wind
- Clinical Manifestations
- High fever, fainting, twitching of limbs, convulsions, rigidity of neck, opisthotonos, eyeballs turning up, clenching of teeth, Dark-Red tongue without coating, Wiry-Rapid pulse.

- Pathology
- At the Blood level, Heat affects the Liver leading to stirring of Internal Wind. This causes twitching, convulsions, rigidity of neck, and clenching of teeth.

- Treatment Principle
- Cool Blood, extinguish Wind
- Formula
- Antelope Horn and Uncaria Decoction (Ling Jiao Gou Teng Tang)

- Empty Wind Agitating Interior
- Clinical Manifestations
- Low-grade fever, tremor of limbs, twitching, loss of weight, malar flush, listlessness, Dark-Red tongue without coating, Fine-Rapid pulse.

- Pathology
- This is Wind due to injury of Yin, thus the tremors
- Treatment Principle
- Cool Blood, nourish Yin, extinguish Wind
- Formula
- Settle the Liver and Extinguish Wind Decoction (Zhen Gan Xi Feng Tang)

- Collapse of Yin
- Clinical Manifestations
- Low-grade fever, night sweating, mental restlessness, dry mouth with desire to sip liquids, 5 palm heat, malar flush, emaciation, Dark-Red dry tongue without coating, Fine-Rapid pulse.

- Pathology
- Collapse patterns may be the final consequence of Blood-Level Heat
- Treatment Principle
- Rescue Yin, restore consciousness.
- Formula
- Great Yin Tonifying Pill (Da Bu Yin Wan)

- Collapse of Yang
- Clinical Manifestations
- Feeling of cold, cold limbs, bright white complexion, profuse sweating on forehead, listlessness, Pale-Swollen-Short tongue, hidden slow scattered pulse.

- Pathology
- Same as Collapse of Yang in 8 principle patterns
- Treatment Principle
- Rescue Yang, restore consciousness.
- Formula
- Ginseng & Aconite Decoction (Shen Fu Tang)

LATENT HEAT

- Latent Heat occurs when an external pathogenic factor penetrates the body without causing aparent symptoms at the time.
- It settles deep in the body and 'incubates', turning into Interior Heat, later emerging to cause Heat symptoms.

- Usually pre-existing Kidney Deficiency which allows the pathogen to enter without symptoms.
- General symptoms of Latent Heat emerging:
- Acute onset, thirst, irritability, insomnia, sudden tiredness and lassitude, weary limbs, dark urine, red tongue, rapid pulse

- Latent Heat can manifest at the Qi or Blood level
- At Qi Level: Lesser-Yang Type, Bright Yang Type
- At Blood Level: Lesser-Yin Type

- Qi Level Latent Heat
- *Lesser-Yang Type*: Clinical Manifestations same as 6 stages pattern
- *Bright Yang Channel Type*: "4 Bigs", same as 6 stages pattern
- *Bright Yang Organ Type*: Clinical Manifestations same as 6 stages pattern

- Blood Level Latent Heat
- *Lesser-Yin Type:*
- Weary limbs before onset of other symptoms, insomnia, irritability, dry mouth and throat, scanty dark urine, headache, backache, tiredness; Possibly also delirium, blood in urine, epistaxis, macules.
- Deep-red tongue without coating and Fine-Rapid pulse.

Identification of Patterns According to the Three Burners

- Developed by Wu Ju Tong (1758-1836), author of Systematic Differentiation of Warm Diseases (Wen Bing Tiao Bian)
- Classifies Invasion of Exterior Heat pathogens according to location (burners) rather than energetic depth.
- Overlaps in many places with Four Levels

- UPPER BURNER
- *3 Patterns:*
- Wind-Heat Invading The Lungs (Wei Level)
- Heat In The Lungs (Qi Level)
- Heat In The Pericardium (Ying Level)

- MIDDLE BURNER
- *2 Patterns:*
- Heat In The Bright Yang
- Damp-Heat Invading The Spleen

- LOWER BURNER
- *3 Patterns:*
- Heat In The Kidneys
- Liver-Heat Stirs Wind
- Liver Empty-Wind

UPPER BURNER

- WIND-HEAT INVADING THE LUNGS (Wei Level)
- The clinical manifestations are the same as Wind Heat at the Defensive Qi Level of the 4 Level patterns.
- Pathology / Treatment Principle
- same as Wind Heat at the Wei-Level in 4 Levels.
- Formula
- Lonicera & Forsythia Powder (Yin Qiao San)

- HEAT IN THE LUNGS (Qi Level)
- Clinical Manifestations
- Fever, sweating, cough, breathlessness, thirst, oppression and pain in the chest, Red tongue with yellow tongue coating and Rapid-Overflowing pulse
- (corresponds to the Qi-Level Lung Heat pattern from the 4-Levels).

- Pathology / Treatment Principle
- Same as the Qi-Level Lung Heat pattern from the 4-Levels
- Formula
- Ephedra, Apricot Seed, Gypsum and Licorice Decoction (Ma Xing Shi Gan Tang)

- HEAT IN THE PERICARDIUM (Ying Level)
- Clinical Manifestations
- Fever at night, burning sensation in the epigastrium, cold limbs, delirium, aphasia, Deep-Red stiff tongue without coating, Fine-Rapid pulse
- (corresponds to the Ying-Level Heat in the Pericardium pattern from the 4-Levels).

- Pathology / Treatment Principle
- Same as the Ying-Level Heat in the Pericardium pattern from the 4-Levels
- Formula
- Clear the Nutritive Decoction (Qing Ying Tang)

MIDDLE BURNER

- HEAT IN THE BRIGHT YANG
- 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 / Treatment Principle
- Same as for Qi-Level Stomach Heat or Bright Yang Channel pattern
- Formula
- White Tiger Decoction (Bai Hu Tang)

- DAMP-HEAT INVADING THE SPLEEN
- Clinical Manifestations
- Fever, feeling of heaviness of head or of the whole body, epigastric fullness, nausea, vomiting, red tongue with yellow-sticky tongue coating, Soggy and rapid pulse.

- Pathology / Treatment Principle
- Same as Qi-Level Stomach-Spleen Damp Heat in 4-Levels
- Formula
- Coptis and Magnolia Decoction (Lian Po Yin)

LOWER BURNER

- HEAT IN THE KIDNEYS
- Clinical Manifestations
- Fever in the afternoon and evening, hot palms and soles, dry mouth and throat, night sweats, lassitude, deafness, Deep-Red tongue without coating, Fine-Rapid pulse.

- Pathology / Treatment Principle
- Essentially the same as Lesser Yin Heat pattern from Six Stages
- Formula
- Coptis and Hide-Glue Decoction (Huang Lian E Jiao Tang)

- LIVER-HEAT STIRS WIND
- Clinical Manifestations
- High fever at night, coma, convulsions, clenching of teeth, Dark-Red tongue without coating, Wiry-Fine-Rapid pulse.

- Pathology / Treatment Principle
- Same as Blood-level Heat Victorious Stirring Wind in 4 Levels
- Formula
- Antelope Horn and Uncaria Decoction (Ling Jiao Gou Teng Tang)

- LIVER EMPTY-WIND
- Clinical Manifestations
- Low-grade fever, cold limbs, dry and black teeth, dry cracked lips, convulsions, tremor of limbs, Dark-Red tongue without coating, Fine-Rapid pulse.

- Pathology / Treatment Principle
- Same as Blood-level Empty Wind in 4 Levels
- Formula
- Settle the Liver and Extinguish Wind Decoction (Zhen Gan Xi Feng Tang)