

Identification of Patterns

Four Levels

Four Levels Introduction

- Diagnosis based on four levels discusses warm disease, with treatment protocols reaching their height during the Ming dynasty (1368-1644 AD).
- The main author (Ye Tian-shi) described four levels through which a pathogen could move, each one successively more serious.
- The four levels are:
 - Wei – corresponding to the surface
 - Qi – (involving Lung, chest, Stomach and Intestines)
 - Ying – nutritive
 - Blood

Four Levels Introduction

- Warm diseases (*wen bing*) are diseases that are due to pathogenic Wind and Heat. They are generally virulent and tend to be epidemic. They affect even robust individuals with intact *wei qi*.
- By the time the disease has entered the ying and Blood levels, the disease is characterized by febrile rashes, disordered consciousness and convulsions.

Four Levels

Wei Level

Wei Level

- The wei level is on the surface. This disorder is characterized as:
 - Wind Heat
 - Summer-Heat
 - Damp-Heat
 - Dry-Heat
- All have fever and aversion to cold.
- Most have headache and body aches, though its manifestation will be different.
- The tongue might be red, but the coat is often unchanged.
- Pulse helps differentiate.
- This is essentially the same as the Taiyang syndrome.

Wei Level Wind-Heat

Manifestations

- Fever, aversion to cold
- Headache, body aches
- Sore throat
- Slight sweating
- Runny nose with yellow discharge
- Swollen tonsils
- Slight thirst
- Tongue: Red in front and sides, thin white coat
- Pulse: Floating-rapid

Treatment

- Release Exterior, expel Wind-Heat, and restore diffusing and descending of Lung-Qi.
- Herbal: Yin Qiao San
- Acupuncture: LI-4, LI-11, SJ-5, Du-14, BL-12 (cupping), LU-11

Wei Level

Summer-Heat

Manifestations

- Fever, aversion to cold
- Headache, a feeling of heaviness
- Uncomfortable sensation in epigastrium
- Irritability
- Sweating
- Thirst
- Tongue: Red in front and sides, white-sticky coating
- Pulse: Soggy-Rapid

Treatment

- Release Exterior, expel Summer-Heat, clear Heat, and promote fluids.
- Herbal: Qing Luo Yin (*Clearing the Channels Decoction*)
- Acupuncture: LI-4, LI-11, SJ-5, Du-14, Du-26, BL-40, P-9

Wei Level Damp-Heat

Manifestations

- Fever worse in the afternoon, aversion to cold
- Body that is hot to touch
- Headache (frontal), feeling of heaviness
- A feeling of oppression in epigastrium
- Swollen glands
- Sticky taste
- Thirst, no desire to drink
- Tongue: Sticky-white coating
- Pulse: Soggy

Treatment

- Release Exterior, Resolve Dampness, and Clear Heat
- Herbal: Huo Xiang Zheng Qi San (*Agastache Upright Qi Powder*)
- Acupuncture: LI-4, LI-11, SP-9, SP-6, Ren-12, Ren-9

Wei Level Dry-Heat

Manifestations

- Fever, slight aversion to cold
- Sore throat
- Slight sweating
- Dry skin, nose, mouth throat
- Dry cough
- Tongue: dry, thin white coat
- Pulse: Floating-rapid

Treatment

- Release Exterior, Clear Heat, and promote fluids
- Herbal: Xiang Su San
- Acupuncture: LI-4, LI-11, SJ-5, SP-6, LU-9, Ren-12, ST-36

Four Levels

Qi Level

Qi Level Introduction

- The Qi level involves a progression of the pathogen to the interior and a transition to Heat. It is characterized as interior Full-Heat and manifests with fever, thirst, and other heat signs.
- Qi level disorders can develop the following ways:
 - Lung-Heat
 - Stomach-Heat
 - Intestines Dry-Heat
 - Gall Bladder Heat
 - Damp-Heat in the Stomach and Spleen
- Qi level disorders affect the chest, diaphragm, Lungs and digestive tract.

Qi Level

Lung-Heat

Manifestations

- Heat signs:
 - High fever, feeling of heat, thirst, no aversion to cold, sweating
- Heat pathogen disrupts Qi mechanism:
 - Cough with yellow mucus
 - Dyspnea
- T: Red, yellow coat
- P: Slippery-Rapid

Treatment

- Clear Qi, clear Lung-Heat, resolve Phlegm, and restore descending of Lung-Qi
- Herbal:
 - Ma Xing Shi Gan (*Ephedra-Prunus-Gypsum-Glycyrrhiza Decoction*)
 - Xie Bai San (*Draining the White Powder*)
 - Qing Qi Hua Tan Tang (*Clearing Qi and Resolving Phlegm Decoction*)
- Acupuncture:
 - Lu-5, Lu-10, Du-14, LI-11, LU-1, BL-13

Qi Level

Stomach-Heat

Manifestations

- Heat signs:
 - High fever (worse in afternoon), feeling of heat, intense thirst, no aversion to cold, profuse sweating
- T: Red, yellow coat
- P: Overflowing-Rapid

Treatment

- Clear Qi, clear Stomach-Heat
- Herbal:
 - Bai Hu Tang (*White Tiger Decoction*)
- Acupuncture:
 - ST-44, St-34, ST-21, ST-43, LI-11, ST-25

Qi Level

Intestines Dry-Heat

Manifestations

- Heat signs:
 - High fever (higher in afternoon), irritability, delirium
- Heat pathogen dries intestinal fluids:
 - Constipation, dry stool, burning anus, abdominal fullness and pain
- T: Red, thick yellow dry coat
- P: Deep-Full-Rapid

Treatment

- Drain Fire, clear Stomach and Intestines, and move downward
- Herbal:
 - Tiao Wei Cheng Qi Tang (*Regulating the Stomach Conducting Qi Decoction*)
 - Da Cheng Qi Tang (*Major Rhubarb Decoction*)
- Acupuncture:
 - LI-11, ST-25, SP-15, ST-37, ST-39

Qi Level

Gall Bladder-Heat

Manifestations

- Shaoyang symptoms:
 - Alternating hot and cold feeling with a prevalence to heat, bitter taste, dry throat, hypochondrial pain, nausea, feeling of fullness in epigastrium
- Heat signs:
 - Thirst
- T: Red, unilateral sticky yellow coat
- P: Wiry-rapid

Treatment

- Harmonize the Shaoyang, and clear Gall Bladder Heat
- Herbal:
 - Hao Qin Qing Dan Tang (*Artemisia-Scutellarria Clearing the Gall Bladder Decoction*)
 - Recall Xiao Chai Hu Tang (*Minor Bupleurum Combination*) was used for shaoyang – the above formula address the Dampness and Heat
- Acupuncture:
 - GB-34, GB-43, SJ-6, SJ-5,

Qi Level

Damp-Heat in Stomach and Spleen

Manifestations

- Heat and Damp signs:
 - Continuous fever that decreases after sweating but soon increases again, A feeling of heaviness of the body and head,
- Dampness obstructing Qi mechanism of middle jiao:
 - A feeling of oppression of the chest and epigastrium, nausea
- Dampness disrupts Spleen's Qi mechanism:
 - Loose stool
- T: Red, sticky yellow coat
- P: Soggy-Rapid

Treatment

- Clear Heat in the Stomach and Spleen, and resolve Dampness
- Herbal:
 - Lian Po Yin (*Coptis-Magnolia Decoction*)
- Acupuncture:
 - Ren-12, SP-9, SP-6, Ren-9, ST-36, LI-11, BL-20, BL-22

Four Levels

Ying (Nutritive-Qi) Level

Ying Level

Introduction

- At the Ying level, the Heat has penetrated to the deeper levels and has begun to injure the Yin.
 - Heat obstructs the Shen and Pericardium, causing delirium and possibly coma.
 - The primary manifestation is fever at night.
- The tongue is an important differentiating feature for Qi and Ying levels:
 - Qi level disease, the tongue is red with a thick coating
 - Ying level disease, the tongue is deep red without coat, signifying damage to the Yin fluids of the body.
- There are two patterns associated with this level:
 - Heat in the Nutritive level
 - Heat in the Pericardium

Ying Level

Heat in the Nutritive Level

Manifestations

- Fever at night
- Dry mouth with no desire to drink
- Mental restlessness, insomnia, delirium, incoherent speech or aphasia, macules
- Red tongue without coating
- Fine-Rapid pulse

Treatment

- Clear Nutritive-Qi Heat, and promote fluids
- Herbal: Qing Ying Tang
 - *(Clearing the Nutritive-Qi [Heat] Decoction)*
- Acupuncture:
 - P-9, P-8, HE-9, KI-6, Shixuan extra points

Ying Level

Heat in the Pericardium

Manifestations

- Fever at night
- Mental confusion, incoherent speech or aphasia, delirium, body hot, cold hands and feet, macules
- Red tongue without coating
- Fine-Rapid pulse

Treatment

- Clear Nutritive-Qi Heat, clear the Pericardium, restore consciousness, and promote fluids
- Herbal: Qing Ying Tang
 - *(Clearing the Nutritive-Qi [Heat] Decoction)*
- Acupuncture:
 - P-9, P-3, P-8, HE-9, KI-6, LI-11, Shixuan extra points

Four Levels

Blood Level

Blood Level

Introduction

- The Blood level is the deepest level, with Heat affecting the Blood.
- The main differentiating feature compared to the Ying level is the appearance of febrile rashes and hemorrhage.

Blood Level Patterns

- There are five patterns associated with this level:
 - Heat victorious moving Blood – Bleeding signs will be seen
 - Heat victorious stirring Wind – Wind (causing rigidity and uncontrolled movements) will be generated due to extreme Heat. This is a Full condition.
 - Empty-Wind agitating the Interior – Heat injures Yin of the LV and KID and this leads to stirring of internal Wind
 - Collapse of Yin and Collapse of Yang – These are the final consequences of Heat in the Blood level.

Which Blood Level Pattern is Treated

- ST-36, Ren-6, Ren-4, Ren-8, Moxa is applicable
- Five patterns:
 - Heat victorious moving Blood – Bleeding signs will be seen
 - Heat victorious stirring Wind – Wind (causing rigidity and uncontrolled movements) will be generated due to extreme Heat. This is a Full condition.
 - Empty-Wind agitating the Interior – Heat injures Yin of the LV and KID and this leads to stirring of internal Wind
 - Collapse of Yin and Collapse of Yang – These are the final consequences of Heat in the Blood level.

Which Blood Level Pattern is Treated

- ST-36, KI-3, SP-6, KI-6, Ren-4
- Five patterns:
 - Heat victorious moving Blood – Bleeding signs will be seen
 - Heat victorious stirring Wind – Wind (causing rigidity and uncontrolled movements) will be generated due to extreme Heat. This is a Full condition.
 - Empty-Wind agitating the Interior – Heat injures Yin of the LV and KID and this leads to stirring of internal Wind
 - Collapse of Yin and Collapse of Yang – These are the final consequences of Heat in the Blood level.

Which Blood Level Pattern is Treated

- BL-17, SP-10, LIV-5, SP-4, LI-11, LIV-2, KI-6, HE-9, Shixuan extra points
- Five patterns:
 - Heat victorious moving Blood – Bleeding signs will be seen
 - Heat victorious stirring Wind – Wind (causing rigidity and uncontrolled movements) will be generated due to extreme Heat. This is a Full condition.
 - Empty-Wind agitating the Interior – Heat injures Yin of the LV and KID and this leads to stirring of internal Wind
 - Collapse of Yin and Collapse of Yang – These are the final consequences of Heat in the Blood level.

Which Blood Level Pattern is Treated

- SP-10, LI-11, LIV-2, KI-6, HE-9, LIV-3, DU-16, GB-20, SI-3/BL-62, Shixuan
- Five patterns:
 - Heat victorious moving Blood – Bleeding signs will be seen
 - Heat victorious stirring Wind – Wind (causing rigidity and uncontrolled movements) will be generated due to extreme Heat. This is a Full condition.
 - Empty-Wind agitating the Interior – Heat injures Yin of the LV and KID and this leads to stirring of internal Wind
 - Collapse of Yin and Collapse of Yang – These are the final consequences of Heat in the Blood level.

Which Blood Level Pattern is Treated

- LIV-3, DU-16, GB-20, SI-3/BL-62, LIV-8, KI-6, KI-3, SP-6
- Five patterns:
 - Heat victorious moving Blood – Bleeding signs will be seen
 - Heat victorious stirring Wind – Wind (causing rigidity and uncontrolled movements) will be generated due to extreme Heat. This is a Full condition.
 - Empty-Wind agitating the Interior – Heat injures Yin of the LV and KID and this leads to stirring of internal Wind
 - Collapse of Yin and Collapse of Yang – These are the final consequences of Heat in the Blood level.