

Chinese Pathology 302

4-2-05

Organ pathology and febrile disease

We will cover

Febrile Disease

Shang Han Lun (six level system) and how to differentiate

Warm disease, (Wei level, Qi level, Ying Level, Blood)

Terminology and misc (wei, phlegm rhuem, etc.)

And get us started doing diagnosis.

Reading includes

Fundamentals of Chinese Medicine,

Foundations of Chinese Medicine,

Chinese Medical Theory (Pirog),

Healing With Whole Foods

Basic Organ Theory

Lung

Like western

Breathing and Respiration

Easy to get sick is lung wei qi deficiency

Associated with the skin

It governs the Qi (every time you breathe you propel the qi throughout the body)

Spleen

Digestion

Movement and transportation of foods

appetite.

Problems with digestion

Kidney

Governs water

stores essence

associated with bone

back pains (lumbar area) (if not traumatic injury)

urinary problems (containment of urine)

aging (essence decline)

Heart

emperor

changes in heart rate, palpitations, racing of the heart, irregular heart rate, interruption in the pulse

residence of the shen

Emotional problems can be attributed to the heart

Liver

free-coursing of qi.

A lot to do with blood, it stores the blood, problems with blood and movement of qi are related to liver pathology.

PC

heart protector

it's the moat that protects the heart.

Substances

Qi

food and air mix to combine true qi

blood

Jing/yeh fluids – from digested fluids.

Clean vs turbid fluids

Essence

acquired and inherited

stored in the kidney

Shen

formed like essence, part from parents, part from life experience.

You need adequate amounts of blood for it to work right. It needs to be well nourished.

8 parameters

internal vs external

excess vs deficiency

hot vs cold

yin vs yang

Proper amounts of qi, blood, yin, yang

symptoms of imbalance, excess, stagnation, deficiency of each.

We'll take all these basics and combine them. We will do organ pattern identification this quarter.

Qi deficiency with spleen and you get spleen qi deficiency.
Yin Deficiency and lung gives you lung yin deficiency.

General qi deficiency

Shortness of breathe
Quite voice
pale face
No active principle – tired
can't digest foods
loose stools
copious urine
sweat is leaking out of the body

Doesn't indicate which organ is affected. We need to know which of the organs is involved in order to direct the treatment.

Weak voice – lung qi deficiency
tonify the lung qi (St36 as well as points for the lung)
Loose stools, lack of appetite - spleen qi deficiency
still use ST36 as well as spleen building specific points.

Pirog – pg 28

Lung exogenous patterns – you don't have to see all of the symptoms at once to give a diagnosis. Sometimes only a few of the symptoms present themselves for a given pattern. Maybe they have fever/chills and a cough, but no sore throat and no headache, but we can still say it's a wind-cold invasion.

You will also see combinations of patterns. They may have digestive problems and backaches, and their big toe hurts. Things are never simple. You try to pick out the most prominent problems (which came first and is the root of the problem) and deal with those first. Look for the organ system which is most involved/prominent with the disharmony and treat that first.

Lung patterns

Lungs

- ✓ govern qi
- ✓ govern respiration
- ✓ in charge of inhaling air (lung capacity of 4 qts, the average person breathes ½ a quart.
- ✓ Lungs are the intermediary between us and the environment, they are the most superficial of all our organs, They are a canopy over all the organs.
- ✓ They are the upper burner in the TW.
- ✓ They are the most easily affected by outside pathogens
- ✓ It's a delicate/vulnerable organs

Lung has two motions,

- ✓ diffusing -exhale spreads the mist – moves qi and fluids throughout the body.

- ✓ Downbearing – the qi goes from the lungs to the kidney (the kidneys have to grasp the da qi, the lungs pass fluids down to the lower waterways. If the descending function of the lungs is impaired or stopped, (invasion by wind) the lung qi can't flow down, and you cough, you sneeze, your chest feels kind of stuffy, you are a little breathless.

The lungs are also in charge of defensive qi, wei qi. Weak wei qi allows problems inside to cause problems.

Wei qi regulates the opening and closing of pores (sweat) you need the proper amount of sweat. Wei qi controls the opening and closing of pores. If there is an invasion of wind (especially wind-cold) you may not be able to sweat – you might need that if you have a cold – sweat squeezing out the pathogen.

Qi deficiency the wei qi is so weak, you sweat uncontrollable and you don't “squeeze” the pathogen out. You just sweat. A cold mostly has to do with lung functions. Picture the exogenous wind keeping the wei qi from doing its job. It keeps the lungs from dispersing and doing their job. The wind is blocking everything. It blocks the pores and locks the pathogens inside.

You get a headache.

The Ko cycle – (grandmother) grandchild of heart/si & pc/tw, grandmother of liver/gb

Shen cycle – (mother) mother of kidneys, child of spleen/stomach

Su Wen – any of the five bowels and 6 visera can cause the lungs to cough

Weak spleen will cause weak lungs – too much dampness turns into phlegm.

Weak kidneys (weak child) sucks energy from the lungs.

Metal controls wood – lungs control the liver – If the wood is too strong, the energy goes the wrong way, wood -insults metal. There's a cough – you cough like crazy, you hurt your ribs (liver pathology), you can bleed from this coughing, this is like whooping cough. Can have broken blood vessels in the eyes from coughing so hard.

Invasion of lung by wind cold (Wind cold fettering the lungs)

This is the tai yang stage. (Of the shang han lun – the bladder/si channels) This is the most external of the six stages.

This wind is attacking the body causing chills, fever, muscle aches, etc of the wind cold invasion we talked about last semester. Symptoms of the initial stages of a wind invasion.

This is an acute type of problem. Generally a short duration (a general week or two)

Chills and fever at the same time, but more chills than fever.

Itchy throat

cough

phlegm (white) (Like egg-whites)

Headache (usually an occipital or top/back of shoulders in the region of the tai yang channels)

aches in the body

aversion to cold and aversion to wind

stuffy nose (bladder starts in the root of the eyes at the root of the nose)

sneezing

sweating is possible (with wind cold, this may not happen, the cold freezes the pores)

The tongue has a thin white coat

pulse is floating and superficial (especially in right thumb)

All caused by wind keeping the qi from dispersing and descending. It's fighting with the body's defense qi.

When the lungs are attacked, we are talking about the exterior part of the lungs (as opposed to bronchitis or pneumonia that are more the lung organ) It hasn't gotten into the lungs yet. You still have a chance to fight it off.

With this wind cold, the term fettering is applied, you are talking about the idea that the cold wraps around you and locks you up. The energy bounces around inside the body instead of moving as it is supposed to.

You see more cold signs. Chills more than fever, phlegm that is white, sneezing, you want to bundle up, etc...

The tongue could look normal. As a matter of fact, a thin white coat could be normal. However white does indicate cold. Itchy throat tossed in would add up to a diagnosis. The thin coat indicates it's in the initial stage.

Principles of treatment

release the exterior – open things up so that the pathogen can get out. Scatter the cold.

Stimulate the lung function to disperse and descend. - Get the lungs going again.

Bladder 13 is the back shu point of the lungs. Cupping or needling this is useful.

This can happen at anytime of the year. Your wei qi can get overpowered at any time of the year. Air conditioning can exacerbate the problem for some people.

Foods and herbs can help

- ✓ eat less foods
- ✓ eat more liquid based diets/simple foods - soups, well cooked vegetables
- ✓ for wind cold you want more warming/nurturing foods.
- ✓ Ginger/ginger tea (ginger root with scallion in a tea)
- ✓ Cinnamon tea
- ✓ you want to sweat usually, but not so that it exhausts you more.
- ✓ Sea salt in the bath tub.
- ✓ Candy – red pepper
- ✓ Ma Huang – this is illegal now.
- ✓ Garlic – it's a hot spice.
- ✓ Sauna – not too much.
- ✓ Never eat crab meat! OR any external attack! It causes the external pathogen to

crawl in deeper...

The sooner you treat, the better the results

Causes

Lots of peoples have problems with their lungs due to a sedentary life style.

Not enough activity, poor elimination (LI) can all affect if you can get sick.

Faulty diet, not enough roughage, eating too much

The larger the BM, the smaller the hospital in africa

Too much meat or dairy can cause lung problems.

Drugs, cigarettes, or overly processed foods.

Poor eating habits can cause phlegm in the lungs.

When toxins build up in the lungs or LI, there can be exhaustion and skin/hair problems.

Wind Heat Invades the Lungs

This is the standard wind heat, but just in the lungs.

The cause is the same as wind-cold fettering the lungs, except we are seeing heat instead of cold. The symptoms will include more heat.

Cough (wind) (lung function is disrupted) This is a loud harsh cough – sticky yellow sputum (perhaps coughing up some blood).

Fever but still feels chilled – theres more fever.

Still get a headache (basic wind symptom) but now there's a heat component, it feels like steam. It can be a splitting headache.

The look more hot (red in ears, lips, face) (They feel hot, fever...)

More thirst (ice water)

More sweating because of the heat

At the same time, the whole body fluids are low – dark, concentrated urine.

Throat is raw and sore and burning and inflamed. RED

Nose phlegm comes out yellow/green perhaps some blood in there. Or, the heat can dry out the fluids and the nose can be dry. (The lungs open to the nose... Dry nose with flared nostrils. You see some movement in the nostrils – they are working so hard to get their breath you see the nostrils flare...)

Wind heat will cause trouble breathing, dyspnea. Shortness of breath, can't catch their breath, rough respiration. Also rapid breathing .Like an elephant sitting on your chest.

Pulse, it's floating and rapid.

Tongue is red. Sometimes there is a yellow coat. If the coat is white, it's more an initial stage – the tongue coating isn't always indicative.

Still an aversion to cold. (wei qi isn't warming th muscles properly)

Key symptoms are fever, the feelings of heat, sore throat – hot burning and red instead of ticklish sore throat. Pulse being rapid. What color is the phlegm.

Wind heat can come from a wind cold invasion. Wind cold can, if not taken care of, turn into wind heat. But you don't have to start with wind-cold. You can just simply start with wind heat.

Everyone has a tendency, if you tend to run hot (yin def, or yang excess) you will have tendency to get more wind-heat colds.

Central heat dries the air and adds heat will make people more likely to catch wind-heat.

People who cook a lot, or in a foundry have too much environmental heat. (Slleping too hot with too many blankets...)

Treatment principle:

want to release the exterior and push the bad guys out – this is where you start just as with the wind-cold – you don't want to necessarily make the body stronger here.

Clear the heat

get the lungs working better – stimulate the lungs to descend and disperse.

(Vitamin C works better for wind heat than for wind-cold)

Treatment

Get the pathogen out first.

Dietary

earlier you treat the better the result

eat less

eat simple

liquid based diet – especially for wind-heat

fresh fruit – it's very cooling

vegetable or fruit juice

peppermint tea is very cooling. (all mints are cooling)

Yarrow tea is also cooling

elder flowers are also cooling for wind-heat

a really good herb for sore throat is “ban lan gen” this is great for cooling the throat down. Make a tea out of this. Also known as “Isatis”. Good for sore throat as well. Also has antiviral/antibacterial properties as well.

Yin Qiao – this is for wind heat. Honeysuckle as well as other stuff. It also helps with burning sore throat.

There is just a general “release the wind” exterior appropriate for either for cold or heat.

Foods include:

cantelope

apples

watercress

peaches

pears

recipe – bronchitis, pear- remove core, add rock sugar and bake it.

Strawberries

Seaweed

Citrus fruits

Daikon radish

radish in general

carrots

cauliflower

white-fungus (good for complexion as well)

pumpkin

want soups to be the major part of the diet – don't brden the body with heavy digestive work.

Conjes/Jook (Book of Jook)

Millet

Barley

Rice

Avoid warming foods.

Coffee

alcohol

lamb

chicken

beef

some fish (trout, salmon, anchovies)(Tuna ok)

onions (garlic and other onion family)

Cinnamon

ginger

Fennel

Lung Dryness

Dryness is the pathogen that can most injure the lungs. The lungs are the upper water way (that mist idea). They are supposed to spread the mist and moisten the skin.

Causes:

Dry environment

Long period of hot and dry weather (unusually dry summer, august ;-p)

From internal causes as well.

Irregular diets (sheng cycle – spleen is the mother of the lungs)

Irregular meal times

Abusing your digestive organs makes them dry. The stomach likes it dry. The stomach is the mother of fluids.

Symptoms

Dry coughing

Dry nose

Dry skin

Dry mouth

Maybe a hoarse voice/loss of voice.

No phlegm.

The tongue is dry – an old washcloth. A cat's tongue.

The tongue may not be red, it can even be pale looking, but it's dry. It might start out being a cold dry, but can turn into a warm heat.

Pulse is empty/weak a deficiency pulse. (it's not going to feel plumped up, especially in the right front position.)

It's a deficiency of body fluids. This is the stage just before yin deficiency. If it continues we're moving into yin deficiency.

Treatment

foods that will moisten

tofu

miso soups

tempeh

soy milk

spinach

soybeans

barley, millet, pear, apple, persimmons, loquat

Seaweeds (nori)

white fungus

almonds

pine nuts

peanuts

sesame seeds

cooked honeysuckle

barley malt

dairy products

eggs

clams

oysters

herring

pork

a little salt will help moisten dryness

avoid bitter food, aromatic foods, warming foods.