APPENDIX 1a

Syndromes of the Six Channels:
Shang Han Theory (Cold-induced diseases)

The Cold-induced diseases (shang han) theory is a method of syndrome-pattern differentiation that is applied to febrile diseases due to exogenous pathogens. It is attributed to Zhang Zhong-jing who based it on his study of the Huang Di Nei Jing together with his own clinical experience.

The concept that the course of an exogenous pathogenic invasion could be analysed according to the six Channel system was first recorded in the Nei Jing. However, the first detailed exposition of this subject appeared in Zhang Zhong-jing’s classic work, Treatise on Cold-induced Diseases (shang han lun). As the title suggests, the author analyses the disorders that result from exogenous Cold as it penetrates the body at successively deeper levels.

In this particular context, the term ‘Channel’ has a broader meaning than the ‘Channels of acupuncture’ (i.e. the pathways through which the Qi flows). The six Channels represent six stages in the onset, progression and development of illnesses due to exogenous pathogens. Each of the six Channels includes a pair of organs as well as their related Channels, tissues, etc. In accordance with the zang-fu theory, there are three Yang Channels and three Yin Channels, listed below in order of increasing depth.

<table>
<thead>
<tr>
<th>YANG</th>
<th></th>
<th>YIN</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Greater Yang</td>
<td></td>
<td>Greater Yin</td>
<td>Spleen</td>
</tr>
<tr>
<td>(tai yang)</td>
<td>Small Intestine</td>
<td>(tai yin)</td>
<td>Lung</td>
</tr>
<tr>
<td>Lesser Yang</td>
<td></td>
<td>Lesser Yin</td>
<td>Heart</td>
</tr>
<tr>
<td>(shao yang)</td>
<td>Triple Jiao</td>
<td>(shao yin)</td>
<td>Kidney</td>
</tr>
<tr>
<td>Bright Yang</td>
<td></td>
<td>Reverting Yin</td>
<td>Pericardium</td>
</tr>
<tr>
<td>(yang ming)</td>
<td>Stomach</td>
<td>(jue yin)</td>
<td>Liver</td>
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<tr>
<td></td>
<td>Large Intestine</td>
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</tbody>
</table>

In terms of the Eight Principles, the Greater Yang syndrome is Exterior; Lesser Yang is half-Exterior and half-Interior. The remaining syndromes are Interior. The three Yang syndromes are generally of the excess type, while the three Yin syndromes are generally of the deficiency type.

In two of the Yang Channel stages the pathogen may be located either in the Channels or the fu organs. Thus, they are subdivided into a relatively more exterior ‘Channel syndrome’ and a relatively deeper ‘fu organ syndrome’. In the three Yin Channel stages, the pathogens (or the pathological changes) are confined to the zang organs only.

In the absence of effective treatment, the pathogen may progress to deeper levels in a variety of ways:
- Sequential Channel transmission: The pathogen is transmitted in order of successive depth, i.e. Greater Yang → Lesser Yang → Bright Yang → Greater Yin → Lesser Yin → Reverting Yin
- Non-sequential Channel transmission: The pathogen is transmitted from the Exterior to the Interior, with one or more Channel stages skipped over.
- Direct attack: The pathogen penetrates the Interior directly.
- Overlapping syndromes: Two or more sequential Channel stages occur together.
- Combination syndromes: Two or more Channel stages, which are not sequential, are involved simultaneously

Although this theory is given only a limited scope of application in contemporary TCM practice, its author is still held in high esteem by the community of TCM practitioners, both within China and in the West. This is partly due to the fact that his original book (divided into two by later scholars) laid the foundations for the practice of TCM, particularly herbal medicine. In addition to Eight Principle differentiation, he also established the basis for building herbal formulas. He demonstrated how a base formula may be modified, according to the patient’s specific signs and symptoms. Many of the formulas that he developed (or perhaps compiled and collected from contemporary physicians), and subsequently recorded for posterity, are still widely used to this day.

In clinical practice, the Yang Channel syndromes are seen in acute infections, such as the common cold, influenza, gastroenteritis, nephritis as well as post viral syndrome. The Yin Channel syndromes may be seen in various chronic conditions. Please note that a full discussion of all of the possible complications and combinations that may occur in Cold-induces diseases is beyond the scope of this text. The following discussion is confined to the main syndromes only.

GREATER YANG SYNDROME (tai yang bing zheng)
When exogenous Cold is at the Greater Yang Channel stage the health Qi struggles to resist the pathogens at the Exterior of the body. This pathological process can manifest in several ways, depending on the condition of the health Qi and the depth of penetration by the pathogens within the Greater Yang. The pathogen may be located in the Greater Yang Channels or it may invade the Greater Yang fu organs, principally the Bladder.

The former syndrome is equivalent to Wind-Cold invasion of the Exterior; while the latter is an Interior syndrome, that is generally accompanied by an unresolved Exterior syndrome. The Greater Yang Channel syndrome may be an excess type if the health Qi is strong, or it may be a deficiency type if the health Qi (specifically the defensive Qi) is deficient. The former is referred to as Greater Yang Wind (Exterior deficiency) and the latter, Greater Yang Cold (Exterior excess).

Greater Yang Channel syndrome: Wind (Exterior deficiency) syndrome
In this syndrome, the pores and the striae are loose due to weakness of the defensive Qi. This is a mixed excess and deficiency type condition. Although the signs and symptoms of Exterior Wind-Cold are present, in common with those of the Greater Yang Cold (Exterior excess) syndrome, the symptoms are milder than the latter, owing to the debilitated nature of the defensive Qi. In addition, because the
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pores and striae are loose, this gives rise to the main distinguishing sign: spontaneous sweating.

**Distinguishing Features:**
- Manifestations of Exterior Wind-Cold
- Spontaneous sweating
- Pulse is floating and moderate

**Clinical manifestations:**
- Acute onset condition, chills, aversion to wind and cold, mild fever, headache, pain and stiffness of the neck, muscular aches, nasal congestion, sneezing (with thin clear mucus)
- Sweating
- Possibly cough or wheeze with thin clear sputum
- Tongue is normal
- Pulse is floating and moderate

**Treatment principle:** Release Exterior Wind-Cold, harmonise the nutritive Qi and the defensive Qi

**Greater Yang Channel Syndrome: Cold (Exterior excess) Syndrome**
This is an excess syndrome with specific features due to the contacting effect of Cold. The symptoms are generally intense, reflecting the vigorous struggle between the robust defensive Qi and the invading pathogens.

**Distinguishing Features**
- Manifestations of Exterior Wind-Cold
- Absence of sweating
- Pulse is floating and tight

**Clinical manifestations**
- Acute onset condition, chills, aversion to wind and cold, mild fever, headache, pain and stiffness of the neck, muscular aches, nasal congestion, sneezing (with thin clear mucus)
- Absence of sweating
- Possibly cough, dyspnea and wheeze with thin clear sputum
- Tongue is normal
- Pulse is floating and tight

**Treatment principle:** Release Exterior Wind-Cold, (possibly also disseminate the Lung Qi to relieve cough or dyspnea)

**Greater Yang fu organ syndrome**
The pathogen invades the Bladder, via the associated Channel, and impairs its Qi transformation function. The Exterior syndrome has not been resolved and thus there are clinical features of both the Greater Yang Channel and fu organ (Bladder) disorder.

**Distinguishing Features:**
• Greater Yang Channel syndrome (excess or deficiency)
• Urinary retention
• Distention and sense of fullness of the lower abdomen

Clinical manifestations:
• Greater Yang Channel syndrome (excess or deficiency)
• Urinary retention
• Distention and sense of fullness of the lower abdomen
• Thirst and irritability
• Vomiting immediately after drinking in severe cases

Treatment principle: Release Exterior Wind-Cold, expel Cold from the Bladder, promote Qi transformation and induce diuresis.

LESSER YANG SYNDROME (shao yang bing zheng)
The Cold pathogen has transformed to Heat and is now located at a level that is midway between the Exterior and the Interior. This syndrome is not subdivided into Channel and fu organ syndromes as both are involved to some extent, due to the location of the pathological activity.

This syndrome may occur as a direct attack or may be transmitted from either the Greater Yang or Bright Yang. Thus, it may occur alone or in combination with either the Greater Yang or Bright Yang syndromes. The symptomatology reflects the struggle between the health Qi and the pathogens, as well as the disruption that has been caused to the Gallbladder and the triple Jiao. The Gallbladder Qi becomes stagnant and the stagnant Qi develops Fire. In addition, stagnation causes the Gallbladder Qi to counterflow and invade the Stomach. The latter effect is compounded by stagnation within the triple Jiao.

Distinguishing Features:
• Alternating fever and chills
• Bitter taste in the mouth
• Dry throat
• Nausea or vomiting or acidic regurgitation, loss of appetite

Clinical manifestations:
• Alternating fever and chills
• Sensation of fullness in the chest and hypochondrium
• Nausea or vomiting or acidic regurgitation, loss of appetite
• Dizziness or vertigo
• Restlessness and irritability
• Bitter taste in the mouth
• Dry throat
• Tongue is normal or may have red edges
• Pulse is wiry

Treatment principle: Harmonise the Lesser Yang
BRIGHT YANG SYNDROME (yang ming bing zheng)
At this stage, the pathogens have transformed into Heat and penetrated through to the Interior, affecting the Stomach and Large Intestine. The Bright Yang is divided into Bright Yang Channel syndrome and Bright Yang fu organ syndrome. In the former, only the Channels (of the Stomach and Large Intestine) are affected, while in the latter, the pathogens affect the Bright Yang organs, i.e. the Stomach and Large Intestine.

Bright Yang Channel syndrome
The signs and symptoms are all of the nature of Interior Heat excess. As the Heat at this stage is ‘formless’ (i.e. more diffuse), in that it is not localized in any specific organ, the symptomatology is generalized. The Heat ‘steams’ the body Fluids to the Exterior, which are lost through sweating. The Heat also damages the Stomach Yin and Fluids. The typical symptoms at this stage are referred to as the ‘four big’: i.e. fever, sweating, thirst and pulse

Distinguishing Features:
- High fever
- Profuse sweating
- Intense thirst
- Full and surging pulse

Clinical manifestations:
- High fever, aversion to heat
- Profuse sweating, absence of chills
- Thirst, which is intense
- Pronounced irritability, agitation and restlessness
- Flushed face
- Red tongue with a dry yellow coat
- Pulse is full and surging

Treatment principle: Clear Heat. (Generally also: tonify the Qi and regenerate the body Fluids)

Bright Yang fu organ syndrome
When the pathogen has penetrated into the Bright Yang fu organs (Stomach and Large Intestine), it binds with the contents of these organs, resulting in food stagnation with constipation. Thus, the pathogenic Heat now has form and the major symptoms relate directly to pathological changes in the Stomach and Large Intestine organs. The marked loss of body fluids from sweating together with the damaging effects of pathogenic Heat have led to the development of Yin deficiency, which is reflected in the fever becoming tidal in nature.

Distinguishing Features:
- Tidal fever (afternoon fever)
- Distended abdomen that is hard and full
- Abdominal pain aggravated by pressure
- Constipation
Clinical manifestations:
- Tidal fever (afternoon fever) with sweating mainly on the hands and feet
- Irritability, delirium in severe cases
- Distended abdomen that is hard and full
- Abdominal pain aggravated by pressure
- Constipation, possibly fecal impaction with watery discharge
- Red tongue with prickle and a dry, dark yellow tongue coat
- Pulse is deep, full and rapid (or racing) and may also be slippery

Treatment principle: Clear Heat by purgation

GREATER YIN SYNDROME (tai yin bing zheng)
In the Greater Yin syndrome, the health Qi has become depleted in its efforts to resist the pathogens and is now in a state of decline. The pathogen is also less virulent at this stage and has transformed into Cold. This syndrome may develop by direct attack of exogenous Cold into the Greater Yin (Spleen and Lung) in a patient with a weak constitution, or may be transmitted from one of the Yang Channel stages. Alternatively, it may arise due to incorrect treatment of one of the Yang Channel syndromes or when a patient with pre-existing Spleen Yang deficiency contracts an exogenous Wind-Cold pathogen.

The pathogen is Cold in nature and the overall syndrome is an Interior deficiency type. Thus, the Greater Yin syndrome is the same as Spleen and Stomach (i.e. middle Jiao) Yang deficiency. The symptomatology centers on retention of Cold-Damp, the subsequent stagnation of Qi in the middle Jiao, and Spleen Yang deficiency.

Distinguishing Features:
- Abdominal fullness and distention
- Abdominal pain that is relieved by warmth and pressure
- Absence of thirst
- Tongue is pale with a greasy, white coat
- Pulse is moderate and weak

Clinical Manifestations:
- Abdominal fullness and distention, worse after eating
- Intermittent abdominal pain that is relieved by warmth and pressure
- Poor appetite
- Vomiting
- Diarrhea or loose stools with undigested food
- Absence of thirst
- Fatigue, pallor, cold extremities, cold abdomen
- Possibly edema
- Tongue is pale with a greasy, white coat
- Pulse is deep, moderate (or slow) and weak

Treatment Principle: Warm-tonify the Spleen Yang and dispel Cold.
LESser Yin Syndrome (shao yin bing zheng)
The pathological changes are in the Heart and Kidney. In patients with pre-existing deficiency of the Heart or Kidney, exogenous pathogens may enter by direct attack. Alternatively, because of the exterior-interior relationship between the Greater Yang and the Lesser Yin, pathogens affecting the former may affect the latter, especially if there is a pre-existing weakness of the Heart and/or Kidney. In the course of an exogenous disease, this represents a critical condition with severe depletion of the health Qi. There are two variants of this syndrome: Yang deficiency and Yin deficiency.

a) Cold (Yang deficiency) syndrome of the Lesser Yin
The Heart Yang and the Kidney Yang are impaired by the Cold pathogen. Because the Heart Yang together with the Kidney Yang forms the basis of the Yang Qi of the whole body, this leads to collapse of the Yang.

Distinguishing Features:
- Extreme lassitude, lying with the body curled up
- Apathy, sleepiness
- Intolerance of cold
- Cold extremities
- Watery diarrhea with undigested food
- Profuse urination
- Pulse is deep and faint

Clinical Manifestations:
- Extreme lassitude, lying with the body curled up
- Apathy, sleepiness
- Intolerance of cold, cold extremities
- Watery diarrhea with undigested food
- Profuse urination
- Nausea or vomiting
- Absence of thirst or thirst with preference for warm drinks
- Possibly generalized pain
- Possibly: edema, palpitations, dizziness, cough, sense of heaviness with pain in the limbs
- Tongue is pale with a white and slippery coat
- Pulse is deep and faint

Treatment Principle: Restore the Yang (possibly also: warm the Yang, promote Qi transformation and induce diuresis)

b) Heat (Yin deficiency) syndrome of the Lesser Yin
In patients with pre-existing Yin deficiency, when pathogens invade the Lesser Yin, they transform into Heat. The Heat further depletes the Yin, leading to the development of deficiency Fire. The Kidney Yin is unable to provide a sufficient counterbalance for the Heart Yang, which then tends to become hyperactive due to the presence of the deficiency Fire. This syndrome is a variant of Heart-Kidney disharmony syndrome.
Distinguishing Features:
- Restlessness and irritability
- Insomnia
- Dry mouth and throat
- Tongue is dry and red with little or no coat

Clinical Manifestations:
- Restlessness and irritability, extreme anxiety
- Insomnia with frequent waking during the night
- Low grade fever or tidal fever, night sweating, sensation of heat in the chest, red cheeks, mouth ulcers, dry mouth, scanty and dark urine, constipation with dry stools
- Tongue is red or red on the tip with a scanty yellow coat or a peeled coat
- Pulse is deep, thready and rapid

Treatment Principle: Nourish the Yin and clear Heat (or clear Heart Fire and nourish the Kidney Yin)

REVERTING YIN SYNDROME (jue yin bing zhang)
This syndrome may arise by transmission of the pathogens or direct attack, especially when there is deficiency of the Liver or the Liver and Kidney. Because of the exterior-interior relationship between the Reverting Yin organs and the Lesser Yang organs, this syndrome has some features in common with the latter, such as the mixture of Cold and Heat signs. In addition, since the Reverting Yin is the extreme, or end point of the Yin Channel stages, the condition is marked by a combination of clinical features of opposite nature. The distinguishing features center on Heat in the upper body and Cold in the lower body.

Distinguishing Features:
- Chest pain with a sensation of heat
- Cold limbs
- Diarrhea

Clinical Manifestations:
- Persistent thirst
- Chest pain with a sensation of heat
- Sensation of Qi rising up into the Heart
- Hunger without a desire to eat
- Vomiting after eating, possibly with roundworms in the vomitus
- Cold limbs or alternating hot and cold extremities
- Diarrhea

Treatment Principle: Eliminate the parasites and alleviate pain.
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<table>
<thead>
<tr>
<th>SYNDROME</th>
<th>LOCATION</th>
<th>SUBTYPE</th>
<th>DISTINGUISHING FEATURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Yang (Small Intestine &amp; Bladder)</td>
<td>Exterior</td>
<td>Greater Yang Channel syndrome - Wind (Exterior deficiency) syndrome</td>
<td>Manifestations of Exterior Wind-Cold, spontaneous sweating, pulse is moderate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Greater Yang Channel syndrome - Cold (Exterior excess) syndrome</td>
<td>Manifestations of Exterior Wind-Cold, absence of sweating, pulse is tight</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Greater Yang fu organ syndrome</td>
<td>Manifestations of Greater Yang Channel syndrome (excess or deficiency), urinary retention, distention and sense of fullness of the lower abdomen</td>
</tr>
<tr>
<td>Lesser Yang (Gallbladder &amp; triple Jiao)</td>
<td>Between the Exterior and the Interior</td>
<td></td>
<td>Alternating fever and chills, bitter taste in the mouth, dry throat, nausea or vomiting or acidic regurgitation, loss of appetite</td>
</tr>
<tr>
<td>Bright Yang (Stomach &amp; Large Intestine)</td>
<td>Interior</td>
<td>Bright Yang Channel syndrome</td>
<td>High fever, profuse sweating, thirst, full and surging pulse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bright Yang fu organ syndrome</td>
<td>Tidal fever (afternoon fever), distended abdomen that is hard and full, abdominal pain aggravated by pressure, constipation</td>
</tr>
<tr>
<td>Greater Yin (Spleen &amp; Lung)</td>
<td>Interior</td>
<td></td>
<td>Abdominal fullness and distention, abdominal pain that is relieved by warmth and pressure, absence of thirst, tongue is pale with a greasy, white coat, pulse is moderate and weak</td>
</tr>
<tr>
<td>Lesser Yin (Heart &amp; Kidney)</td>
<td>Interior</td>
<td>Cold syndrome (Yang deficiency)</td>
<td>Extreme lassitude, lying with the body curled up, apathy, sleepiness, intolerance of cold, cold extremities, watery diarrhea with undigested food, profuse urination, pulse is deep and faint</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hot syndrome (Yin deficiency)</td>
<td>Restlessness and irritability, insomnia, dry mouth and throat, tongue is dry and red with little or no coat</td>
</tr>
<tr>
<td>Reverting Yin (Liver &amp; Pericardium)</td>
<td>Interior</td>
<td></td>
<td>Chest pain with a sensation of heat, cold limbs, diarrhea</td>
</tr>
</tbody>
</table>
APPENDIX 1b

Syndromes of the Four Aspects:
Wen Bing theory (Warm diseases)

In the 17th century Wu You-xing and Ye Tian-shi further developed and refined the differentiation, diagnosis and treatment of infectious diseases. They observed that the original theory of Cold-induced diseases did not explain the manifestations of all types of infectious diseases. In order to provide a framework for their own clinical experiences, they developed the theory of exogenous diseases caused by Warm pathogens, describing the diagnostic features and treatment protocols for these conditions.

Warm diseases (also referred to as ‘Warm-febrile diseases’ or ‘epidemic febrile diseases’) are acute disorders in which fever is the main characteristic. They may be caused by exogenous or pestilential pathogens, and include a variety of infectious as well as some non-infectious disorders. Generally they occur in epidemics and, because of the virulent nature of the pathogens, Warm diseases may affect all members of a community regardless of the state of the victim’s defensive Qi.

As with Cold-induced diseases, Warm pathogens may penetrate the body and be located at various levels. Accordingly, Warm diseases are analysed according to the four aspects: the Defense aspect (wei fen), the Qi aspect (qi fen), the Nutrient aspect (ying fen) and the Blood aspect (xue fen), each of which is at a successively deeper level. The nature of these aspects should be understood in a broad sense, as they are not intended to indicate a simple geometrical or spatial division. The important point is that they indicate the sequence in which this type of disorder may develop, particularly in the absence of effective treatment - the deeper the level, the more severe, and hence more serious, the syndrome.

In view of the facts that this system is more widely used and has a broader application in the treatment of infectious diseases, as well as it’s relatively modern development, some of the relevant Western biomedical diseases have been included in the following discussion.

DEFENSE ASPECT SYNDROMES (wei fen zheng)
The defensive Qi protects the Exterior of the body, which includes the skin, body hair, pores, striae, muscles and connective tissue. Because of the close relationship between the defensive Qi and the Lung Qi, Defense aspect syndromes generally involve pathological changes in the Lung and associated tissues (i.e. the upper respiratory tract).

Warm pathogens may combine with other pathogens when invading the Exterior - commonly Wind, Summer-Heat (or Summer-Heat-Damp) or Dryness. Thus, there are four subgroups in this syndrome: Exterior Wind-Warm (or Wind-Heat); Exterior Summer-Heat-Damp; Exterior Warm-Dryness. These are basically variants of the Exterior Wind-Heat syndrome.
Distinguishing Features:

- Sudden onset, acute disorder
- Pronounced fever
- Sputum or nasal discharge is thick and yellow
- Rapid pulse

Clinical manifestations:

- Acute illness with a sudden onset
- Strong fever
- Mild chills or aversion to cold temperature and drafts
- Sore throat or cough
- Mild thirst
- Head or body aches
- Thick yellow mucous discharge
- Floating pulse, that is also rapid
- Absence of changes in the tongue body (or possibly tongue with a red tip)
- Summer-Heat-Warm: fever and chills without sweating, headache, thirst, flushed face, sense of tightness in the chest, white and greasy tongue coat, floating and rapid pulse.
- Summer-Heat-Damp (or Damp-Warm): sensation of bodily heaviness, head and body aches, nausea and vomiting, diarrhea, greasy tongue coat.
- Warm-Dry: dry lips, nose, mouth, and throat, small amount of sputum that is thick and difficult to expectorate

Biomedical diseases:

a) Exterior Wind-Warm (or Wind-Heat): Common cold, influenza, acute conjunctivitis, acute tonsillitis, acute bronchitis, epidemic parotitis (mumps), epidemic meningitis.


c) Exterior Summer-Heat-Damp (and Exterior Damp-Warm): Common cold, influenza, acute gastro-enteritis, typhoid fever (early stages), infectious hepatitis (early stages), leptospirosis (early stages), urinary tract infections (early stages).

d) Warm-Dry: Common cold, influenza, diphtheria, infantile paralysis.

Treatment principle: Release Exterior Wind-Heat (or clear Summer-Heat and resolve Damp; clear release Exterior Warm-Dryness and moisten the Lung)

QI ASPECT SYNDROMES (qi fen zheng)

These are Interior syndromes caused by Heat beginning to invade the zang-fu organs. They include the Bright Yang syndromes as well as syndromes involving the Lung, the upper Jiao, the Stomach and Intestines in various combinations. The key features are due to the struggle between the virulent Heat pathogen and the health Qi, which is also strong, giving rise to intense signs and symptoms: high fever, no sensitivity to cold, sweating, dry mouth with strong thirst, red tongue with a yellow coat, rapid and surging, or deep and full pulse. There are seven commonly seen variants, discussed below.

a) Qi aspect intense Heat
This is Heat excess in the Bright Yang Channels and is characterized by the four ‘big’ symptoms (fever, sweating, thirst and pulse). Due to the loss of body Fluids through sweating an important component of the treatment is to replenish the Fluids.

**Distinguishing Features:**
- High fever
- Profuse sweating
- Thirst
- Full, surging pulse

**Clinical manifestations:**
- High fever, aversion to heat
- Profuse sweating, absence of chills
- Thirst, which is intense
- Pronounced irritability, agitation and restlessness
- Flushed face
- Red tongue with a dry yellow coat
- Pulse is full and surging

**Biomedical diseases:** Influenza, Japanese type B encephalitis.

**Treatment principle:** Clear Heat. (Generally also: tonify the Qi and regenerate the body Fluids)

**b) Lung Heat (and Lung Phlegm-Heat)**
The exogenous pathogen invades the Lung and obstructs the Lung Qi. This results in the generation of Phlegm, which further obstructs the Lung Qi.

**Distinguishing Features:**
- Hacking cough with thick yellow sputum
- Fever
- Tongue is red with a yellow coat

**Clinical Manifestations:**
- Hacking cough with thick yellow sputum that is difficult to expectorate, shortness of breath, labored breathing, chest pain, flaring of the nostrils, possibly expectoration of purulent sputum
- Thirst, dry mouth and throat, bitter taste in the mouth
- Dark and scanty urination, dry stools or constipation
- Tongue is red with a yellow coat
- Pulse is rapid or may also be surging or slippery

**Biomedical diseases:** Acute bronchitis, lobar pneumonia.

**Treatment Principle:** Clear the Lung, disseminate the Lung Qi and alleviate coughing (or Clear the Lung and resolve Phlegm, disseminate the Lung Qi and alleviate coughing)

c) Intense Heat in the chest and diaphragm
The pathogen simultaneously invades the upper Jiao and middle Jiao, specifically the Lung and Stomach, which are located on either side of the diaphragm; hence the name for this syndrome.

**Distinguishing Features:**
- Burning sensation in the chest
- Irritability
- Dry lips and throat
- Constipation

**Clinical Manifestations:**
- High fever
- Burning sensation in the chest
- Irritability
- Dry lips and throat, strong thirst
- Constipation
- Tongue is red with a yellow coat that may be dry in the centre
- Pulse is rapid or may also be slippery

**Biomedical diseases:** Acute bronchitis, pleurisy, gastritis, intercostal neuralgia.

**Treatment Principle:** Clear the upper Jiao (i.e. the Lung & chest) and purge the middle Jiao (i.e. the bowels).

d) **Heat bind in the Stomach and Intestines**
This is the same as the Bright Yang fu organ syndrome. The pathogen invades the Stomach and Intestines and binds with their contents, causing the characteristic gastrointestinal symptoms.

**Distinguishing Features:**
- Tidal fever (afternoon fever)
- Distended abdomen that is hard and full
- Abdominal pain aggravated by pressure
- Constipation

**Clinical manifestations:**
- Tidal fever (afternoon fever) with sweating mainly on the hands and feet
- Irritability, delirium in severe cases
- Distended abdomen that is hard and full
- Abdominal pain aggravated by pressure
- Constipation, possibly fecal impaction with watery discharge
- Red tongue with prickles and a dry, dark yellow tongue coat
- Pulse is deep, full and rapid (or racing) and may also be slippery

**Biomedical diseases:** Influenza (intermediate and advanced stages), Japanese type B encephalitis (intermediate and advanced stages).

**Treatment principle:** Clear Heat by purgation
e) Constipation due to Yin deficiency and Intestinal Dryness
The Yin has been damaged by the pathogen and through fluid loss induced by sweating. In addition, there may have been further loss of the body Fluids by therapeutic interventions such as purgation or emesis. This leads to Dryness of the Large Intestine, together with features of Yin deficiency.

**Distinguishing Features:**
- Constipation
- Tidal fever
- Dry mouth, lips and tongue

**Clinical Manifestations:**
- Constipation with dry, hard stools
- Tidal fever
- Thirst with dry mouth lips and tongue
- Possibly also abdominal distention with pain and a sense of fullness (if with Heat bind)
- Tongue is dry and possibly also red with a scanty and dry coat that may be yellow
- Pulse is thready and rapid

**Biomedical diseases:** Influenza (advanced stage), Japanese type B encephalitis (advanced stage).

**Treatment Principle:** Moisten the Large Intestine and open the bowels (possibly also clear Heat and purge the bowels)

f) Damp-Warm at the Qi aspect
This is a complex syndrome in which there are a number of variables. The combined Damp and Heat pathogens may invade the body from the outside, or there may be pre-existing internal Damp due to failure of the Spleen’s T & T functions. In the latter case, the invading Heat combines with Damp when it penetrates to the Qi aspect. Depending on the state of the middle Jiao (i.e. robust or deficient), the pathogens may manifest in different ways.

In cases with robust Qi in the middle Jiao, the disease is generally located in the Stomach, and Heat predominates. When the middle Jiao is deficient, the disease is generally located in the Spleen, and Damp predominates. The former is the same as the Bright Yang Channel syndrome together with some features of Damp or Damp Heat accumulating in the Spleen. The latter is a combination of Cold-Damp disturbance of the Spleen with features of a Bright Yang fu organ syndrome in which there are separate Damp and Heat pathogens as well as the combined Damp-Heat complex.

The common clinical features include: sensation of bodily heaviness, chest distress, dry mouth and throat without desire to drink, greasy tongue coat, soft or moderate pulse. Because of the nature of Damp, these diseases have a relatively slower onset and longer course.

i) Heat predominant
The Qi of the middle Jiao is robust. The disease is located in the Stomach and Heat predominates. This syndrome is the same as the Bright Yang Channel syndrome together with some features of Damp or Damp Heat accumulating in the Spleen.

**Distinguishing Features:**
- High fever
- Sensation of bodily heaviness
- Chest oppression
- Thirst
- Sweating
- Tongue coat is yellow and may also be greasy
- Pulse is surging

**Clinical Manifestations:**
- High fever, red complexion
- Sensation of bodily heaviness
- Chest oppression
- Thirst
- Sweating
- Tongue coat is yellow and may also be greasy
- Pulse is surging, large and long

**Biomedical diseases:** Typhoid, leptospirosis, infectious hepatitis, acute bacillary dysentery, acute gastroenteritis.

**Treatment Principle:** Clear Heat and resolve Damp

**ii) Damp predominant**
The middle Jiao is deficient. The disease process is located in the Spleen, and Damp predominates. This syndrome is a combination of Cold-Damp disturbance of the Spleen with features of a Bright Yang fu organ syndrome. There are separate Damp and Heat pathogens as well as the combined Damp-Heat complex.

**Distinguishing Features:**
- Tidal fever
- Sensation of bodily heaviness
- Chest oppression
- Dry mouth and throat without desire to drink
- Tongue coat is white and greasy
- Pulse is soft

**Clinical Manifestations:**
- Tidal fever
- Headache
- Pale yellow complexion
- Sensation of bodily heaviness with generalized aches and pains
- Chest oppression
- Loss of appetite, possibly with epigastric or abdominal distention
Dry mouth and throat without desire to drink
Tongue coat is white and greasy
Pulse is moderate and soft or thready and soft

**Biomedical diseases:** Typhoid, leptospirosis, infectious hepatitis, acute bacillary dysentery, acute gastroenteritis.

**Treatment Principle:** Arouse the Spleen and resolve Damp, clear Heat and drain Damp, disseminate the Lung Qi, regulate and harmonise the middle Jiao.

**iii) Severe Damp-Heat**
Exogenous Damp-Heat penetrates to the Qi aspect, attacking the Lung and Stomach. The pathogens obstruct the triple Jiao and may also affect the Liver and Gallbladder.

**Distinguishing Features:**
- Fever
- Sweating
- Thirst
- Sensation of bodily heaviness
- Chest oppression
- Abdominal distention
- Scanty and dark urine
- Tongue coat is yellow and greasy
- Pulse is rapid and soft

**Clinical Manifestations:**
- Fever
- Sweating
- Thirst
- Sensation of bodily heaviness, aching limbs
- Chest oppression
- Abdominal distention
- Throat is sore and swollen
- Scanty and dark urine
- Possibly jaundice
- Possibly vomiting
- Possibly diarrhea
- Tongue coat is yellow and greasy
- Pulse is rapid and soft

**Biomedical diseases:** Infectious hepatitis, acute gastroenteritis

**Treatment Principle:** Clear Heat Toxin, and resolve turbid-Damp.

**g) Wind-Warm seasonal Toxin**
The pathogens Wind, Heat and seasonal Toxin invade the body and rapidly penetrate to the Qi aspect, affecting the Lung and Stomach. Due to the Yang nature
of the pathogens, the disease manifests in the upper Jiao, specifically on the head and face.

**Distinguishing Features:**
- Strong fever and chills
- Inflammation on the head and face
- Throat swelling and pain
- Thirst
- Tongue is red with a yellow coat
- Pulse is floating, rapid and full

**Clinical Manifestations:**
- Acute onset, strong fever and chills
- Redness, swelling and pain of the head and face, eye inflammation
- Throat swelling and pain
- Red complexion
- Thirst
- Possibly deafness or delirium
- Tongue is red with a yellow coat
- Pulse is floating, rapid and full

**Biomedical diseases:** Epidemic parotitis, acute tonsillitis, diphtheria, suppurative otitis media, cellulitis of the head and face, lymphadenitis.

**Treatment Principle:** Clear Heat Toxin, release Exterior Wind-Heat.

**NUTRIENT ASPECT SYNDROMES** (*ying fen zheng)*
Heat enters the Nutrient (*ying*) aspect and begins to develop into Heat Toxin, hence there is a sudden worsening of the patient’s condition. The Nutrient aspect is at a deeper level than the Qi aspect, and not as deep as the Blood (*xue*) aspect. In the same way that the nutritive Qi may be conceptualized as the Qi within the Blood, i.e. the more Yang portion of the Blood, the Nutrient aspect is closely related to but more superficial than the Blood aspect.

In the same way that the Blood is related to the Heart zang organ, the Nutrient aspect is related to the Pericardium. Thus, the pathological changes that occur as a result of Heat entering the Nutrient aspect manifest with some degree of disturbance to consciousness as well as a mild degree of Blood acceleration (i.e. Blood being forced out of the vessels, resulting in hemorrhage). In addition, the nutritive Qi is consumed by the pathogen, giving rise to signs of Yin deficiency.

Thus, the characteristics of Heat in the Nutrient aspect are irritability and insomnia, fever that worsens in the evening, maculopapular skin eruptions, a deep red or crimson tongue without any coat, a thready and rapid pulse. There are two major variants, discussed below.

**Note:** These conditions should be managed in a hospital.

**a) Injury to the Nutrient Yin (by Heat)**
Although these are critical illnesses, this is the less severe variant. The pathogenic Heat has entered the Nutrient aspect and impairs the fluids, causing depletion of the Yin.

**Distinguishing Features:**
- Fever, which is worse at night
- Mild or absent thirst
- Insomnia
- Maculopapular eruptions
- Absence of a coat on the tongue

**Clinical manifestations:**
- Fever, which is worse at night
- Mild or absent thirst
- Insomnia, restlessness and irritability, possibly periods of delirium
- Maculopapular eruptions that are faint
- Tongue is crimson and dry with scanty or absent coat
- Pulse is thready and rapid

**Biomedical diseases:** Encephalitis, meningitis, septicemia, acute leukemia, and other serious infections.

**Treatment principle:** Clear the Nutrient aspect (also: nourish the Yin and clear Heat Toxin)

b) Invasion of the Pericardium (by Heat)
This is the more severe variant as the Heat has penetrated deeper and the pathological changes are more extensive.

**Distinguishing Features:**
- Marked disturbances in consciousness
- Stiff tongue
- Cold limbs

**Clinical manifestations:**
- Marked disturbances in consciousness, such as severe confusion, apathy or agitation, delirium, coma
- Stiff tongue, slurred speech
- Cold limbs
- Fever, which is worse at night
- Mild or absent thirst
- Maculopapular eruptions that are faint
- Tongue is crimson and dry with scanty or absent coat
- Pulse is thready and rapid and may also be slippery

**Biomedical diseases:** Encephalitis, meningitis, septicemia, acute leukemia, heat stroke, toxic bacillary dysentery and other serious infections.

**Treatment principle:** Clear the Heart and resuscitate
BLOOD ASPECT SYNDROMES (xue fen zheng)
This is the most severe stage in the progression of a Warm disease. The pathogen has depleted the health Qi and still remains virulent. The intense Heat, or Heat Toxin, develops into Fire Toxin, giving rise to a serious and possibly life-threatening condition. As the Blood is closely related to the Heart and Liver, both of these zang organs are affected at this stage. In addition, the Kidney Yin is injured by the cumulative effects of the pathogen, which depletes the body Fluids and the Yin of the whole body.

In this syndrome, there are manifestations of disturbance of consciousness (Heart affected), Interior Wind (Liver affected), Blood acceleration (due to Heat), Blood deficiency and Kidney Yin deficiency. In some cases, the Heat causes Blood stasis in the lower Jiao, manifesting with a painful mass (or masses) in the lower abdomen, constipation and dark macules or speckles on the tongue.

**Note:** These conditions should be managed in a hospital.

**Distinguishing Features:**
- Abnormal bleeding
- Deep red skin eruptions
- High fever
- Moderate thirst
- Severe mental confusion

**Clinical manifestations:**
- Abnormal bleeding, e.g. epistaxis, hematemesis, hematuria, hemafecia.
- Deep red or black maculopapular skin eruptions that may be quite extensive
- High fever, worse at night
- Moderate thirst, desire to rinse the mouth with water but not to swallow it
- Severe mental confusion, mania, delusional speech, agitation, restlessness, irritability
- Possibly also: dizziness, convulsions, spasms, contractures (due to Interior Wind)
- Tongue is crimson and dry, without coat
- Pulse is thready and rapid

**Biomedical diseases:** Typhoid, miliary pulmonary tuberculosis, leptospirosis, septicemia, meningococcal meningitis, encephalitis, leukemic crisis.

**Treatment principle:** Clear Heat and cool the Blood (also: nourish the Yin, resolve Fire Toxin, dispel Blood stasis, stop bleeding)

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1 Treatise on Cold-induced and Miscellaneous Diseases (*shang han za bing lun*)
2 Some of the most popular prepared formulas in Western TCM clinics today were originally recorded by Zhang: Minor Bupleurum Combination (*xiao chai hu tang*), Rehmannia Eight Combination (*jin gui shen qi wan a.k.a. fu gui ba wei wan*), Wheat & Jujube Combination (*gan mai da zao tang*), Minor Blue Dragon Combination (*xiao qing long tang*), Cinnamon and Hoelen Combination (*gui zhi fu ling tang*), Zizyphus Combination (*suan zao ren tang*), Hoelen Five Formula (*wu ling san*) etc.
This is a different paradigm to that which is discussed in Chapter 5. This is an example of two different but overlapping paradigms, in that the former uses the same terms in the broad sense, while the latter uses these terms in the narrow sense.