

Identification of Patterns According to the Six Stages

Introduction

- Formulated by Zhang Zhong Jing and was featured in his classic text *Shang Han Lun* (Cold-Induced Diseases) from AD 220.
- Described the invasion of exterior pathogenic factors systemically from the exterior to the interior.
- Described Wind-Cold invasion primarily, though does describe Wind-Heat as well.
- The Six Stages described in the Shang Han Lun are:
 - Taiyang, Shaoyang, Yangming
 - Taiyin, Shaoyin, Jueyin

Taigang (Greater Yang Stage)

Taiyang (Greater-Yang Stage)

- Externally contracted disease is caused by pathogenic factors entering the body from the outside.
- Since the Taiyang channel governs the exterior of the body, it is usually the first to be affected and the Shang Han Lun discusses this in the first chapter.
- External pathogenic factors may enter other channels directly, but often begin at this level.
- In the Shang Han Lun, there are two basic forms of Taiyang disease:
 - Wind strike, Cold damage, *Warm disease is also discussed but has less emphasis*
 - Which of the of these basic patterns occurs depends on the constitution of the patient and the nature of the evil

Taiyang (Greater-Yang Stage)

- This is the beginning stage and is the only exterior stage.
 - At this stage, the pathogenic factor is still on the Exterior of the body and the Internal organs are not affected.
 - There are two organ patterns that are associated with this stage, however.
- 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*

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
- These two formulas are modified to treat variations on the basic patterns which are transmuted patterns. These are highly varied and are treated in different ways.

Taigang (Greater Yang Stage)

From The Foundations of Chinese Medicine

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

Organ Patterns

Accumulation of Water

Clinical Manifestations:

- Aversion to cold,
- Fever,
- Retention of urine
- Slight thirst, vomiting of fluids soon after drinking,
- Floating-Rapid pulse

Treatment:

- Release the Exterior, promote the Bladder's function of Qi transformation, and promote the excretion of fluids.
- Herbal – Wu ling san
- Acupuncture – Ren-9, Ren-3, ST-28, LU-7, BL-22, BL-39, BL-64

Organ Patterns

Accumulation of Blood

Clinical Manifestations:

- Hypogastric distension
- Fullness and urgency
- Blood in urine
- Mental restlessness
- Reddish-Purple tongue without coating
- Deep-Fine-Rapid pulse or Deep-Choppy Pulse

Treatment

- Invigorate Blood, eliminate stasis from the Lower Burner, and clear Heat from the Bladder
- Herbal – Tao He Cheng Qi Tang
- Acupuncture – Ren-3, KI-14, ST-28, BL-39, BL-22, SP-10, LIV-13, SP-6

Yangming (Bright-Yang)

From The Foundations of Chinese Medicine

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.
 - In the organ pattern there is more intense Heat (referred to as Fire by Macioca) which scorches the fluids and leads to Dryness, especially 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

Shaoyang (Lesser-Yang)

From The Foundations of Chinese Medicine

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

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

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.

Six Stages

Yin Levels

Yin Levels

- At this stage the fight between the pathogen and the body's upright Qi (*zheng qi*) has consumed considerable amounts of the body's resources.
- Typically the pathogen has 'burnt itself out' in the struggle, so the yin levels represent mostly deficiency syndromes.

Six Stages

Taiyin (Greater-Yin) Stage

Greater-Yin Stage

- The Taiyin stage is the first yin stage and is characterized by Spleen-Yang deficiency with Cold.
 - In this stage, Qi has been depleted and the Qi producing organs are weakened
- The Cold obstructs the circulation of Qi in the abdomen and causes abdominal fullness and vomiting.
 - Other symptoms are consistent with Spleen-Yang deficiency.

Greater-Yin Stage

Manifestations

- Abdominal fullness, a feeling of cold
- Vomiting
- Spleen Yang deficiency signs
 - Fatigue
 - Lack of appetite
 - Diarrhea
 - Absence of thirst
 - Pale tongue with sticky-white coating
 - Deep-Weak-Slow Pulse

Treatment

- Tonify Spleen-Yang and expel Cold
- Herbal: Li Zhong Tang *Regulating the Center Decoction*
- Acupuncture: Ren-12, BL-20, ST-36, ST-25, SP-6; Moxa is applicable

Six Stages

Shaoyin (Lesser-Yin) Stage

Lesser-Yin Stage

- This level involves the Heart and Kidneys, if there are pre-existing weakness of these organs, pathogens may penetrate to this level.
- If Wind-Cold attacks the taiyang level and there is pre-existing weakness, these symptoms can become worse, the pattern can go either towards yin or yang deficiency depending on the patient's constitution.
- Shaoyin stage has two patterns:
 - Cold transformation
 - Heat transformation
- These patterns describe the following:
 - Cold transformation – Kidney-Yang deficiency with Empty-Cold
 - Heat transformation – Kidney-Yin deficiency with Empty-Heat

Lesser-Yin Stage Cold Transformation

Manifestations

- Chills, a feeling of cold
- Lying with body curled
- Listlessness, desire to sleep
- Cold limbs
- Diarrhea
- Absence of thirst
- Frequent pale urination
- Pale and wet tongue with white coating
- Deep-Weak-Slow pulse

Treatment

- Tonify Kidney-Yang and expel Cold
- Herbal: Si Ni Tang (more for collapse of Yang) *Four Rebellious Decoction*
(Zhen Wu Tang also used when edema is present; Jin Kui Shen Qi Wan is the representative Kidney Yang tonic)
- Acupuncture: BL-23, Ren-4, Ren-6, Ren-8, KI-7, KI-3; Moxa is applicable

Lesser-Yin Stage

Heat Transformation

Manifestations

- A feeling of heat, irritability, insomnia
- Dry mouth and throat at night
- Dark urine
- Night sweating
- Red tongue without coating
- Fine-Rapid pulse

Treatment

- Nourish Kidney-Yin and clear Empty-Heat
- Herbal: Huang Lian E Jiao Tang (Tian Wang Bu Xin Dan)
- Acupuncture: Ren-4, KI-3, KI-6, SP-6

Six Stages

Jueyin (Terminal-Yin) Stage

Terminal-Yin Stage

- This is a miscellaneous syndrome that includes signs of Heat and Cold and Qi deficiency.
 - It is associated with Heat above and Cold below.
 - It is associated with internal parasites, historically roundworms. This is the classical presentation found in the *Shang Han Lun*.
- The second pattern, Jueyin channel syndrome, is a common presentation of migraine type headaches.

Terminal-Yin Stage

Manifestation

- Persistent thirst
- A feeling of energy rising to the chest and a sensation of heat in the heart region
- Hungry but no desire to eat
- Cold limbs
- Diarrhea
- Vomiting
- Vomiting of round worms
- Wiry pulse

Treatment

- Clear Heat above, expel Cold below, and harmonize the Liver channel
- Herbal: Wu Mei Wan (Prunus Mume Decoction)
- Acupuncture: LIV-3, LI-4, SP-4, PC-6

Jueyin Channel Syndrome

Manifestations

- This pattern reflects rebellious Qi in the Liver and Stomach Channels.
- Headache, especially at the crown of the head, or migraine
- Nausea, vomiting, dry retching
- Cold extremities, cold intolerance (especially during episodes)
- Greasy white tongue coating, thready, wiry, slow pulse.

Treatment

- Warm the Liver and Stomach channel, redirect Qi downwards, stop vomiting
- Herbals: Wu Zhu Yu Tang (Evodia Combination)
- Acupuncture: LIV-3, PC-6, Du-20, ST-36, Ren-12, Moxa indicated