Identification of Patterns

Three Burners
Identification of Patterns According to Three Burners: Introduction

• Identification of patterns according to the three burners was formulated by Wu Ju Tong (1758-1836), author of ‘Systemic Differentiation of Warm Diseases’.

• It classifies the clinical manifestation of febrile disease from invasion of Wind-Heat according to the three burners (according to their location).
Identification of Patterns According to Three Burners: Introduction

• This system does not differentiate based on energetic levels
  • The patterns of the Upper Burner contain patterns in the Wei, Qi and Ying levels
    • Wind-Heat in the Lung’s Defensive-Qi portion
    • Heat in the Lungs
    • Heat in the Pericardium
  • The patterns of the Middle Burner are consistent with the Qi level patterns
    • Heat in the Bright Yang
    • Damp-Heat in the Spleen
  • The patterns of the Lower Burner are consistent with the Blood level patterns
    • Heat in the Kidneys
    • Liver-Heat stirs Wind
    • Liver Empty-Wind
Identification of Patterns
According to the Three Burners

Upper Burner Disease
Upper Burner
Wind-Heat in the Lungs’ Defensive-Qi Portion

Manifestations
• Fever, aversion to cold
• Headache, body aches
• Sore throat
• Slight sweating
• Runny nose with yellow discharge
• Swollen tonsils
• Slight thirst
• Tongue: Red fron or sides with 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
Upper Burner
Heat in the Lungs

Manifestations
• Fever
• Sweating
• Cough, Breathlessness
• Thirst
• A feeling of oppression and pain in the chest
• T: Red, yellow coat
• P: Rapid-Overflowing

Treatment
• 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, LI-11, LU-1, BL-13
Upper Burner
Heat in the Pericardium

Manifestations
• High Fever, a burning sensation of the epigastrium
• Cold limbs
• Delirium, aphasia
• T: Deep red and stiff tongue without coating
• Fine-Rapid pulse

Treatment
• Clear Heat in 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
Identification of Patterns
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Middle Burner Disease
Middle Burner
Heat in Bright Yang

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

Treatment
• Clear Stomach-Heat
• Herbal:
  • Bai Hu Tang *(White Tiger Decoction)*
• Acupuncture:
  • ST-44, St-34, ST-21, ST-43, LI-11, ST-25
Middle Burner
Damp-Heat in Spleen

**Manifestations**
- Heat and Damp signs:
  - Fever, a feeling of heaviness of the body and head
- Dampness obstructing Qi of middle burner:
  - Epigastric fullness, Nausea, vomiting
- T: Red, sticky yellow coat
- P: Soggy-Rapid

**Treatment**
- Clear Heat and resolve Dampness in the Spleen
- Herbal:
  - Lian Po Yin (*Coptis-Magnolia Decoction*)
- Acupuncture:
  - Ren-12, SP-9, SP-6, Ren-9, ST-36, LI-11, BL-20, BL-22
Identification of Patterns
According to the Three Burners

Lower Burner Disease
Lower Burner
Heat in the Kidneys

Manifestations
• Fever in the afternoon and evening, five palm heat
• Dry mouth and throat
• Night sweating
• Deafness, lassitude
• Deep-Red tongue without coating
• Floating-Empty and Rapid pulse

Treatment
• Nourish Kidney-Yin and clear Empty-Heat
• Herbal: Huang Lian E Jiao Tang (Tian Wang Bu Xin Dan)
• Acupuncture: KI-3, KI-6, SP-6, KI-2, LI-11
Lower Burner
Liver-Heat stirs Wind

Manifestations
• High fever at night
• Coma, convulsions, clenched teeth
• Deep-red tongue without coating
• Wiry-Fine-Rapid Pulse

Treatment
• Clear Heat, extinguish Wind, stop convulsions, restore consciousness
• Herbal: Ling Jiao Gou Teng Tang
• Acupuncture:
  • LIV-3, LIV-2, GB-20, DU-16, BL-62/SI-3, SP-10, LI-11, KI-6, HE-9, Shixuan extra points
Lower Burner
Liver Empty-Wind

**Manifestations**
- Low grade fever
- Cold limbs
- Dry and black teeth, dry and cracked lips
- Convulsions, tremor of limbs
- Deep-red tongue without coating
- Deep-Fine-Rapid Pulse

**Treatment**
- Nourish Yin, Extinguish Wind, and stop convulsions
- Herbal: Zhen Gan Xi Feng Tang
- Acupuncture: LIV-3, LIV-2, GB-20, DU-16, BL-62/SI-3, KI-3, KI-6, SP-6, LIV-8