

# **A Survey of Formula Patterns from Shang Han Lun, Jin Gui Yao Lue, and Wen Bing**

**Handouts**

Presented by:  
John Fang, L.Ac., DAOM

# Introduction

# Source of Information

*Shang Han Lun: On Cold Damage, Translation and Commentaries*, 1st Edition, by Zhongjing Zhang. Authors: Feng Ye, Nigel Wiseman, Craig Mitchell, Ye Feng. 1999, Paradigm Publications.

*Jin Gui Yao Lue: Essential Prescriptions of the Golden Cabinet, Translation and Commentaries*, by Zhongjing Zhang. 2012, Paradigm Publications.

*Warm Disease Theory: Wen Bing Xue*, 1st Edition, by Jian-Min Wen. 2003, Paradigm Publications.

# Usefulness of Pattern Differentiation

- In practice
  - When additional information is needed to confirming diagnosis
- In consultation
  - When face-to-face treatment seems unlikely
- In education
  - When a tool is needed to explain disease development and progress

# Bian Zheng Lun Zhi

- Bian Zheng Lun Zhi (pattern differentiation to determine treatment) is the classic TCM feature in diagnosing pathology and treating diseases.
- Zheng (pattern, or syndrome in a broader sense) differentiation is a process to define the nature of a disease in an extensive and specific manner.
- TCM treatments, including herbal prescriptions, are determined according to pattern differentiation, which is said to start from Shang Han Lun.

# Shang Han Lun Preface by the Author ("Medical Saint" Zhang Zhong Jing)

"diligently sought the guidance of the  
ancients and widely collected the  
various remedies"

勤求古訓 博採眾方

# Two Schools, Centuries of Disputes

## Shang Han Za Bing Lun

Shang Han Lun  
(112~117 formulas)

- Treats externally contracted diseases
- Details disease progress with six stages
- Emphasizes that illness comes from constriction of Yang following external pathogen invasion

Jin Gui Yao Lue  
(262 formulas)

- Treats miscellaneous diseases, such as gynecology, pediatrics, and "Phlegm" diseases
- Also include "first aid" measures and food hygiene

Wen Bing  
(200 + formulas)

- Treats warm and febrile diseases
- Details disease progress with four levels / three "burners"
- Emphasizes that illness can cause loss of Yin following external pathogen invasion

# Approaches of Pattern Differentiation

## Shang Han Za Bing Lun

### Shang Han Lun

- ✓ Focusing on Yin/Yang aspects: Heat/Cold, Internal/External, and Excess/Deficiency
- ✓ Goes by 6-channel syndromes
- ✓ Preserving Yang

### Jin Gui Yao Lue

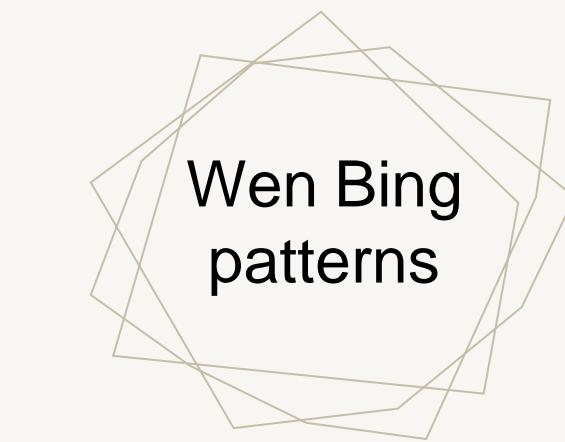
- ✓ Goes by disease groups with etiology, treatment strategies, and formulas

### Wen Bing

- ✓ Focuses on vital substances: Qi, Xue, Jin/Ye
- ✓ Goes by Wei/Qi/Ying/Xue 4 levels & San Jiao patterns
- ✓ Preserves Yin



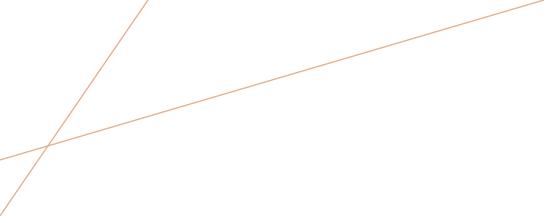
~2000 years of history



~400 years of history

# Differences in Differentiation

Shang Han A variety of passage and transmutation from externally-contracted cold diseases	Jin Gui Specifically defined internal disorders with little transmission	Wen Bing Rapid change of stages from externally-contracted fever diseases
<ul style="list-style-type: none"><li>• Tai Yang Syndrome</li><li>• Yang Ming Syndrome</li><li>• Shao Yang Syndrome</li><li>• Tai Yin Syndrome</li><li>• Shao Yin Syndrome</li><li>• Jue Yin Syndrome</li></ul>	<ul style="list-style-type: none"><li>• Diseases of Zang-Fu organs and channels</li></ul>	<ul style="list-style-type: none"><li>• Wind-Warm diseases</li><li>• Spring-Warm diseases</li><li>• Autumn-Dryness diseases</li><li>• Warm-Toxin diseases</li><li>• Summer-Heat warmth diseases</li><li>• Damp Warmth diseases</li><li>• Lurking Summer-Heat diseases</li></ul>



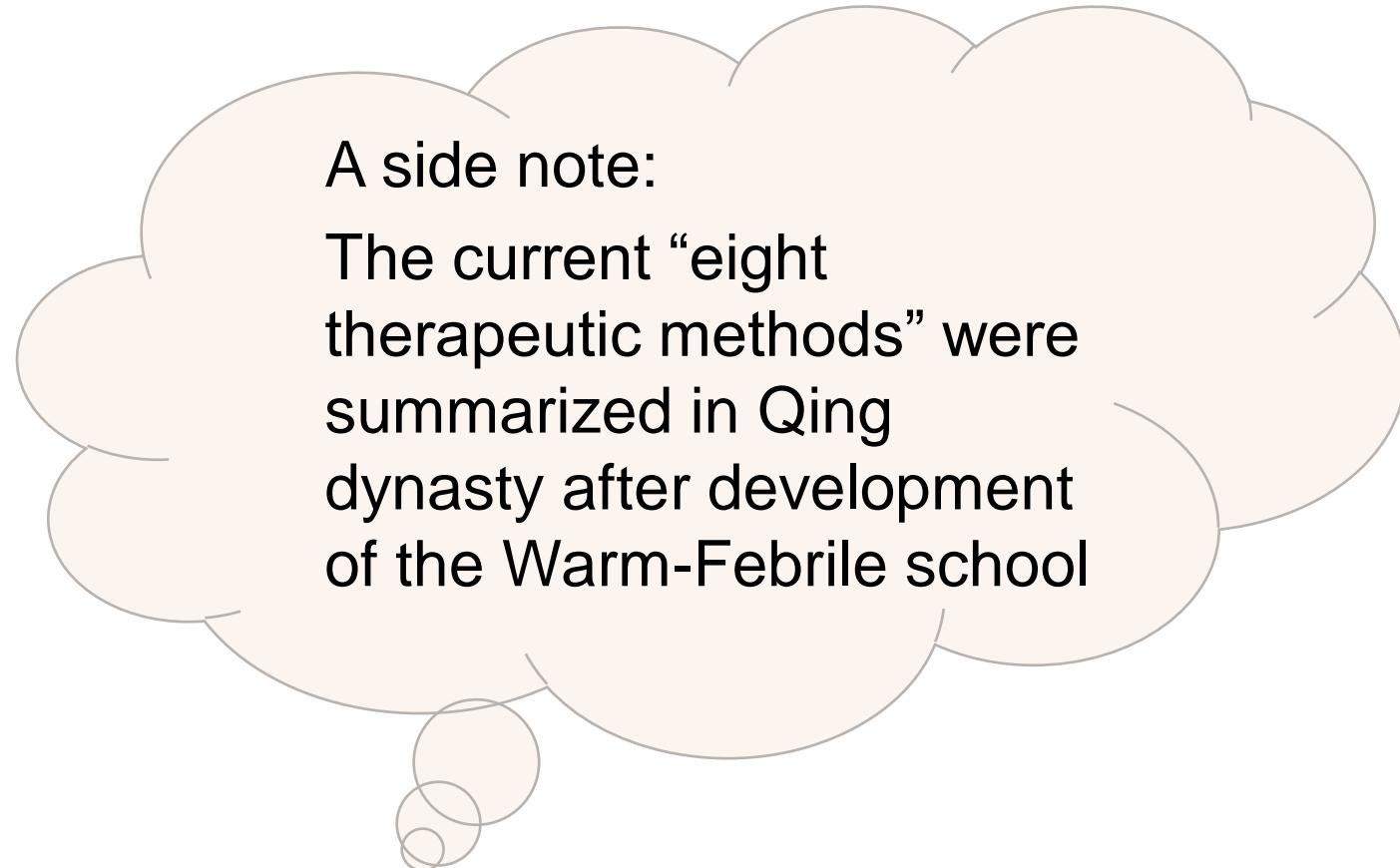
# Common in Differentiation: Eight Diagnostic Principles

## Yin-Yang Imbalance

- Heat / Cold diseases
- A mixture of Heat and Cold disease
- Internal / External diseases
- A Half-internal and Half-external disease
- Excess / Deficiency diseases
- A Half-excess and Half-deficiency disease

# Common in Treatment: Eight Therapeutic Methods

- Sweating (Han)
- Vomiting (Tu)
- Purging (Xia)
- Harmonizing (He)
- Warming (Wen)
- Clearing (Qing)
- Reducing (Xiao)
- Tonifying (Bu)



# Shang Han Lun

# 傷寒論

張仲景先生著  
成無己註解

## 附明理論

安者視子厚所治之三者有胸滿者有當吐者何邪氣不一也且體有陰陽之邪氣在表因於散則邪者自為津液之主於汗亡陽則胃氣虛而不能敷布諸氣壅滯在滿是當溫散可也吐後腹滿可下之邪氣在胸者則可吐之邪去則安若吐後邪氣在之腹脹滿者是胸中之邪下傳入胃擁而為實故生脹滿當順下之可也下後腹滿可吐者在表未傳入府而妄下之邪自表乘虛而入鬱於胸中而為虛煩氣上下不得通利者腹之故當吐之可也凡為醫者要識邪氣所起所在當其所起知邪氣之由來既其所在知邪氣實發汗吐下之不差溫補針艾之適當則十全之功自可得也

少腹滿第十七

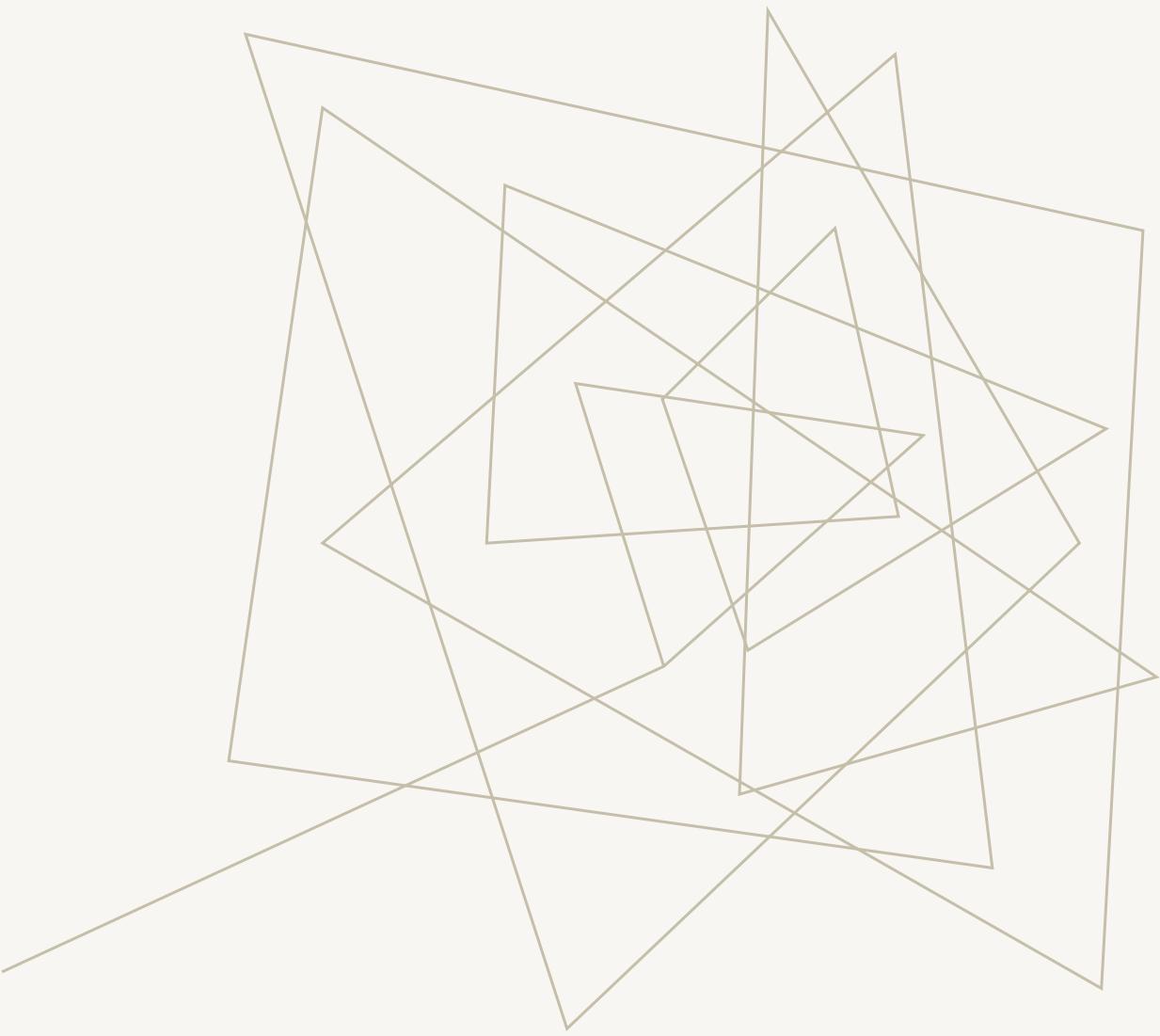
傷寒少腹滿者何以明之少腹滿者臍下滿是也少腹者下焦所治難經曰下焦者當勝體主分別清濁其清在臍下邪氣自上而下至於下焦結而不利故少腹滿也胸中滿心下滿而滿即無物也及腹滿者又有燥屎為之者至於少腹滿者非此氣也必有物聚於上而為之所以然者身年以上同天之勢清濁主

# Syndrome Differentiation

- The six-channel syndrome differentiation explains the location of the disease in terms of layer and depth but is not related to the location of the acupuncture channels.
- The “channels” in the syndrome differentiation refer to the symptoms and severity of the disease.
- Once the six syndromes or combination of syndromes have been identified and the appropriate formula pattern is defined, the next step is to modify the formulas according to the symptoms in the pattern.

# Pattern Differentiation

- The concurrent symptoms are identified as patterns and associated with formulas that are modulated to deal with disease manifestations according to “six-channel syndrome” differentiation.
- With repeated clinical success, these disease patterns have been recorded as “formula patterns”.



# Tai Yang Syndrome Disease

# Three Forms of Tai Yang Disease

Manifestations depending on the interactions of the patient's constitution  
and the Evil's nature

## Wind Strike

Fever, aversion to cold or wind, and spontaneous sweating

## Cold Damage

Fever, aversion to cold, and absence of sweating

## Mild Exterior (like Warm Disease)

Fever, thirst, mild aversion to wind & cold, or absence of aversion to cold

# Common Manifestations in Tai Yang Disease 1

When the Evil attacks Tai Yang channel

- Wind Strike (Tai Yang Zhong Feng)
  - Heat effusion, aversion to wind or cold, and spontaneous sweating
  - Floating and moderate pulse
- Cold Damage (Tai Yang Shang Han)
  - Heat effusion, aversion to wind or cold, and absence of sweating
  - Floating and moderate pulse
- Mild Exterior patterns (Tai Yang Biao Zheng)
  - A condition with red face and sometimes generalized itching
  - Heart vexation and thirst

# Common Manifestations in Tai Yang Disease 2

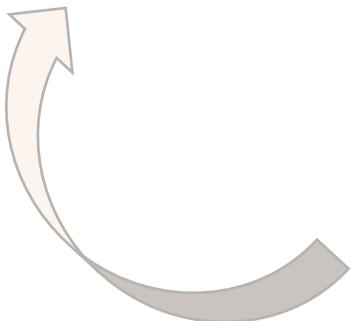
When the Evil attacks Tai Yang Bowel (Fu organ)

- Water amassment (Tai Yang Xu Shui pattern)
- Blood amassment (Tai Yang Xu Xue pattern)

# Passage and Transmutation

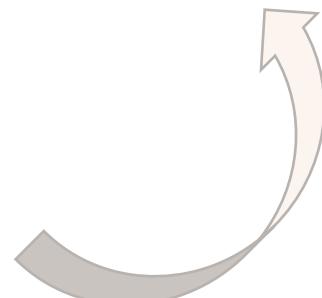
## Passage

Development of the disease along a particular course



## Transmutation

Change in the disease contrary to the normal rules



- Relative strength of the Righteous Qi and the Evil Qi
- Appropriateness of treatment
- Constitution of the patient
- Association with other illness

# Tai Yang Disease Transmuted Patterns

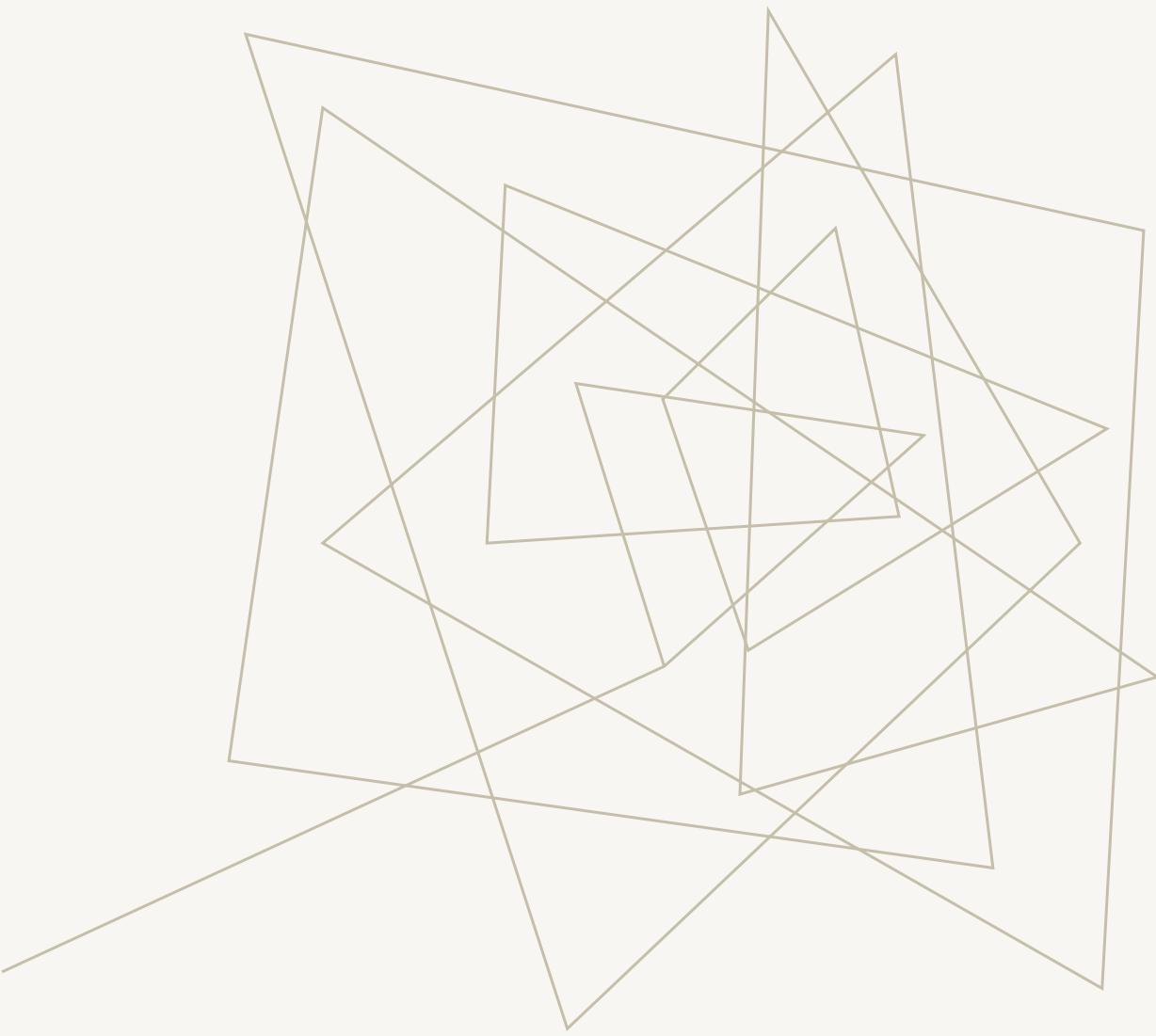
Heat Patterns

Deficiency Patterns

Chest Binding  
(Jie Xiong Zheng)

Upper Heat /  
Lower Cold

Glomus Patterns  
(Pi Zheng)



# Yang Ming Syndrome Disease

# Yang Ming Disease Conformation

- The stage of externally contracted disease in which Yang Qi is hyperactive and Evil Qi is exuberant
- The pathomechanism of Yang Ming disease is explained by the term “Stomach domain is replete”
  - Stomach domain refers to Stomach and Intestines
  - Replete refers to the Evil transforming to Heat and entering the interior, and food accumulation and stagnation

# Yang Ming Disease Manifestations

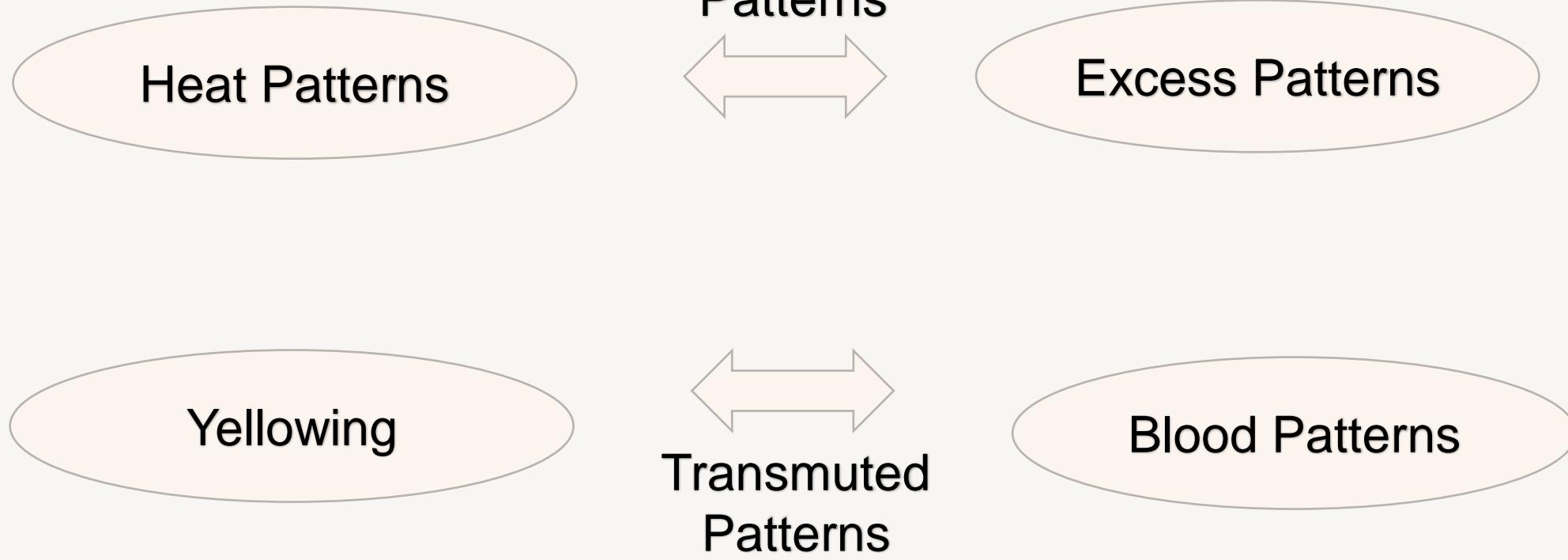
There are three forms of Yang Ming disease:

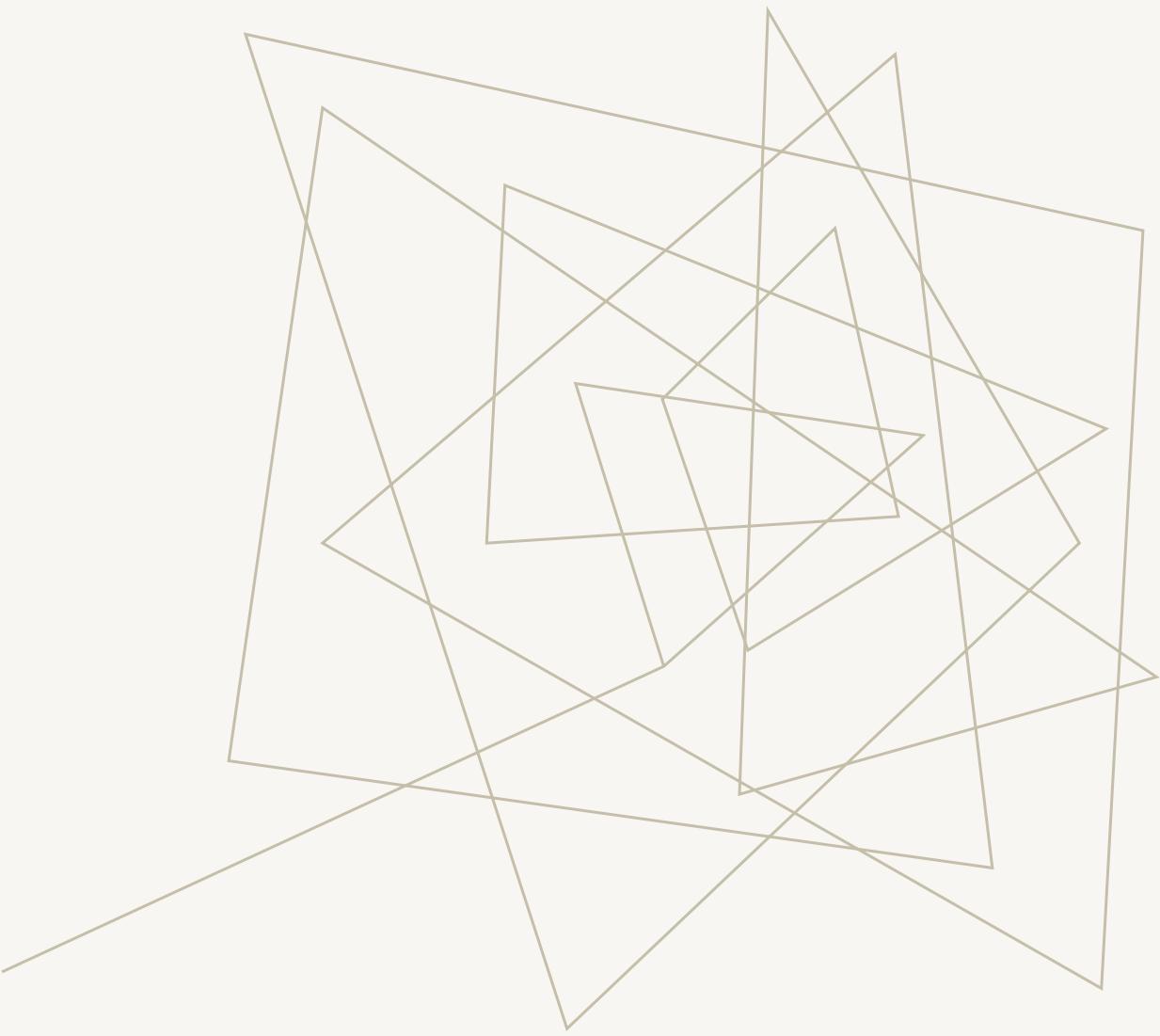
- “Tai Yang – Yang Ming” form
  - Spleen is constrained
- “Proper Yang Ming” form
  - Stomach domain is replete
- “Shao Yang – Yang Ming” form
  - Dry vexing Excess in Stomach and difficult defecation after promoting sweating and urination

# Yang Ming Disease Signs & Symptoms

- Aversion to Heat
- Heat effusion
- Spontaneous sweating
- Thirst with desire to drink
- Abdominal fullness, distention, and/or pain
- Inability to defecate
- Yellowing
- Delirious speech

# Yang Ming Syndrome Patterns





# **Shao Yang Syndrome Disease**

# Shao Yang Disease Conformation

- The stage of externally contracted disease progressing from Exterior to Interior and transforming from Cold to Heat
- A half Exterior half Interior Heat disease
- The pathomechanism of Yang Ming disease is explained by the term “Shao Yang is the pivot”, as it can shift out to Tai Yang or into Yang Ming, and often associated with concurrent Tai Yang Exterior or Yang Ming Interior patterns

# Shao Yang Disease Manifestations

- Inhibition of the pivot mechanism
- Impairment of Gallbladder function in free coursing
- Impairment of Triple Burner function in regulating waterways

# Shao Yang Disease Signs & Symptoms

The major “Four” symptoms of Chai Hu Tang formulas:

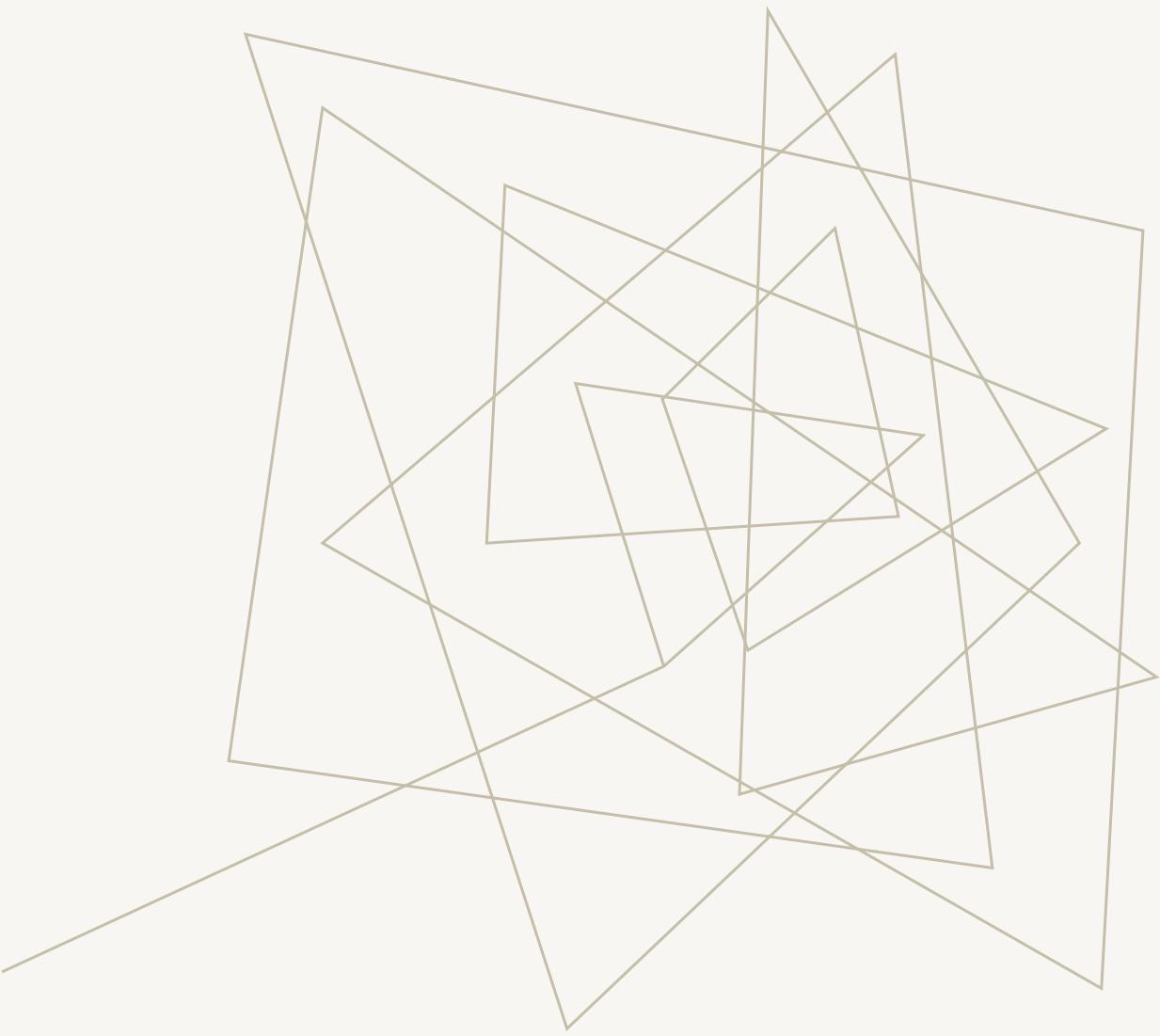
- Alternating fever and chills
- Bitter taste in the mouth and chest and rib-side fullness
- Taciturnity with no desire to drink or eat
- Heart vexation and frequent retching

# Shao Yang Syndrome Patterns

The Original Pattern

Transmuted Patterns

Chai Hu Gui Zhi Tang  
Da Chai Hu Tang  
Chai Hu Jia Mang Xiao Tang  
Chai Hu Jia Long Gu Mu Li Tang



# Yang Ming Syndrome Disease

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# Yang Ming Disease Manifestations

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# Yang Ming Disease Signs & Symptoms

- Aversion to Heat
- Heat effusion
- Spontaneous sweating
- Thirst with desire to drink
- Abdominal fullness, distention, and/or pain
- Inability to defecate
- Yellowing
- Delirious speech

# Yang Ming Syndrome Patterns

Heat Patterns

*Original  
Patterns*

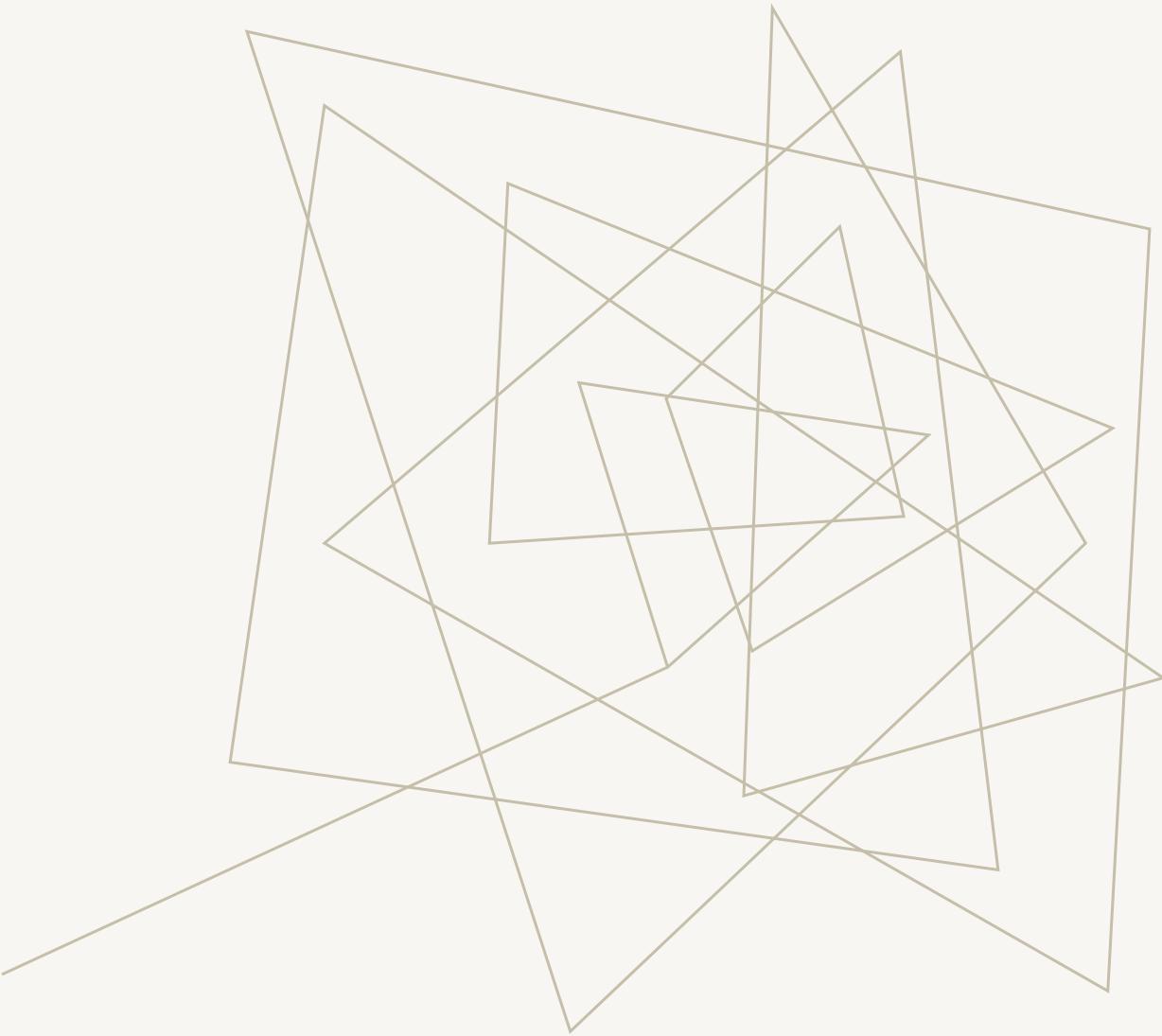


Excess Patterns

Yellowing

*Transmuted  
Patterns*

Blood Patterns



# Tai Yin Syndrome Disease

# Tai Yin Disease Conformation

- The stage of externally contracted disease in which Spleen Yang is insufficient and Evil Qi is exuberant
- When Stomach Yang is sufficient, the Evil transforms into Dryness and Heat; while Spleen Yang is insufficient, Dampness and Coldness collect in the Interior
- The pathomechanism of Tai Yin disease reflects two conditions:
  - A patient with constitutional Spleen Yang Deficiency contracts Wind-Cold or experiences an internal cause engendering Cold
  - Internal damage to Spleen after a condition not treated or mistreated shifts to Tai Yin

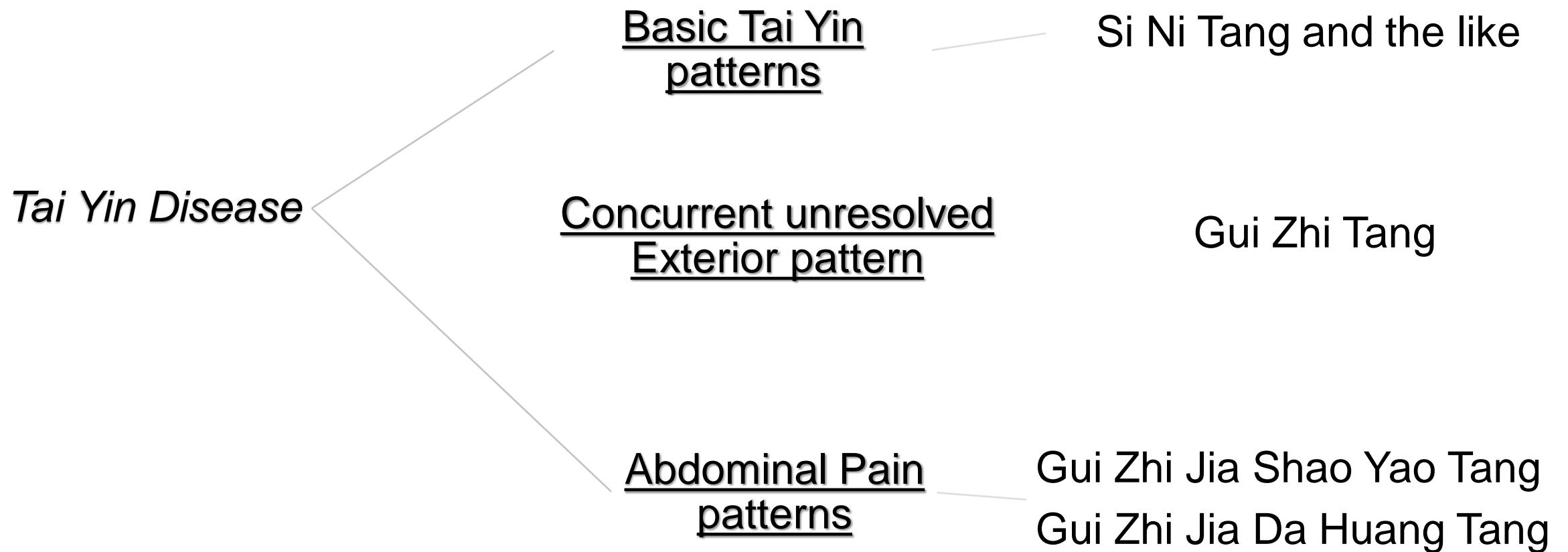
# Tai Yin Disease Manifestations

- Starting with Tai Yang syndrome (such as a common cold, a flu, etc.), the Evil Qi can progress into Shao Yang stage (Exterior/Interior) and express a full Heat presentation as the body engages its defense energies in fighting against the invading Cold Evil
- If the Evil Qi (mainly the Coldness) is too strong, the fever will subside and the disease will develop into cold-type digestive problems, leading to Tai Yin syndrome
- Tai Yin patterns are characterized by abdominal fullness with periodic pain, inability to get food down, no thirst, vomiting, diarrhea, and a moderate pulse

# Tai Yin Disease Signs & Symptoms

- Abdominal fullness with periodic pain
- Inability to get food down, absence of thirst, vomiting, and spontaneous diarrhea
- Yellowing (Yin jaundice)
- Moderate or weak pulse

# Tai Yin Syndrome Patterns



# Shao Yin Disease Conformation

- The stage of disease in which Heart and Kidney are both Deficient
- Under normal circumstances, Heart and Kidney are often described as “interaction of Heart and Kidney” or “Fire and Water assisting each other”
- The pathomechanism of Shao Yin disease may be:
  - contraction of an external Evil in patients constitutionally suffering from Heart and Kidney Deficiency
  - further development of Tai Yin Deficiency patterns
  - the result of an inappropriate treatment of Yang channel diseases
  - the Evil Heat damages Yin, Yin Deficiency transforms into Heat

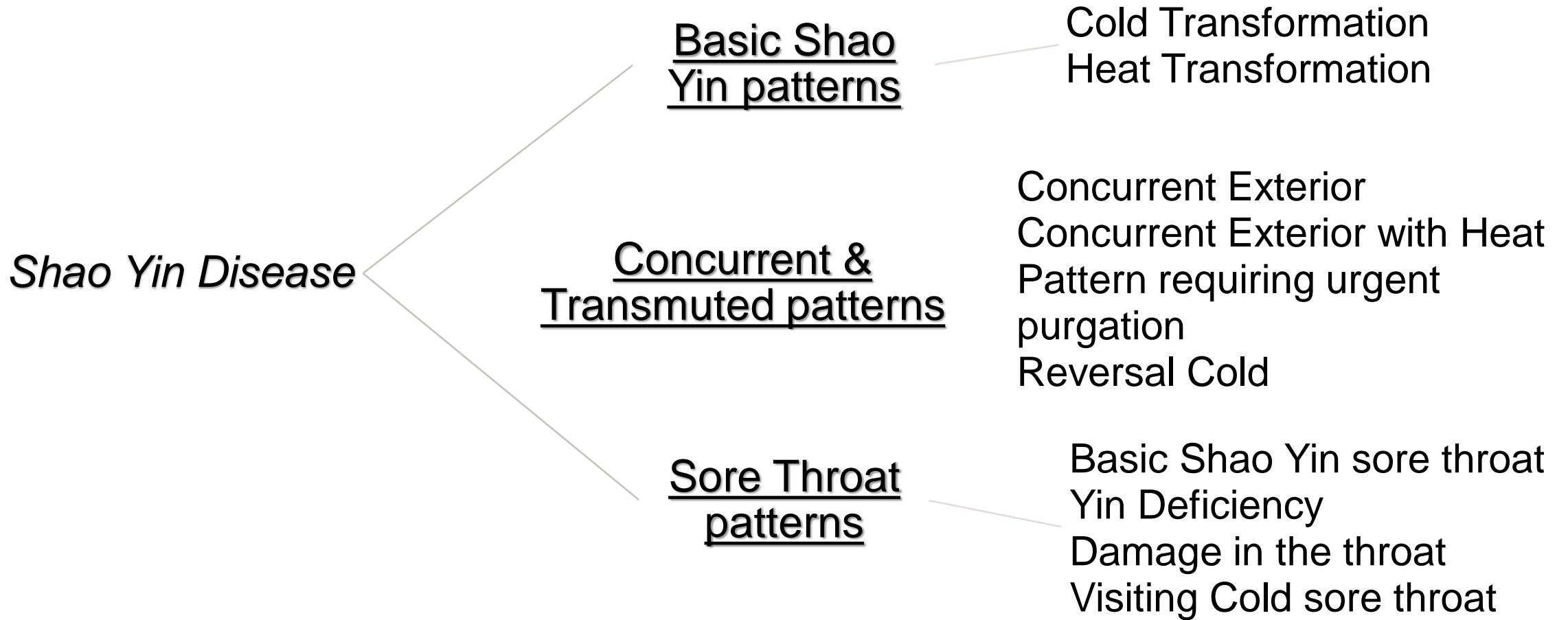
# Shao Yin Disease Manifestations

- Generalized Deficiency Cold is the main feature of Shao Yin disease
- The disease takes the form of Heart and Kidney (Shao Yin channels) Yang Deficiency

# Shao Yin Disease Signs & Symptoms

- Absence of heat and aversion to cold
- Desire only to sleep
- Reversal cold of limbs
- Clear-food diarrhea
- Faint and fine pulse

# Shao Yin Syndrome Patterns



# Jue Yin Disease Conformation

- Jue Yin disease is a Cold-Heat complex condition, in which alternation of reversal Cold and Heat reflects the struggle between Yin and Yang
- The disease abating or advancing depends on the periods of reversal Cold and Heat

# Jue Yin Disease Manifestations

- The primary pattern of Jue Yin disease is characterized by upper heat and lower cold with thirst, Qi surging up to Heart, pain and vexation in Heart, hunger with no desire to eat, and/or vomiting of roundworms
- As Liver is heavily involved in the Jue Yin disease, Liver overacting Spleen/Stomach is often observed

# Jue Yin Disease Signs & Symptoms

- Located in the chest or abdominal areas and can affect any organ
- The counterpart of the Shao Yang syndrome with an increase on the Heat in the upper area and severe Cold in the lower limbs or lower abdomen
- Thirst, difficult urination, physical weakness, and lethargy
- Deep and weak pulse

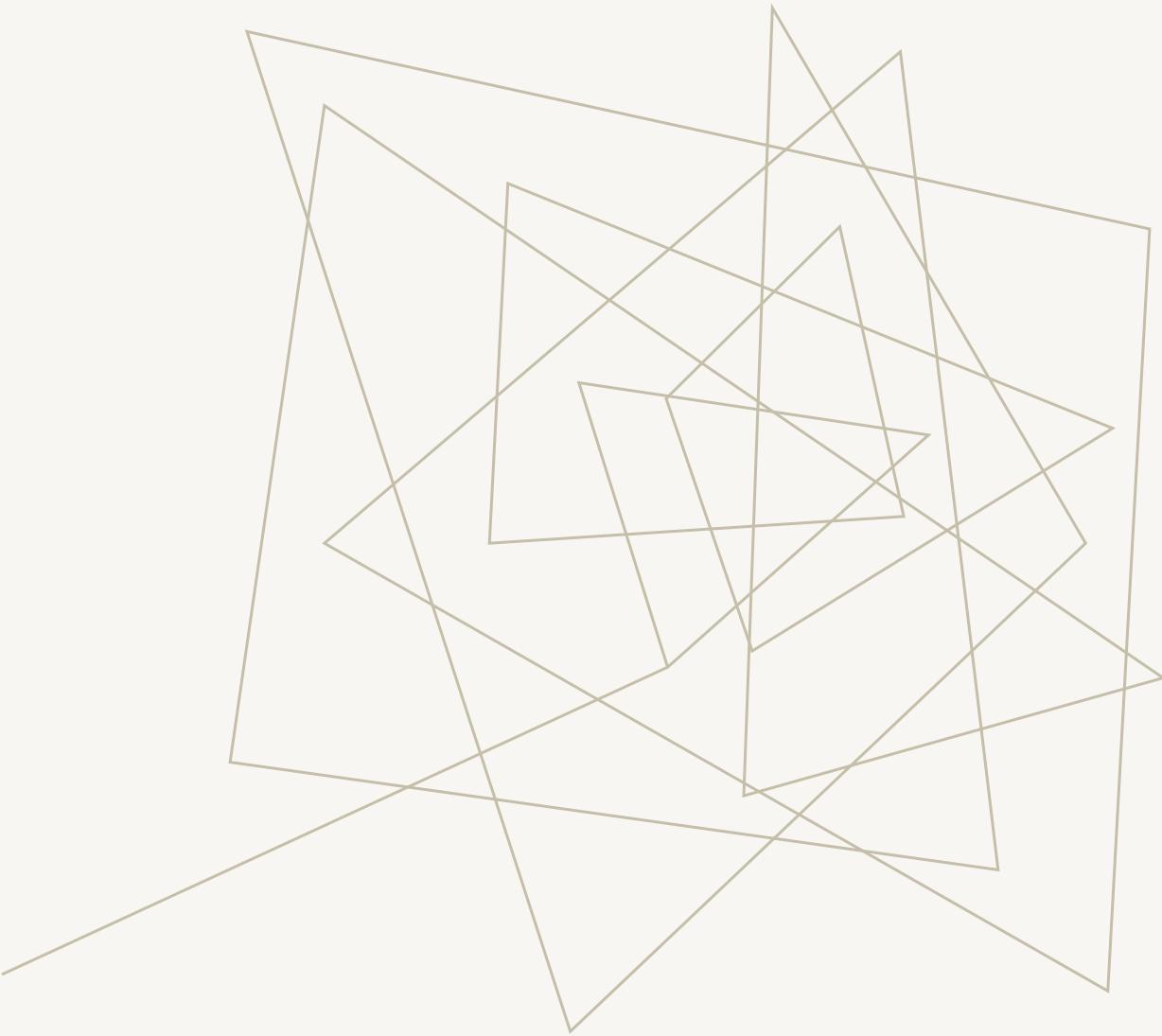
# Jue Yin Syndrome Patterns

Upper body heat & lower  
body cold patterns

Reversal patterns

Diarrhea patterns

Retching & hiccup patterns



# Summary on Shang Han Lun Formulas and Indications

# Shang Han Lun Formula Groups

**Gui Zhi Tang**  
Group

**Ma Huang Tang**  
Group

**Ge Gen Tang**  
Group

**Bai Hu Tang**  
Group

**Cheng Qi Tang**  
Group

**Zhi Zi Tang**  
Group

**Chai Hu Tang**  
Group

**Xie Xin Tang**  
Group

**Si Ni Tang**  
Group

**Gan Cao Tang**  
Group

**Others**

# Gui Zhi Tang Formulas (for Wind Strike)

- Gui Zhi Tang
- Gui Zhi Jia Hou Po Xing Ren Tang
- Xiao Jian Zhong Tang

# Ma Huang Tang Formulas (for Cold Damage)

- Ma Huang Tang
- Da Qing Long Tang
- Xiao Qing Long Tang
- Ma Xing Gan Shi Tang
- Ma Huang Fu Zi Xi Xin Tang

# Ge Gen Tang Formulas (for Wind Dampness)

- Ge Gen Tang
- Ge Gen Jia Ban Xia Tang
- Ge Gen Qin Lian Tang

# Bai Hu Tang Formulas (for Fluid Deficiency)

- Bai Hu Tang
- Bai Hu Jia Ren Shen Tang
- Zhu Ye Shi Gao Tang

# Cheng Qi Tang Formulas (for Heat Accumulation)

- Da Cheng Qi Tang
- Xiao Cheng Qi Tang
- Tiao Wei Cheng Qi Tang
- Tao He Cheng Qi Tang
- Da Xian Xiong Tang
- Xiao Xian Xiong Tang
- Ma Zi Ren Wan

# Zhi Zi Tang Formulas (for Heat Stagnation)

- Zhi Zi Chi Tang
- Yin Chen Hao Tang

# Chai Hu Tang Formulas (for Half-Exterior/Half-Interior)

- Da Chai Hu Tang
- Xiao Chai Hu Tang
- Chai Hu Gui Zhi Tang
- Chai Hu Jia Long Gu Mu Li Tang
- Si Ni San

# Xie Xin Tang Formulas (for Cold/Heat Binding)

- Ban Xia Xie Xin Tang
- Fu Zi Xie Xin Tang
- Gan Cao Xie Xin Tang
- Sheng Jiang Xie Xin Tang
- Xuan Fu Hua Dai Zhe Shi Tang
- Huang Lian E Jiao Tang

# Si Ni Tang Formulas (for Cold Accumulation)

- Si Ni Tang
- Dang Gui Si Ni Tang
- Zhen Wu Tang

# Gan Cao Tang Formulas (for Weakness)

- Gan Cao Tang
- Jie Gen Tang
- Shao Yao Gan Cao Tang
- Ling Gui Zhu Gan Tang
- Xiao Jian Zhong Tang
- Zhi Gan Cao Tang

# Jin Gui Yao Lue



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# Jin Gui Yao Lue in a Nutshell

- Jin Gui Yao Lue formulas treat “miscellaneous diseases”.
- Unlike six-channel syndrome analyses in Shang Han Lun, Jin Gui Yao Lue categorized diseases into different groups and introduced the formulas in sequence for those diseases with description of etiology, progress, and prognosis.
- The book consists of 25 chapters, of which 22 chapters discuss Zang-Fu Organs, channels and collaterals, and diagnosis and treatment of various diseases, involving internal medicine, external medicine, gynecology, and obstetrics.
- Chapter 23 discusses emergency treatments, and Chapters 24 and 25 discuss food contraindications and treatment. This presentation focuses on Chapters 1 to 22.

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# Topics of Chapters 1-7

1. Diseases of Zang-Fu Organs, Meridians and Collaterals
  - Sequences, Pulses, and Patterns
2. Tetany, Dampness, and Heat Stroke
  - Pulses, Patterns, and Treatment
3. Bai He, Hu Huo, and Yin-Yang Du
  - Patterns and Treatment
4. Malaria
  - Pulses, Patterns, and Treatment
5. Wind Stroke and Joint Diseases
  - Pulses, Patterns, and Treatment
6. Blood Impediment and Deficiency Exhaustion
  - Pulses, Patterns, and Treatment
7. Lung Atrophy, Lung Abscess, and Coughing with Panting
  - Pulses, Patterns, and Treatment

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# Topics of Chapters 8-13

8. Running Piglet Qi
  - Pulses, Patterns, and Treatment
9. Chest-Bi Impediment, Chest Pain and Shortness of Breath
  - Pulses, Patterns, and Treatment
10. Abdominal Fullness, Cold-Induced Abdominal Pain and Retained Food in the Stomach
  - Sequences, Pulses, and Patterns
11. Wind-Cold in the Five-Zang Organs and Chronic Stagnation
  - Pulses, Patterns, and Treatment
12. Phlegm-Fluid Retention and Coughing
  - Pulses, Patterns, and Treatment
13. Wasting & Thirsting, Difficult Urination and Strangury
  - Pulses, Patterns, and Treatment

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# Topics of Chapters 14-19

14. Water Qi Retention
  - Pulses, Patterns, and Treatment
15. Jaundice
  - Pulses, Patterns, and Treatment
16. Fright, Palpitations, Bleeding, Chest Fullness and Stagnant Blood
  - Pulses, Patterns, and Treatment
17. Retching, Vomiting, Hiccups and Diarrhea
  - Pulses, Patterns, and Treatment
18. Skin Abscesses, Intestinal Abscesses, and Wet Spreading Sores
  - Pulses, Patterns, and Treatment
19. Dorsal Muscle Spasticity of the Foot, Swelling in Fingers/Arms, Cramping, Groin Hernia and Roundworms
  - Pulses, Patterns, and Treatment

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# Topics of Chapters 20-22

- 20. Pregnancy-Related Problems
  - Pulses, Patterns, and Treatment
- 21. Postpartum Diseases
  - Pulses, Patterns, and Treatment
- 22. Women's Miscellaneous Diseases
  - Pulses, Patterns, and Treatment

嘉善張客旗評點

己巳新年

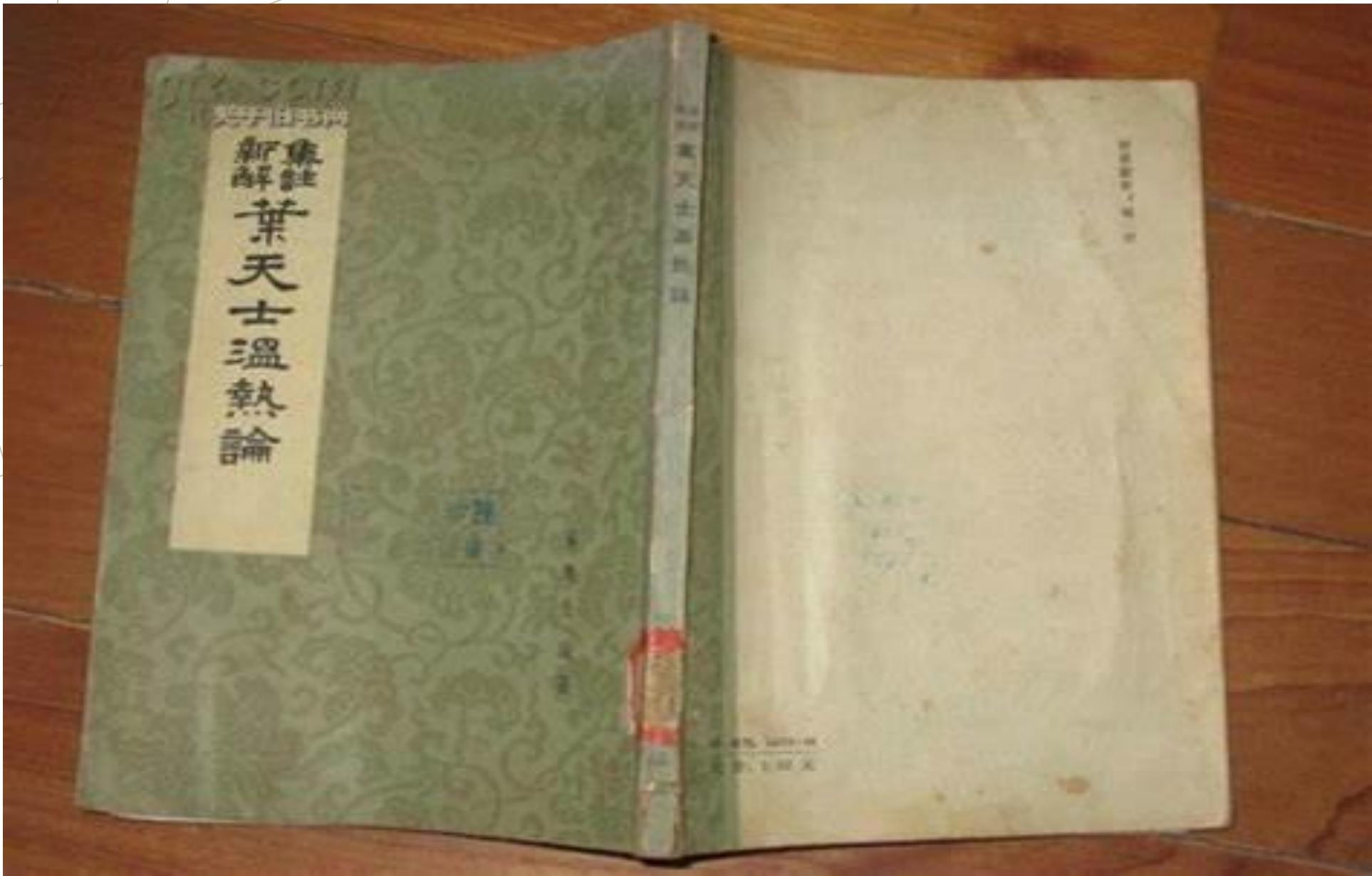
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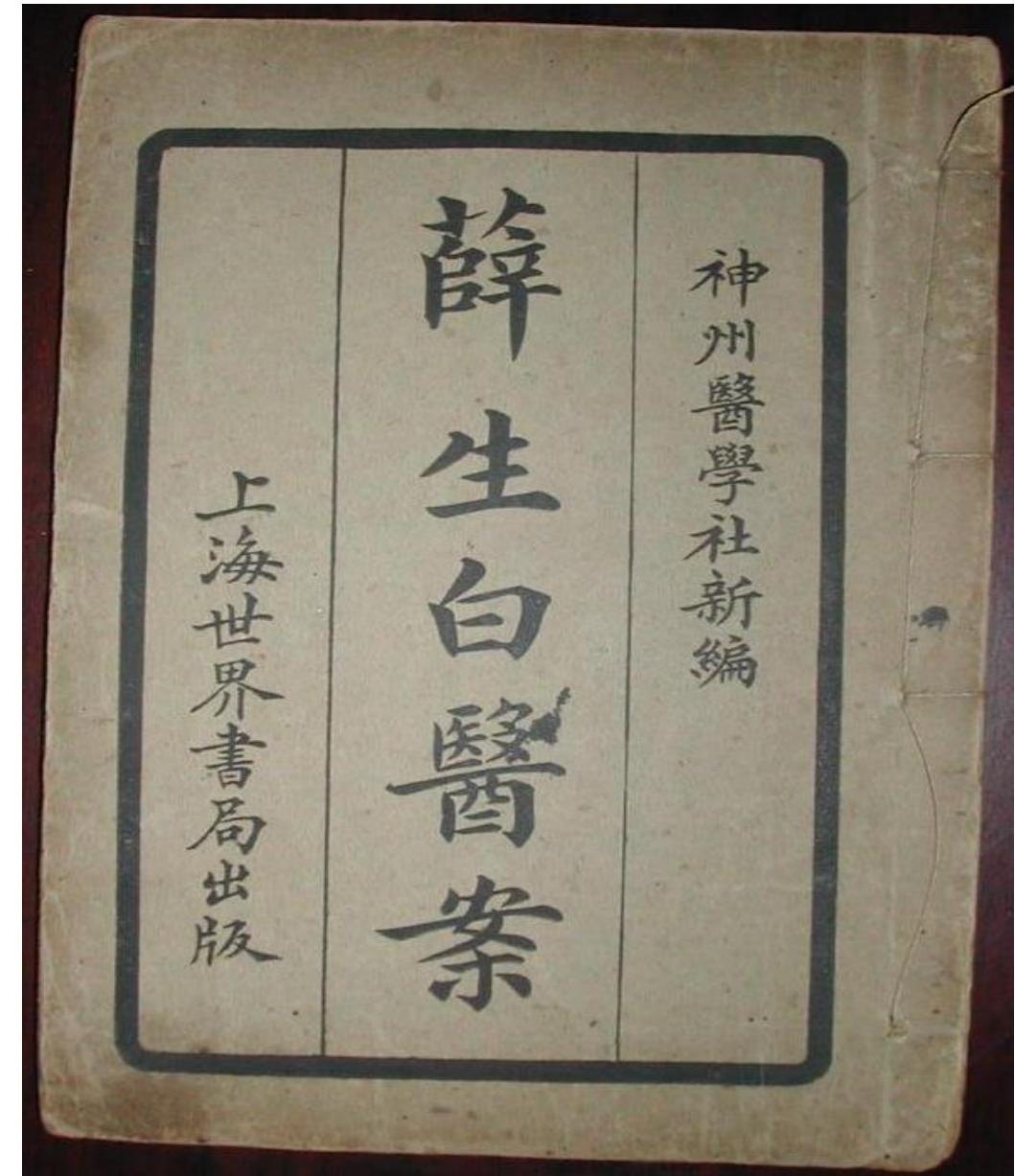
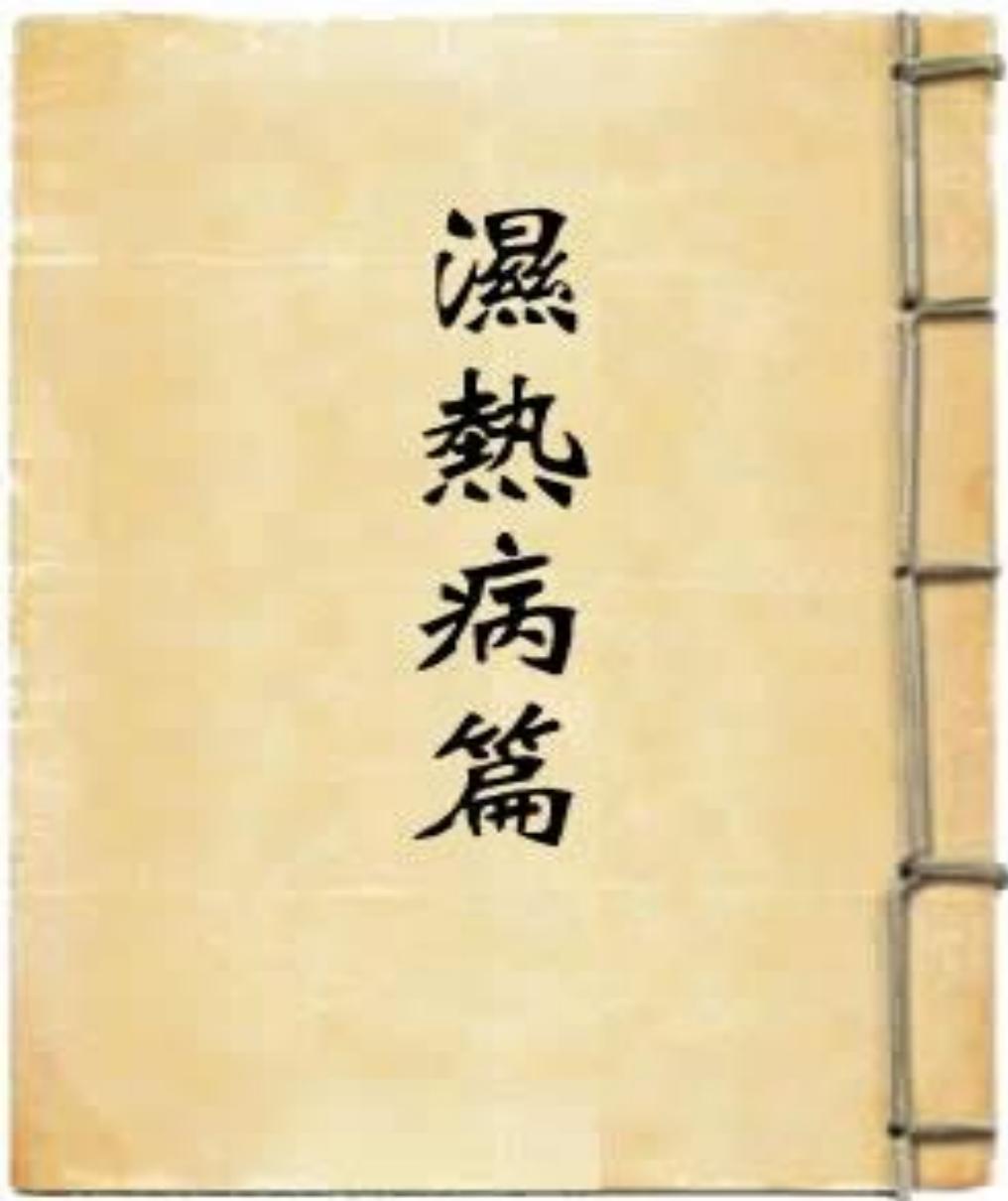
瘧疾論

太經堂  
梓行

庚午溫疫合序

瘧疾爲病至重也昔鮮成書方治調如明未  
要又可首獨能有見於此著論二篇反覆推  
論與鴻臚分途側竝原欲以解其初起之邪  
所主用惟在下之一法甚有一下再下三下  
驟尚其論人或未免驚疑然細探之條分雖  
亦空之談亦非孟浪之施也惜其流布不  
知之者甚多誠真劉子方舟業暫早成心法  
序既讀是編可之





光緒辛巳年重鐫

# 溫病條辨

新增歌括附

江右戊子牌  
醉芸軒藏板

序

溫病與傷寒不同猶時之有冬  
夏也夏衣葛冬衣裘所以順時  
之寒暑也使當暑而衣裘未有  
不燠極而暘者也則凡今之治  
溫病而用傷寒法者何以異是



# Warm-Febrile Diseases from the Classics 1

## Description of Warm-Febrile diseases

- Huang Di Nei Jing Chapter 3 “On Vital Energy Connecting the Heaven”:  
When the body is hurt by Cold Evil in the winter, the Cold Evil will turn to febrile disease in the spring.
- Essentials from Golden Cabinet Chapter 3 “Yin Yang Du”:  
Yang Toxin manifests red patch on the face like silk brocade, pain in the throat, and spitting of pus and blood.

# Warm-Febrile Diseases from the Classics 2

## Locations of Warm-Febrile diseases

- Essentials from Golden Cabinet Chapter 11 “Wind-Cold in the Five-Zang Organs”:
  - “When Heat is in the Upper Jiao, there is cough, and it can develop into Lung atrophy;
  - When Heat is in the Middle Jiao, there is dry stool; and,
  - When Heat is in the Lower Jiao, there is bloody stool and urine disturbance”.

# Warm-Febrile Disease Characteristics

## Features

- Acute onset
- Remarkable fever at the early stage
- Heat-related signs and symptoms predominate
- Easily consumes body fluids and injures Yin

## Progression

If left untreated or mistreated, the Evil can progress from Exterior to Interior, from mild to severe, and from Excess to Deficiency

## Prognosis

If properly treated, the Evil can regress from Interior to Exterior, from severe to superficial, and from the internal organs to the surface

# Warm-Febrile Diseases

## Defined by the Nature of Evils

- Without Dampness
  - ✓ Wind-Warm
  - ✓ Spring-Warm
  - ✓ Autumn-Dryness
  - ✓ Warm-Toxin
- With Dampness
  - ✓ Summer-Heat warmth
  - ✓ Damp Warmth
  - ✓ Lurking Summer-Heat

# Signs & Symptoms of Warm-Febrile Diseases without Dampness Involved

Wind-Warmth (Occurs in spring and winter)	Fever, aversion to cold, cough, and a floating pulse
Spring-Warmth (Occurs in spring)	High fever and strong thirst, restlessness, and possibly convulsions and coma
Autumn-Dryness (Occurs in autumn)	Dry cough, dry mouth, nose, and throat
Warm-Toxin (Occurs in any season)	<ul style="list-style-type: none"><li>Local redness, swelling, heat, pain, and possibly ulcerations</li><li>Some types are highly contagious</li></ul>

# Signs & Symptoms of Warm-Febrile Diseases with Dampness Involved

Summer-Heat Warmth (Occurs in summer)	(without) Dampness: High fever, strong thirst, profuse sweating, and flooding pulse	(with) Dampness: Chills, no sweating, fever, epigastric distention, and greasy tongue coating
Damp Warmth (Occurs in summer)	Aversion to cold, low-grade fever, heavy sensation, stifling sensation in the chest and/or distention in the epigastrium	
Lurking Summer-Heat (Occurs in autumn or winter)	Fever, restlessness, thirst, epigastric distention, dry mouth, greasy or scanty tongue coating	

# Four-Level Pattern Differentiation

# Wei (Defense) Level

Wei Qi stagnation due to the fight with the warm-febrile Evil  
Lung is unable to disperse Wei Qi to the body surface, including the nose and throat

Common signs and symptoms:

- ✓ Fever, slight aversion to cold, slight or absent sweating, slight thirst, sneezing, nasal congestion, sore throat, cough, headache, etc.
- ✓ Red-tip tongue with a thin white coating; floating and rapid pulse

# Qi Level a

The warm-febrile Evil enters the Interior and affects Qi circulation

The stagnant Qi generates Heat

Common signs and symptoms:

- ✓ High fever, aversion to heat, profuse sweating, thirst with a desire of cold drink, etc.
- ✓ Yellow and dry tongue coating; flooding and slippery pulse

## Qi Level b

Warm-febrile diseases at Qi level can affect various parts of the body, such as:

- ✓ (Upper Jiao) Heat accumulated in Lung, manifesting dry cough, wheezing, distention and pain in the chest, and restlessness, in addition to the common symptoms; a yellow tongue coating with a slippery rapid pulse
- ✓ (Middle Jiao) Heat harassing the diaphragm, manifesting thirst, restlessness, and insomnia, in addition to the common symptoms; a yellowish tongue coating
- ✓ (Lower Jiao) Heat collected in Liver and Gallbladder channels, manifesting feverish body, bitter taste, thirst, nausea, restlessness, and scanty and dark urine, in addition to the common symptoms; a red tongue with yellow coating, and a wiry rapid pulse

# Ying (Nutritive) Level

The warm-febrile Evil injures Yin

Heat disturbs Heart Spirit

Common signs and symptoms:

- ✓ Fever that becomes worse at night, insomnia, restlessness, occasional delirium, and thirst with little desire to drink, etc.
- ✓ A crimson-colored tongue and a thin and rapid pulse
- ✓ Possible macules or papular rashes

# Xue (Blood) Level

The warm-febrile Evil injures Yin and penetrates deeply

Heat disturbs and depletes Blood

Common signs and symptoms:

- ✓ Fever, restlessness, confusion or loss of consciousness, and coma, etc.
- ✓ A crimson-colored tongue
- ✓ Possible various kinds of bleeding or papular rashes over the body

# San Jiao (Triple Burner) Pattern Differentiation

# Upper Jiao Lung Patterns 1

- Lung failing to disseminate and descend Qi
  - ✓ Wei Qi stagnation on the skin => manifestations on the surface
  - ✓ Lung unable to disseminate Qi => manifestations of the Lung functions

# Upper Jiao Lung Patterns 2

- Lung Qi blockage due to Heat accumulation
  - ✓ Wei level => Qi level
  - ✓ Fever, sweating, chest tightness, increased thirst, and cough with yellow sputum, which can be bloody if the Heat injures collaterals in Lung
  - ✓ The Heat can progress transversely in Upper Jiao to Pericardium, if not treated properly
  - ✓ The Heat can progress vertically to Middle Jiao to Stomach, if not treated properly

# Upper Jiao Lung Patterns 3

- Lung Qi blockage with Heat and Dampness accumulation
  - ✓ Wei Qi being stagnant and Lung unable to disseminate Qi, with Spleen Qi stagnation
  - ✓ Heat signs and symptoms not remarkable, but in addition to Lung issues, there may be body heaviness and/or aching, feeling of a bandage-wrapped head, epigastric distention, and poor appetite
  - ✓ A combination of Wei- and Qi-level pattern
  - ✓ A combination of Upper and Middle Jiao pattern
  - ✓ Can progress to deeply affect Spleen and Stomach, if not treated properly

# Upper Jiao Pericardium Patterns 1

- Blockage of Pericardium by Heat invasion
  - ✓ Direct attack by Summer-heat
  - ✓ Heat transmitted from unresolved Lung issues (Qi-level => Ying-level)
  - ✓ Advanced heat symptoms and muddled consciousness or a lethargic condition; cold extremities due to warm-febrile Evil blocking Qi
  - ✓ Blockage of Pericardium can lead to Yang Qi collapse
  - ✓ The warm-febrile Evil can progress to Lower Jiao

# Upper Jiao Pericardium Patterns 2

- Pericardium veiled by Phlegm and Damp-heat
  - ✓ Steaming Damp-heat at Qi level progressing slightly into Ying level
  - ✓ Constant fever that worsen in the night but abates in the daytime
  - ✓ Alternative clear mind and confusion

# Middle Jiao Yang Ming Patterns 1

- Heat accumulation due to Stomach Excess
  - ✓ A Qi-level issue direct from an attack of Summer-heat, or as a result of failure of Lung in clearing warm-febrile Evil
  - ✓ Vigorous fever, aversion to heat, red face and eyes, thirst, and rough breathing
  - ✓ The Heat can transmit to Large Intestine, if not treated properly
  - ✓ The Heat can progress to Lower Jiao and damage Kidney and Liver Yin, if not treated properly

# Middle Jiao Yang Ming Patterns 2

- Obstruction of Qi in Large Intestine with dryness, heat, and constipation
  - ✓ Fever reaching its peak in the afternoon, constipation, and concentrated urine
  - ✓ The Heat can disturb Heart spirit
  - ✓ The Heat can stir up Liver Wind
  - ✓ The Heat can transform into Heat-toxin, damage collaterals, push Blood out of collaterals, and manifest macules and rashes
  - ✓ The Heat can further move to Lower Jiao to injure Kidney and Liver Yin
  - ✓ The Heat blockage can cause mental disorders such as muddled consciousness or delirium, but not as severe as that in Pericardium patterns

# Middle Jiao Spleen/Stomach Pattern

- Damp-heat in Spleen and Stomach
  - ✓ The pattern is caused direct by an attack of Summer-heat with Dampness, or as a result of Damp-heat transmitted from Upper Jiao
  - ✓ Contained fever only reduced slightly after sweating, heavy sensation of the body, and lassitude, distention in the chest and epigastrium, nausea, and loose stools
  - ✓ The Heat can further move to Lower Jiao, if not treated properly

# Lower Jiao Kidney Pattern

- Severe damage to the fluids and Yin aspect in Upper Jiao and Middle Jiao
  - ✓ Listlessness, constant dry mouth and throat, and diminished hearing, fever, malar flushing, and “Five-center Restless Heat”
  - ✓ The Heat can further move to Liver and uprise Liver Wind , if not treated properly

# Lower Jiao Liver Pattern

- The pattern usually comes from depletion of Kidney Yin, leading to Liver Yin Deficiency and sinew malnutrition
  - ✓ Finger trembling, hypertonicity, **convulsion**, listlessness, and violent palpitations with an empty sensation in the chest
  - ✓ The condition can be terminal, if Kidney and Liver Yin are exhausted

# Progress of San Jiao Patterns 1

- Normal transmission rule of warm-febrile diseases
  - ✓ Wei => Qi => Ying => Xue
  - ✓ The Evil attacks the body through the mouth and nose, which are associated with Lung and Stomach (Upper + Middle Jiao); If treated improperly or untreated, the disease will progress transversely to Pericardium or vertically to Middle Jiao, and then to Lower Jiao
- Exceptions from the transmission rule
  - ✓ Summer-heat without Dampness can attack Stomach at the early stage
  - ✓ Damp-heat can first affect Spleen
  - ✓ Summer-heat can directly invade Pericardium or Liver
  - ✓ Lurking Summer-heat can progress from Lower Jiao to Middle Jiao

# Progress of San Jiao Patterns 2

- Abnormal transmission

A patient may not manifest the corresponding signs and symptoms at the disease onset or at the early stage; to identify the course of a potential abnormal transmission can prevent mistreatment, further transmission, and injury of fluids and Yin
- Samples of abnormal transmission
  - ✓ The disease progresses from Wei level to Ying level or deeply to Xue level
  - ✓ Cough and thirst (Qi level) coupled with papules suggesting that Warm-febrile Evil forces Blood out of vessels (Blood level)
  - ✓ Warm-febrile Evil transmits from Lung to Pericardium or Heart, reversing the Five-element acting relationship and causing Heart Yin and Qi Deficiency
  - ✓ The disease progresses from the Exterior to Interior and the overall condition worsens