

Six Stages

Review for Test 1

Taiyang (Greater-Yang Stage)

- Externally contracted disease is caused by pathogenic factors entering the body from the outside. Taiyang governs the exterior of the body, it is usually the first to be affected. In the Shang Han Lun, there are two basic forms of Taiyang disease:
 - Wind strike, Cold damage
 - Which of the of these basic patterns occurs depends on the constitution of the patient and the nature of the evil
- There are three essential symptoms associated with this stage:
 - Aversion to cold/wind
 - Headache and stiff neck
 - Floating pulse
 - *Also fever and the presence or absence of sweating are important differentiating manifestations.*

Taiyang (Greater-Yang Stage) Questions

- Is taiyang stage an exterior or interior pattern?
 - Exterior
- What are the three essential symptoms associated with this stage?
 - Aversion to cold/wind
 - Headache and stiff neck
 - Floating pulse
- What two primary patterns were discussed with taiyang?
 - Cold damage
 - Wind strike
- What are differentiating features of these?
 - Fever
 - Presence or absence of sweating

Taiyang (Greater-Yang Stage)

- Treatment of the two basic patterns (wind strike and cold damage) are each treated with a basic formula:
 - Wind strike – Gui zhi tang
 - Releases exterior, dispels wind, harmonizes the defensive and nutritive Qi
 - Cold damage – Ma Huang Tang
 - Opens interstices, promotes sweating, diffuses and descends Lung-Qi

Taiyang (Greater-Yang Stage)

- What classic herbal formula is used for Wind Strike?
 - Gui zhi tang
- What is the treatment principle for Wind Strike?
 - Release exterior, dispel wind, harmonize the defensive and nutritive Qi
- What classic formula is used for Cold damage
 - Ma Huang Tang
- What is the treatment principle for Cold Damage?
 - Open interstices, promote sweating, diffuse and descend Lung-Qi

Channel Patterns

Invasion of Wind-Cold with a prevalence of Wind (Attack of Wind) – Wind Strike

Clinical Manifestations:

- Slight aversion to cold, aversion to wind,
- Slight fever,
- Slight sweating
- Headache and stiff neck
- Sneezing
- Floating-Slow pulse

Treatment:

- Release the exterior, expel Wind and Cold, restore the diffusing of Lung-Qi, and harmonize Nutritive and Defensive Qi
- Herbal Formula – Gui Zhi Tang
- Acupuncture: BL-12, LU-7, LI-4, GB-20, SJ-5, ST-36, Du-16

Channel Patterns

Invasion of Wind-Cold with Prevalence of Cold (Attack of Cold) – Cold Damage

Clinical manifestations:

- Aversion to cold
- Fever,
- Headache and stiff neck,
- Sneezing
- Runny nose with white discharge
- Breathlessness
- Floating-Tight pulse

Treatment:

- Release the Exterior, expel Wind and Cold, and restore diffusing and descending of Lung-Qi
- Herbal – Ma Huang Tang
- Acupuncture – BL-12, LU-7, LI-4, SJ-5, GB-20, Du-16, Moxa is applicable

Taiyang (Greater-Yang Stage) Wind Strike and Cold Damage

- Be able to differentiate Wind Strike and Cold Damage.
- Be able to explain the manifestations.
- Know that there are two organ patterns associated with Taiyang.
 - Accumulation of Water
 - Accumulation of Blood
- Know the formulas for both organ patterns.
 - Accumulation of Water - Wu ling san
 - Accumulation of Blood - Tao He Cheng Qi Tang
- Be able to identify these variations of Taiyang patterns.
- Be able to recognize acupuncture treatments.

Bright-Yang Stage

- Pathogenic factor has progressed to interior, affecting the Stomach and Intestines.
- Characterized by the 4 bigs:
 - Big fever, thirst, sweating, pulse
 - Disappearance of aversion to cold and onset of aversion to heat helps recognize this pattern.
- Characterized by Heat 'without form' characteristic of the channel pattern and Heat (or Fire) 'with form' characteristic of the organ pattern.

Bright-Yang Stage

Questions

- Is Yangming stage an exterior or interior pattern?
 - Interior
- What are the characteristics of Yangming (4 bigs)?
 - Big fever,
 - Big thirst
 - Big sweating
 - Big pulse
- Know that disappearance of aversion to cold and onset of aversion to heat helps differentiate this pattern from Taiyang.
- Characterized by Heat 'without form' characteristic of the channel pattern and Heat (or Fire) 'with form' characteristic of the organ pattern. What is the main difference?
 - Constipation

Bright-Yang Channel Pattern

Clinical Manifestations

- 4 Bigs
 - High fever
 - Profuse sweating
 - Intense thirst
 - Overflowing-Rapid pulse or Big-Rapid pulse
- Red face
- A feeling of heat
- Irritability
- Delirium
- Red tongue with yellow coating

Treatment

- Clear Stomach Heat (*Clear and Drain Heat from the Yangming channel*)
- Herbal – Bai Hu Tang
- Acupuncture – LI-11, Du-14, PE-3, ST-44, ST-43

Bright-Yang Organ Pattern

Clinical Manifestations

- 4 Bigs
 - High fever (worse in afternoon)
 - Profuse sweating, sweating on the limbs
 - Intense thirst
 - Deep-Full-Slippery-Rapid Pulse
- Abdominal fullness and pain
- Constipation, dry stools
- Dark urine
- Red tongue with thick yellow coating

Treatment

- Drain Fire from the Stomach and Intestines, and move downward (*Purge Heat through the bowels*)
- Herbal – Tiao Wei Cheng Qi Tang
 - *Also Da Cheng Qi Tang*
- Acupuncture – LI-11, Du-14, PE-3, ST-44, ST-43, ST-25, SP-15, ST-37, SP-6

Bright-Yang Stage Questions

- What is the herbal formula used to treat Yangming channel pattern?
 - Bai Hu Tang
- What is the herbal formula used to treat Yangming organ pattern?
 - Tiao Wei Cheng Qi Tang
 - *Also Da Cheng Qi Tang*
- Be able to recognize acupuncture treatments.

Lesser-Yang Stage Pattern

- The shaoyang level is neither internal or external and represents a transitional zone (pivot) between the surface and the interior of the body.
- Pathogens can hide in this level for prolonged times.
- The hallmark symptom is alternating chills and fever, as the pathogen alternates between the Taiyang and Yangming.
- The principle of treatment is to harmonize the shaoyang, which implies closing the available space to the pathogen. This also indicates that, since the pathogen does not reside in the exterior, diaphoresis is inappropriate, and, since the pathogen is not in the interior, purging is not appropriate.

Lesser-Yang Stage Pattern Questions

- Is Shaoyang stage an exterior or interior pattern?
 - Neither, pathogen oscillates between interior and exterior.
- What is the hallmark symptom of this stage?
 - Alternating chills and fever
- Be able to explain this symptom.
- What is the treatment principle and what does this mean?
 - Harmonize the shaoyang, which implies closing the available space to the pathogen.
- What is not appropriate for this stage?
 - Since the pathogen does not reside in the exterior, diaphoresis is inappropriate, and, since the pathogen is not in the interior, purging is not appropriate.

Lesser-Yang Stage Pattern

Clinical Manifestations

- Alternation of shivers (chills) and fever, a bitter taste, dry throat, blurred vision, hypochondrial fullness and distension, lack of desire to eat or drink, irritability, nausea, vomiting, unilateral thin white coating, Wiry-Fine pulse

Treatment

- Harmonize Shaoyang
- Herbal – Xiao Chai Hu Tang
- Acupuncture – SJ-5, GB-41, SJ-6, Du-13

Lesser-Yang Stage Pattern Questions

- What herbal formula is used for treatment of Shaoyang stage?
 - Xiao Chai Hu Tang
- Be able to recognize acupuncture treatment.