

Eight Principles

Differentiation of Syndromes Based on Interior or Exterior

Disease Differentiation – Interior/Exterior

- *Differentiates the location and depth of the pathogen.*
- Does not differentiate what caused a disease
 - Etiology might have involved an external invasion of pathogenic factors
 - A disease classified as exterior is not due to an invasion of pathogenic factors, but due to the fact that the pathogens is located in the exterior of the body
 - If the pathogen penetrates into the organs, then it is classified as an interior disorder

Exterior Disease Patterns

Eight Principles

Exterior Disease Patterns

- In Chinese Medicine, the exterior comprises the skin, muscles and channels.
- Exterior disease is caused by an invasion of pathogenic factors, so it is, by nature an excess/shi pattern. However, there can be relative deficiency of the patient which makes it difficult for their body's Qi to deal with the pathogen
 - Excess patterns indicate the presence of a pathogenic factor, while deficient patterns indicate deficiency of a vital energy (Qi, Blood, Yin or Yang)
 - Pathogenic factors include:
 - Wind, Cold, Dampness, Dryness, Summer-Heat, Heat/Fire

Clinical manifestations of exterior patterns

- There are two general types of exterior disease:
 - Those that affect the space between the skin and muscles and have an acute onset (includes many things such as colds and flus).
 - Those that affect the channels and have a slower onset (includes arthritic types of disease and musculoskeletal diseases).

Exterior Disease Affecting the *Couli* – Space Between the Skin and Muscles

Eight Principles

Exterior Disease affecting the *Couli*

Clinical Manifestations:

- Fever and aversion to cold (chills) occurring simultaneously indicates a pathogenic factor in the exterior.
 - These are subjective feelings of chill and fever.
- Other general signs and symptoms:
 - Aching body and headache
 - Pathogens block the qi (constructive and defensive) and without free movement there is pain.
 - Stiff neck
 - Floating pulse
 - The wei qi and the pathogen battle in the exterior and the pulse is floating.
- Often accompanied by
 - Nasal congestion
 - Runny nose
 - Itching or pain of the throat
 - Analysis
 - Lung governs skin and hair, nose is the orifice of the lungs, throat is the passageway of Lung qi
 - Pathogenic factors (due to the six excesses) blocks the lungs function of diffusing and downbearing
 - Result is nasal congestion, cough, and scratchy or sore throat
- Onset is acute and correct treatment will bring swift results

Exterior Disease affecting the *Couli*

- Other signs and symptoms vary according to nature of pathogen.
 - We will compare Wind-Cold and Wind-Heat.
 - *Note: it is referred to as Wind-Cold and Wind-Heat because Wind disperses the Wei Qi. Allowing the pathogen to enter the body.*
- Patients might have signs and symptoms of deficiency which will alter their clinical manifestations.

Exterior Disease affecting the *Couli*

- Cold or hot, excess or deficient
 - Cold/Hot
 - Cold (Wind-Cold)
 - Slight fever
 - Pronounced aversion to cold
 - Severe body aches and stiff neck
 - No sweating - cold contracts pores
 - No thirst
 - Floating-tight pulse or floating-forceful pulse
 - Thin white tongue coating
 - Heat (Wind-Heat)
 - Fever
 - Aversion to cold
 - Body aches not so pronounced
 - Slight sweating
 - Thirst
 - Floating-rapid pulse
 - Thin white or yellow tongue coating
 - Sometimes a redness of the tongue sides and front
- Main features to differentiate hot vs cold exterior patterns
 - Thirst or absence
 - Yellow or white tongue coating
 - rapid or tight pulse
 - Fever or slight to no fever

Exterior Disease affecting the *Couli*

- Strength of evil vs right
- Empty (Deficient)
 - Tendency towards qi or blood deficiency
 - Exterior pattern will have an empty (deficient) character (Note: still an excess condition)
 - Described as an exterior pattern from Wind-Cold with a prevalence towards Wind
 - Clinical manifestations
 - Slight or no fever
 - Less of a battle between the wei qi and the pathogen
 - Sweating
 - Wei qi unable to keep pores open
 - Aversion to wind
 - Slight body aches
 - Floating-slow pulse
 - Thin white tongue coating
- Full (Excess)
 - Patients qi is relatively intact and strong
 - Battle between wei qi and pathogen much stronger
 - Clinical manifestations
 - Fever
 - No sweating
 - Severe body aches
 - Aversion to cold
 - Floating-tight pulse
 - Thin white tongue coating

Exterior Disease affecting the *Couli*

- Differentiation (CAM Table 9, pg 287)
 - Common signs and symptoms
 - Chills and fever, headache and general aching, floating pulse, thin white tongue coating.
 - Cold/Heat, Excess or pre-existing deficiency can alter the manifestations as seen to the right:
- Exterior cold
 - Severe chills, mild fever
 - No sweating
 - Absence of thirst
 - Floating-tight pulse
- Exterior heat
 - Mild chills, severe fever
 - No sweating or sweating
 - Thirst
 - May be yellow tongue coating
 - Floating-rapid pulse
- Exterior deficiency
 - Sweating
- Exterior excess
 - No sweating

Exterior Disease affecting the *Couli*

- Treatment principles
 - Resolve the exterior with acrid herbs, create diaphoresis

Exterior Disease Affecting the Channels

Eight Principles

Exterior Disease affecting the channels

- These include painful obstruction syndrome (Bi Syndrome).
- Bi syndrome's main indicator is qi and blood stagnation.
- Pathogenic factors block the circulation of Qi and Blood in the channels and joints.
- Pathogenic factors include:
 - Wind, Cold, Dampness, Heat

Pathogenic Factors Include

- Wind
 - Wind is migratory in nature so pain moves from joint to joint
 - Usually combines with another pathogenic factor such as cold, damp, heat
 - Wind is a yang pathogenic factor and has the characteristic of upward and outward movement, therefore usually affects the upward parts of body (face, head, neck, UE)
- Cold
 - Often only one joint affected
 - Pain is severe as cold is characterized by stagnation and contraction, also limitation of movement
 - Pain is relieved by application of heat
 - Characterized by no sweating, can cause a transition to heat

Pathogenic Factors Include

- Dampness
 - Involves swelling of the joint
 - Characterized by pain and soreness with a heavy sensation, numbness of the limbs, often affects the lower body
- Heat
 - Pain is severe, joints are swollen and hot
 - Characterized by pain with a burning sensation and redness
 - Often affects the upper parts of the body and is often seen in acute inflammation of joints and muscles in the upper body
 - When combined with damp, can affect the lower body (hip, knee, ankle and foot)

Bi Syndrome, More Information

- Bi Syndrome includes acute or chronic pain and stiffness in the musculoskeletal system. It may also include:
 - Swelling, Numbness, Paresthesia, Decreased ROM

Bi Syndrome, More Information

- Bi Syndrome is located in the musculoskeletal system
 - Bi syndrome is primarily an external disorder.
 - Musculoskeletal system is considered external relative to the organ system
 - Musculoskeletal System is linked through the channels
 - Integrity of qi and blood flow through the channel network and musculoskeletal system is influenced by the function of the internal organs.
 - Any organ system can influence the volume and quality of qi and blood in the channels and its ability to circulate freely.
 - Organ systems that have a direct effect on the manufacture and distribution of qi and blood are especially relevant.
 - Imbalance in any organ system can also affect the integrity of qi and blood distribution through the related channel and tissues under its control.

- Traditionally focused on the bones and joints.
 - Similar to Western orthopedic model
 - Concerned with what would be diagnosed biomedically as inflammatory and degenerative joint disease
 - Since it deals with pain, it often includes most types of musculoskeletal pain
 - All musculoskeletal pain can be technically classified as painful obstruction, but the painful obstruction model may not be able to effectively treat all musculoskeletal pain

- Two ways of seeing pain

- Constitutional (Chinese) model

- Based on the relationship between pathogenic invasion, organ system function and local pathology of the joints and soft tissues.
 - Understands how the interior and exterior, and distant parts of the body are linked through the channel system.
 - More concerned with systemic dysfunction at the expense of local precision.
 - Areas are treated rather than specific tissues.

- Anatomical (Western) model

- Based on the understanding of the structure, function and biomechanics of the components of the musculoskeletal system.
 - Advantages are precision with which it is possible to identify and treat a pain causing structure.
 - Misses the relationship between the function of the organism as a whole and pathology of a specific part.

- Combination of the two increased results and facilitates an understanding of when to use which tools.

Pathology of Bi Syndrome

- Qi and Blood stasis is at the root of all pain
 - Caused by
 - Physical blockage from scarring, trauma or other structural issues
 - Pathogenic factors obstructing the channels
 - Poor or sluggish qi and blood flow from weak Lung or Heart qi
 - Blood or Yin deficiency not nourishing the tendons
 - Treatment
 - Remove obstruction
 - Stimulate the local circulation of qi and blood
 - Tonify any organ deficiency
 - Relieve pain

Bi Syndrome Involves the Exterior, Interior or Both

- Purely exterior
 - Confined to the musculoskeletal system
 - Internal organ system is not involved
 - Result of trauma or pathogenic invasion
 - Treatment is predominantly local, aimed at removing the obstruction and correcting qi and blood flow through the channels and tissues.

Bi Syndrome Involves the Exterior, Interior or Both

- External condition with internal organ dysfunction
 - Main symptoms are external, but there is an organ system imbalance or weakness.
 - Can occur two ways
 - Unresolved pathogen may linger in the tissues, eventually impacting the organs .
 - Ex) persistent damp pathogen may deplete the Spleen
 - Ex) Chronic cold may drain Kidney yang
 - Ex) Unresolved heat may damage Kidney and Liver yin
 - Internal organ system problem can predispose the tissues and regions of the body controlled by it to invasion by pathogenic factors or damage from overuse.
 - Treatment is both local and systemic
 - Herbs might play a prominent role

Bi Syndrome Involves the Exterior, Interior or Both

- Internal organ problem with symptoms externally
 - Main problem is in the internal organs
 - Symptoms are reflected in the external pathways and tissues related to the affected system
 - Ex) Dull lower back pain and aching weak knees of Kidney deficiency
 - Ex) Hip, shoulder and TMJ pain from Gallbladder dysfunction
 - Treatment is aimed at the organ system, herbs might be the primary modality.

Interior Disease Patterns

Eight Principles

Internal Disease Patterns Introduction

- *Differentiates the location and depth of the pathogen, does not differentiate what caused a disease.*
 - Etiology might have involved an external invasion of pathogenic factors.
 - A disease classified as exterior is not due to an invasion of pathogenic factors, but due to the fact that the pathogen is located in the exterior of the body.
 - If the pathogen penetrates into the organs, then it is classified as an interior disorder.
 - Etiology of internal disease can also involve disease caused from internal disharmony of Qi, Blood, Yin or Yang.
- Internal disease affects the internal organs, and classification as an internal pattern is based on the location of the pathogen or based on deficiency of qi, blood, yin or yang, not on etiology

Internal Disease Patterns

Etiology

- There are four causes of internal disease in Chinese medicine:
 - Transmission of pathogenic factor from exterior to the interior to invade the zang-fu
 - Direct attack on zang-fu of exogenous pathogenic factors
 - Diet, stress, emotions all of which affect the zang-fu directly
 - Wrong treatment

Transmission of Exterior Pathogenic Factor Half Interior and Half Exterior

- Involves the shaoyang channels and organs (shaoyang pattern wind-heat invasion)
 - Hallmark sign is alternating chills and fever
 - Other signs:
 - Hypochondrial pain
 - Fullness in chest
 - Irritability
 - Nausea
 - Poor appetite
 - Bitter taste in the mouth
 - Dry throat
 - Blurry vision
 - Floating, tight, rapid pulse (wiry-fine pulse)
 - Thick yellow tongue coating
- Analysis
 - The pathogenic factor oscillates between Taiyang and Yangming (exterior and interior).
 - When it is in taiyang there is aversion to cold, when in yangming there is fever.
 - Other signs are typical of the gall bladder channel.
 - Treatment is to harmonize the shaoyang.

Transmission of Exterior Pathogenic Factor Pathogen Invades to the Interior

- Clinical manifestations

- Disappearance of aversion to cold and the onset of aversion to heat (high fever)
- Sweating
- Thirst
- Yellow-red urine
- Dry-bound stool (constipation)
- Yellow tongue coating
- Rapid and forceful pulse

- Analysis

- The pathogen has transformed into the interior of the yangming and transformed to heat
- This is a Full-Hot condition and is characterized by the 4 bigs (big fever, sweating, thirst, pulse)
- Can develop directly from taiyang or from shaoyang

Disease Generated in Interior due to Internal Disharmony

- Causes a disruption in function of the zang-fu with complex manifestations (see identification of disease by zang-fu pattern).
 - Heart disease there are palpitations and insomnia.
 - Liver disease there is dizziness and hypochondrial pain.
 - Spleen and Stomach disease there is poor appetite, nausea/vomiting and loose stool.
 - Lung disease there is cough and SOB.
 - Kidney and Urinary Bladder disease there is seminal emission, enuresis, or painful, burning urination.

- Differentiation generalization, disease can be:
 - Internal Cold
 - Internal Heat
 - Internal Deficiency
 - Internal Excess

- Internal Cold
 - Chills, cold limbs
 - No thirst
 - Loose stool
 - T: White coat, pale body
 - P: Deep, slow
- Internal Heat
 - High fever
 - Thirst
 - Irritability
 - Constipation
 - T: Yellow coat, red body
 - P: Rapid, full

- Internal Deficiency
 - Fatigue, apathy
 - Weakness
 - SOB
 - Palpitations
 - Dizziness
 - T: Thin, white coat, pale body
 - P: Deep, deficient
- Internal Excess
 - Heavy breathing
 - Irritability
 - Chest fullness
 - Abdominal distention
 - Palpitations
 - T: thick coating, rough body
 - P: Deep, full