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Cold Damage

This was put together around 220 AD

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

Wen Bing

Thermic

A different way of looking at the progression of diseases in the body. This is more infection diseases (hot disease) in the body. This was put together in the 1600's.

There are four aspects:

- Wei (or wei qi)
- Qi (this is more organ qi)
- Ying (this is the nourishing qi)
- Blood

Shang hun lun is from northern china, where it is cold. The Wen Bing was analyzed and discussed in southern China. This is more like measles, small pox, mumps, etc. You can't really limit these things once they get started, you can try to shorten the length of the disease or try to minimize the after affects of the disease.

This kind of parallels the cold damage theory. We'll see that as we go along.

We are talking about an infectious pathogen with these diseases. These are called epidemic evils. A particularly strong pathogen. We take these in through the nose and mouth. (Scarlet fever, polio, etc...)

These may all start with the symptoms wind heat, but you don't get better right away, the course of the disease is to go deeper and deeper.

Wei Qi (Defense) Aspect

This is wind heat. It's similar to the tai yang wind-cold.

Warm evil combines with wind and attacks the exterior of the body, where the wei qi lives. It's the lungs that control the skin and wei qi.

Symptoms include:

Fever (could still be chills due to the wind)

Headache

Cough

Yellow (thick and sticky) Sputum

Sore throat (red & raw)

Sweat – there can be little or no sweat at this stage. It hasn't invaded to bring up the body temperature.

Thirst – slight

Tongue: red, perhaps more around the tip and sides. W/ Yellow coat (could be a little white)

Pulse: Floating, rapid

Treatment principle – disperse the wind heat, release the exterior

Wind Thermia

this is wind heat with a predominance of wind symptoms.

x Cough

x Sore Pharynx

Damp Thermia

This is wind-heat combining with damp.

- x Sticky, heaviness,
- x dampness in the body and head. Feel too heavy to move.
- x Distention in the chest,
- x upflow and nausea,
- x dry throat with no desire to drink.
- x Tongue- slimy & sticky

Treatment principle: Sweat the person to get rid of the
LI-4 & KD-7 to start sweat.

Qi Aspect

The pathogen has gotten through the defense qi and has gotten deeper and hotter into the body. This is now an interior problem. This is an excess problem.

This is considered the most external of the internal layers. If the pathogen gets into this level, you hope for quite a battle at this point. You don't want it to get into deeper. The correct qi, the zheng qi is going to war with the pathogen.

The symptoms depend on which of the organs is being attacked.

Commonly affected organs include

Lungs, stomach, large intestine, gall bladder, and spleen

Example: Diabetes, periodontal disease, gastritis

Symptoms

- x Fever – it can be a high fever.
- x Sweating – perhaps profuse, copious, embedded
- x There are no chills
- x Aversion to heat – they want to be cooled down.
- x Thirsty
- x Yellow or dark urine, constipation
- x restless & irritable, agitated
- x This is upper ventral vexation (the evil heat is still in the upper part of the diaphragm. It could settle down deeper into the body, it hasn't yet. This is anguish above the diaphragm – anxious and hot in the chest. They have a high fever, thirsty, restless, and increased sweat.
- x Tongue: Distinctly slimy, yellow or yellow and white fur mixed, red tongue
- x Pulse: rapid, deep, strong

This is like the four greats of the yang ming channel.

First stage qi-aspect heat

You are starting to see the four greats.

Exuberant pulmo-gastric heat

This is getting into the lung and stomach

In the Lungs this is bronchitis, or pneumonia

thirsty, agitate, rapid breathing, dry yellow fur, tongue is red

Great heat in the Qi aspect

This compares to the yang ming channel

Gastrointestinal heat bind

This compares to yang ming bowel disease –

heat has made it into the bowels, burning in the anus. Abdominal pain, full and tender in the abdomen.

Person is constipated and bloated. It's an excess problem, so no pressure is desired.

Tongue is red with a yellow/dry coat (tending to darker almost black in color) You could have prickles or thorns due to the heat.

Pulse- deeper and full, rapid

Damp Heat lodging in the triple warmer

This is the triple warmer and gall bladder, it corresponds to the shao yang stage.

This is heat signs in the gall bladder channel. You've also got dampness

Damp heat is getting stuck in the middle burner.

The person has a chronic, intermittent fever. This is the “hinge” stage.

Oppression in the chest, dampness, you feel thirst, but you don't want to drink, abdominal distention, slight nausea, pain under the ribs.

Key symptom here is dark concentrated urine.

Pulse: soggy & slippery, rapid

Brewing Spleen & Stomach damp heat

This can be a chronic sort of problem. Pirog calls this brewing damp heat steaming the

intestine and stomach. It's heat combined with dampness. There's a pathogenic factor locked on the inside.

This could be a chronic fatigue or fibromyalgia type of condition after a long disease.

It takes a lot to pry this out of the body.

Symptoms:

diarrhea

hard-stool or foul smelling stool

pulse: deep, slippery, rapid

tongue: yellow and slimy.

Ying Aspect (Nutritive stage)

This is similar to blood, it's the constructive qi.

Here, there are signs of this excessive heat going deep into the Ying level.

Symptoms:

- x Tongue is red/crimson (a burgundy red)
- x Pulse: deep & rapid
- x Fever
- x Very restless, w/ restless sleep
- x They could be delirious or talking madness – clouding of the shen
- x maculopapular eruptions – skin rash, skin eruptions – like a bad case of chicken pox.
- x Stirring wind if severe (convulsions, shaking, tremors)

Blood Aspect

This is the deepest level of thermic disease.

Symptoms

- x bleeding problems and skin eruptions (purple) (petechiae – bleeding under the skin). Ebola! Lots of heat -deep in the body. All caused by “toxic heat”. The rash is distinct. You actually can see the hemorrhage within the rash.
- x Tongue: mirror tongue – they are so dried out the tongue dries out completely. It is a deep crimson. Almost a purplish red.
- x There has been damage to the yin of the body.
- x Internal wind

- x Blood deficiency signs
 - x There's damage to the blood and other body fluids as well as the yin of the body.
 - x Stop the bleeding
 - x extinguish the internal wind

Treatment Strategy – clear heat and cool the blood.

Excess heat

This is stronger person with more reserves.

- x Blood deficiency
- x frenetic movement of blood

Deficiency heat signs

More of a chronic type of problem.

- x Desiccated tongue and mouth
- x dry pharynx and mouth
- x feverish
- x fine/rapid pulse
- x yin deficiency signs

Be acquainted with the levels and the general signs: wei, qi, ying, & blood.

Differentiations

Wei: They have aversion to cold

Tx: Treat every day with acupuncture, herbals between treatments

Qi: Start to see fevers (the four greats) Aversion to heat.

Tx: Herbals

Ying: Irritable and plus fever at night

Tx: Emergency room

Blood: bleeding problems

Tx: Emergency room

Patient should be encouraged to rest and recuperate.

Prevention:

Stomach 36, moxa daily during cold & flu

UB11, Li4 – moxa

Observation of the body

Body shape

Observations can include

There are strong and weak body types – strong constitution – good muscle tone, etc. Strong constitutions tend to have excess problems. A stronger person can handle a stronger treatment (more needles, etc...) Weaker people won't respond the same. They may need more treatments.

There are heavy versus skinny body types

We are talking about how people move

We talking about their posture

All of these can relate to the injure.

Malnourished people can look spongy and heavy, but are the same constitutional weakness as emaciated people. They tend to have deficiency problems. They tend to be yin deficient problems. Stay away from distal points, use more body points. Use more moxa, use fewer needles. If you give a weaker person too strong of a treatment, they can hurt worse the next day.

Overweight - Inactivity can make the qi stagnant. You can't derive qi from the gu qi if you are too inactive. They can be a “spleen” type of person.

Emaciated – often blood deficient or yin deficient – classic Chinese. You can see these in obese people as well in the US (and starting to see more in modern China).

Lots of weight loss during illness – there essence is being depleted. They look depleted.

How a person moves, carry themselves, posture tells you something. Different diseases will affect how a person moves or their posture.

Yang body Type

excess

move their arms around, gesturing.

Talkative

Their problems could be more of an excess type.

Yin Body Type

A more deficiency type of person and problem.

More passive type of person

they may be a little withdrawn

They don't want to move

They tend to be more cold.

Body movement

Wei syndrome – atrophy syndrome, not being able to move – this is different from Bi syndrome (aches and pains in the joints). (Bi means pain) This is arms that won't move, legs that won't carry a person. These are problems like polio. With the wei syndrome, the sinews are being nourished, blocked by wind, or damp, spleen deficiency, or even blood deficiency. It can come from several different things. MS, and Muscular Dystrophy are considered Wei syndrome. There's a lack of muscular tone. This is generated inside the body. Usually responds well to MS.

Internal wind – somebody with tremors, twitching of the eye, twitching of the lips. These are all caused by wind. We call this endogenous liver wind. This could also be a grand-mal seizure. There can be three different causes:

- x high fevers stirring the wind inside the body, (more rapid, surging pulse)
- x imbalance between liver yin and yang (liver yang shooting up out of control)(generally a deficient thin pulse)
- x blood deficiency (this is more like the little twitching of eyelids, Parkinson's in early stages, etc)

Infantile fright wind – one of four major disorders that affect children. (measles, small pox, childhood malnutrition, and infantile fright wind). The child saw a ghost or something that upset them. Acupuncture might be the treatment of choice.