

Differential Diagnosis

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Shang Han Lun

Six levels:

- Tai Yang
- Yang Ming
- Shao Yang
- Tai Yin
- Shao Yin
- Jue Yin

The Su Wen says:

First day of cold damage, Tai yang is affected.

Second Day: Yang Ming is affected

Zhang Zheng Jing (220A.D.) wrote the book on cold damage the Shang Han Lun He

chose to write this during a period of terrible epidemics. In his clan of 200 people, 2/3^{ds} of them died within 10 years. “A way must be found to save these people.” He started to organize the existing material of the time to save his people. It identifies the different stages and symptoms of disease. It identifies the location and the treatment principles. These are bacterial and viral infectious diseases.

Not all diseases will start at Tai yang, but this is the general patter that diseases follow.

We don't have the original today, but it is a finalized edition of the book.

In the 11th century, the Shang Han Lun was separated into two books, this and the Prescriptions of the Golden Chamber. The latter book covers how to treat pneumonia, hepatitis, etc...

Exterior disease can be either wind-heat or wind cold. (Influenza, or the common cold). This book covers the discussion mainly on wind-cold.

The outside evils, attack the Zou Li, the skin pores. When the evils attack is wen you get the “goose flesh”. The Chinese calls this chicken skin. What's going on is the body is under attack. There's an imbalance between the pathogen and our defense qi. (Wei Qi)

If the body is in a weakened state (for whatever reason), then even a mild or weak pathogen can more easily attack the body. Or you can simply have a strong or virulent pathogen. It doesn't matter how healthy you are, a strong pathogen (polio for example) can attack and get through anyway.

It's the wind that is the mother of 10,000 diseases (this is sudden changes in the climate as well as wind.) These times of changes are hard on the body.

Tai Yang

The Tai yang channel is the most superficial of all the channels. (yang is more active and external). This is the first channel that is affected by the pathogens attacking the body. Tai yang means greater yang.

The small intestine and the bladder are the watch dogs or “governors” of the external channels of the body. These are the first attacked.

General Symptoms:

- x Fevers – the war between the pathogen and the wei qi . Usually pretty mild at the initial stage.
- x Chills (more chills if it's wind cold) - the wind is blocking the channels.
- x Aversion to wind/cold

- x Pain – headaches/neck pain/achy all over.
 - x Headache is in the occiput or muscle tension headache.
- x Floating pulse – the pathogen is still on the surface of the body.
- x Tongue – thin/white/moist or normal

There are two subtypes:

External Excess

Symptoms:

No sweat!

Skin is dry and tight. The pores are blocked by the cold excess.

Still sensitive to cold.

Still have fever.

Back/neck pain/tension

Tongue – normal or moist/thin/white coat

Pulse – floating - **tight pulse** – like a rope or clothesline.

External Deficiency

When the person is weak or deficient, then their wei qi is weak. It can't keep the sweat inside the body.

Symptom:

Person sweats easily – it's a useless sweat

Easily chilled – wei qi is too weak to warm the body. They are very sensitive to the wind.

Moderate pulse – floating and moderate to weak. - The person is so deficient, they can't get weak correctly. It's got a bubbling up quality to it. Tongue is deficient as well, but could be normal.

The shen will be deficient as well – weak and kind of tired. Not a lot of zip.

Yang Ming Stage

Large intestine and Stomach organs.

This is a pathogen in the abdomen and bowels. It mostly affects the front of the body.

This is classified as an interior disease with heat signs.

Yang ming- greater light - noon

Symptoms

Signs of excess heat in the body:

The person feels feverish.

Sweaty
Thirsty
Agitated & restless

This more associated with noon-time. So the heat is felt more around noon.

No chills

Can be broken into two subtypes

Yang Ming Channel Syndrome

The four greats:

- x Great Fever
- x Great Thirst - jin fluids.
- x Great Agitation
- x Great Sweat
- x Great Pulse – a large and surging pulse. Like the surf coming in. It's strong at all levels.

Yang Ming Organ

This is deeper than just at the channel level.

The pathogen is said to damage the organs, the fluids of the bowels. This is worse.

This is excess heat in the interior of the body.

You see the four greats, but to that you add signs of damage to the stomach and large intestine

- x abdomen full/distended and painful – hurts with pressure.
- x **Constipation**
- x tongue – heat and dryness so Red body w/ yellow& dry coating. Old -yellow.
- x Pulse – still strong but it's now described as deep. The pathogen has gotten into the organs of the pulse.
- x Treatment- clear heat, purge obstruction

Shao Yang Stage

You get a mixture of internal and external symptoms.

These are disease like unresolved exterior patterns. These are chronic illnesses ,
Fibromyalgia, chronic fatigue syndrome.

The pathogen is blocking the proper movement of the Qi in the middle of the body.

The pathogen infects the TW and the GB.

Symptoms

- x Distinctly alternating fever and chills.
- x Nausea and vomiting
- x no desire for food or drink
- x pain in the hypochondriac region
- x distention in the abdomen – don't want pressure. This is excess pain. Look for hot signs.
- x Heat – gall bladder. **A scorched and bitter taste in the mouth**
- x Dry throat
- x Irritable/restless
- x blurred vision
- x dizziness
- x pulse: wiry (maybe rapid)
- x Treatment principle – we want to clear the heat, purge the obstruction, harmonize the interior with the exterior of the body.
- x Tongue – real red on the sides. (liver gallbladder heat) Coating could be a mixed up color, yellow and white.
- x Perhaps insomnia – especially during the liver gall bladder time.

Tai Yin Stage

Spleen & Lung, Interior pattern.

This can happen when the person has been treated improperly, or the cold pathogen can attack the spleen directly – a direct strike on the spleen. This results in signs of cold and deficiency.

Symptoms

- x no thirst
- x diarrhea
- x abdominal fullness with periodic pain (On again, off again pain in the abdomen.)
This is deficiency pain. Look for signs of cold. Pressure is o.k.
- x failure of the movement of transformation of food.
- x Vomiting, nausea
- x pulse: weak, moderate, slow
low-energy

Since this is spleen damage due to cold:

Treatment is tonify and warm the spleen CV8, moxa

Shao Yin

Heart and Kidneys are deficient

The person is very vulnerable to disease.

This is like a kidney pattern.

Kidney yin deficiency

- x Kidney yin deficiency signs
- x Restlessness
- x insomnia
- x night sweats
- x dry mouth
- x dry pharynx
- x scanty urination
- x pulse: fine and rapid
- x Tongue: red/ peeled or cracked (maybe even crimson)

Kidney yang deficiency

- x Kidney yang deficiency symptoms
- x They are running cold.
- x Aversion to cold
- x somnolence – dull and out of it.
- x clear food diarrhea/cock's crow diarrhea
- x inversion frigidity of the limbs
- x usually no fever
- x pulse: fine & tight
- x Could verge on yang collapse.

Jue Yin Stage

This is the terminal stage. It's the deepest stage.

Last of the three yin channels. It's associated with many of the most serious diseases.

This is an interior deficiency problem. It's a mix-up of hot and cold. They are hot above, and cold below. Failure of the yang qi to warm up the whole body.

Symptoms:

- x pain and heat in the cardiac region
- x feel qi surging up
- x diabetes can be at this stage – thirsting wasting disorder. The three mores and the one less. More thirst, hunger, urination, and yet they loose weight.
- x Dry/hot in the upper body.
- x Hungry a lot – like the stomach fire begging for more fuel. But, hungry with no desire to eat. (cold in the intestines)
- x They urinate a lot.
- x Possible inversion frigidity of the limbs (poor circulation in the feet)
- x possible vomiting of round worms.
- x Tongue: sticky and light alternating. It can change
- x Pulse: slow or rapid alternating

Treatment strategy: build up the deficiencies, warm up the bottom and cool off the top.

Differential Diagnosis

4 techniques of diagnosis:

- S – seeing
- L – listen (and smell)
- I – inquiry (the questions & answers)
- P – palpation (the pulse, channels, the mu points, back shu points (hara diagnosis) cold areas...)

We'll take the information we get from our SLIP methodology and plug it back into our 8 parameters classification and see what we get.

Two pillars

Two pillars are the tongue observation and the palpation of the pulses for internal disorders.

Visual examination

Take note of patients general physical disposition. Are they healthy looking or not.

Take note of anything that has to do with their primary complaint.

“What are we working on today?”

“What can we help you with today?”

“What are you concerned about?”

We want to look at their shen or their spirit. We want to look at the vitality of the person. It's a combination of the facial expression, their bearing. This can involve their speech, their consciousness, how they come across to you, their “vibes”. Seeing the intensity of their consciousness.

People who don't desire to get better usually don't.

A person is classified as:

- ◆ Spirited – the will to live. The will to get better. They are animated and lively. A person's basic presence.
- ◆ Spiritless – they are kind of hopeless. There's no fighting spirit. They are resigned. They have a vacant stare to them. The eye's especially show this.
- ◆ False spirit – this is rare and is a serious sign. Happens just before the end. A rallying and perking up just before the end. Alternately, this is perhaps like a type A personality.

This is showing you the strength of the upright (zhong) qi. This has to do with the shen. It needs essence, blood and qi. It needs to be nourished and taken care of.

Be careful of cultural norms. What's normal in our culture isn't the same in every other cultural. Some cultures won't make eye contact, some won't naturally be very outgoing, etc.

Things can include:

- x facial expression
- x eyes
- x skin complexion
- x posture
- x voice
- x answers to questions
- x verbal expressions
- x speed of the talk (heart people talk fast/stutter can't find right word)(spleen- sing song voice)(kidney – groaning)(lung – sobbing/grief voice)(liver – shouting)

- x alertness – do they have a sense of humor
- x pride
- x self-sufficiency
- x look for changes or things that aren't usual with their pattern.

Ox3 – oriented to who, where, and when they are.

Patient seems alert,

Go into clinic and look for a person you can right about for their spiritedness, or spiritlessness.