

Resolving both interior and exterior

- If a patient has both interior and exterior syndromes, a practitioner must not only solve one problem, but must solve both problems by resolving both interior and exterior.
- e.g. A patient has signs and symptoms of aversion to cold, fever, abdominal distension, chest got stuffy and fullness, nausea, constipation, floating and slippery pulse.
- Treatment principle: **Resolving both interior and exterior**
- Suggested herbal prescriptions: Hou Po Qi Wu Tang

Hou Po Qi Wu Tang

- Source: Jingui Yaoluo (Han: Zhang Zhongjing)
- Ingredients: Hou Po, Da Huang, Zhi Shi, Gui Zhi, Sheng Jiang, Da Zao, Gan Cao
- Functions: Releasing muscle and relieving exterior, ventilating and purging the interior excess
- Indications: Exterior syndrome not yet released when the interior syndrome fully developed, on and off abdominal pain, fever, floating and rapid pulse, constipation.

Implication of the In and Out of the Pathogens

- A disease in the exterior is usually superficial and mild while a disease in the interior is deep and serious. It is regarded as an aggravation of a disease if it develops from the exterior to the interior, otherwise it is considered as a disappearance of a disease.

Path of pathogen attacking body

- All disease begins at the skin level. When the pathogen invades the skin, forcing the pores to open, it penetrates and lodges in the luo. When it remains, it will transfer to the main channels. If it is not chased away from this point, it will then enter the fu. Here it accumulates in the stomach and intestines.

(HDNJ Chapter 56)

Conclusion on exterior and interior

- To identify exterior and interior syndromes, practitioners need to examine syndromes to find out which organ or channels are involved through diagnostic methods including observing both **tongue conditions and pulse conditions.**

Conclusion on exterior and interior

- In exterior syndromes, fever and chills exist; **fever with no chills or chills with no fever belong to interior syndromes**; alternate attack of chills and fever belongs to half-exterior half-interior syndromes (hinge); exterior syndromes are characterized by headache, bodily aching, stuffy nose, sneezing, with insignificance in interior syndromes; **interior syndromes sometimes come with coughing, palpitation, abdominal pain and vomiting** while exterior syndromes not dominant in those symptoms.

Eight Principles Syndromes: Differentiation of Syndromes according to Cold and Heat

- Concept of Cold and Heat
- Cold and Heat Syndromes
- Identification of Cold and Heat Syndromes
- Complications of Cold and Heat Syndromes
- False Manifestations of Cold and Heat Syndromes

Summary

- Cold and heat are two of the eight principles in analyzing and differentiating the nature of pathological conditions.
- Cold syndrome and heat syndrome reveal the excessive and deficient state of yin and yang. **Excess of yin or deficiency of yang will lead to cold syndrome; excess of yang or deficiency of yin will lead to heat syndrome.**

Summary

- On the whole, the nature of a disease usually consists with the phenomenon manifested in the course of its development, that is, heat syndrome is shown as heat signs and symptoms, while cold syndrome as cold signs and symptoms.

Introduction

- Pathogen can be divided into yang pathogen and yin pathogen. Vital qi can also be divided into yang qi and yin fluid.
- Disease caused by yang pathogen will elevate the yang qi of the organism (human) to excess and hurt the yin fluid at the same time; or sometimes, the over-exhausted yin fluid will lead to yang hyperactivity, **heat syndrome results**.

Introduction

- Yin pathogen causing disease elevates the yin qi in the body which hurts the yang qi; or the *deficiency of yang qi* will make *the yin cold preponderance* inside the body, thus **cold syndrome** results.

Concept of Cold and Heat

- The identification of the nature of disease can be generalized by the principle of cold and heat which can also summarize the excess and deficiency of Yin and Yang
- **Preponderance of Yin** gives rise to endogenous cold : if a patient is suffered from excess of Yin qi, his body mechanism will be decreased, signs and symptoms of **cold syndrome** will be exhibited due to **hypo-function of the organism**.

Concept of Cold and Heat

- **Preponderance of Yang** gives rise to **heat manifestations** : if too much Yang qi in a patient, heat will be generated due to **hyper-function of the organism**.
- Questions: What happens to a person with prolonged taking of Fu Zi and Gan Jiang?
- What happens to a person taking too much Wu Hua Cha (Five-Flowers Herbal Tea)?

Concept of Cold and Heat

- **Yang deficiency brings external cold:** qi deficiency, or Vital Gate fire deficiency. e.g. **spleen and kidney Yang** deficiency and cannot transform and transport the water and grains, less qi and blood are produced, the patient will display the symptoms of pale complexion, anemia, and intolerance of cold.

Concept of Cold and Heat

- **Yin deficiency leads to internal heat** : this heat belongs to inner heat, this causes the over consumption of body fluid (including both jin and ye), symptoms include: afternoon tidal heat, hot sensation in chest, palms and soles (usually low grade fever), night sweating, dry mouth, red tongue with little coat, thready and rapid pulse.
- Treatment principle:
- General treatment principle: using hot methods to treat coldness, using cold methods to treat heat; using pungent warm to disperse exterior syndromes in case of exterior cold syndrome.

Cold and Heat Syndromes:

Cold Syndromes: Causes

- Causes: 1. A patient suffers from the invasion of **Yin pathogen** (Yin associated with **cold**)
- 2. Or, insufficient Yang qi. (**Yang deficiency** causes cold)

Cold and Heat Syndromes:

Cold Syndromes: Signs & Symptoms

- Case 1: A patient suffering from the invasion of **wind-cold and dampness pathogen**, or taking in too much cold natured food, leading to deficiency in Yang qi, subsiding qi mechanism, lowering heart function too. He should exhibit symptoms of pale complexion, spontaneous sweating, watery stool, profuse and clear urine, pale tongue with thick and slippery coat.
- Signs and symptoms of cold syndromes due to **yang def.**:
Intolerance of cold with **strong desire to warm objects**, tastelessness in mouth, no thirst, pale complexion, freezing cold limbs, clear and profuse urine, watery stool; pale tongue with white and slippery coat and slow pulse.

Signs and Symptoms of Cold Syndromes

- Cold syndromes arise from cold pathogens or caused by infection of **pathogenic cold** characterized by aversion to cold, mild fever without sweat, headache and bodily aching, thin white tongue coat, **floating and tight pulse**; Or, in other case, **intolerance of cold**, cold limbs, pale complexion, tastelessness in mouth with profuse saliva, copious and clear urine, loose stool, pale tongue with white and moist coating, **deep and slow pulse**.
- The body temperature of the patient in general must be low (34°C-35°C), pale green complexion, listlessness, prefers staying alone, sometimes cold pain in epigastrium (feeling comfortable when placing a warm pack on it), vomitus or stool are mostly cold and clear, sometimes will have acute diarrhea, stool may contain undigested food.

Cases of Cold Syndromes

- Usually found in chronic nephritis, chronic gastroenteritis and chronic anemia.
- Case 1: Chronic nephritis. Most of the time signs and symptoms of **cold syndrome show in spleen and kidney deficiency**. Symptoms include edema (cutaneous distention in limbs and belly), scanty urine (cold congeals and constricts), soreness in lower back, loose stool, pale complexion, tongue coat thin and white, thready and feeble pulse.

Cases of Cold Syndromes

- Case 2: Chronic anemia. Not enough blood for nourishing the brain. Symptoms include headache, blurred vision, tinnitus, intolerance of cold, easily fatigue, insomnia, no desire to eat, nausea, pale complexion, eyelids and lips also pale.
- Blood deficiency always comes with qi deficiency, symptoms may include palpitation, shallow breathing, unwilling to talk, tongue pale with white coat.
- What will be the treatment principle?

Cases of Cold Syndromes

- Case 3: A patient is suffered from diarrhea discharging all the original food, no desire to eat, . He is then diagnosed to be cold syndrome. Practitioner uses Fu Zi Tang for treatment.
- Case 4: A patient has the symptoms of intolerance to cold, aversion to cold, fever, headache and stiff nape. Then he was diagnosed to suffer from exterior cold syndrome.

Treatment of Cold Syndromes

- According to the TCM theory: treating cold with heat natured herbs. Warming is the therapeutic method for all the cold syndromes.

Treatment of Cold Syndromes

- In case of exterior cold, releasing exterior with pungent warm is used to expel the pathogen. Prescription used: Ma Huang Tang or Gui Zhi Tang
- In case of extremely deficiency in Yang qi, use “warming yang and replenishing qi” method, such as “restoring (tonifying) yang to save from collapse” or “warming the middle and dispelling cold”

Extremely Deficiency in Yang Qi

- Signs and symptoms: Spontaneous sweating, body cold, four limbs cold, no thirst but desiring hot drink, weak breathing, thready pulse that nearly impalpable.

Prescription: Fu Gui Li Zhong Tang

- **Spleen and stomach yang deficiency** or **spleen kidney yang deficiency**. Symptoms include vomiting out undigested food (even no signs of food stagnation), green liquid is discharged out during diarrhea.

Prescription: Li Zhong Tang

Extremely Deficiency in Yang Qi

- If a patient suffers from stomachache but still takes in cold food, the situation will become more worse, his stomach cold will be more serious, he then always throws out clear watery liquid. For treatment, practitioner will use Liang Fu Wan (treating abdominal pain) which contains Gao Liang Jiang (releasing cold pain)
- People in ancient China usually used Sheng Jiang, Cong Bai (white part of spring onion), and red sugar as the dispelling cold herbs. The prescriptions usually employed are Shen Fu Tang and Si Ni San plus Gao Li Shen (Ginseng).

Heat Syndromes

- Heat syndrome indicates functional hyperactivity of the body, arising from affection of pathogenic heat, or *fire transformation from disorder of the five emotions*, or hyperactivity of yang due to deficiency of yin.

Heat Syndromes:

Heat Syndromes: Causes and Signs & Symptoms

- Causes: A patient suffered from invasion of yang pathogen, summer-heat pathogen or dryness fire.
- Preponderance of Yang gives rise to heat manifestations: heat produces heat syndromes, mostly belongs to exterior heat, the mechanism will elevate.

Heat Syndromes:

Heat Syndromes: Causes and Signs & Symptoms

- Yin deficiency gives rise to heat manifestations: mostly belongs to **inner heat**. This is because not enough yin fluid or yin fluid being over exhausted. e.g. **invaded by summer-heat in summer** and got stroke; or **prolong taking of deep fried food** or Fu Zi, Gan Jiang that can causes heat syndromes.

Signs and Symptoms of Heat Syndromes

- Mostly fever, desiring cool objects, thirst and preferring cold drinks, face red, congested eyes, scanty and dark urine, constipation, red tongue with yellow coat, full and rapid pulse can be observed.

Signs and Symptoms of Heat Syndromes

- Preponderance of Yang gives rise to heat manifestations: red face red, congested eyes, high fever, irritability and restlessness, thirst and desiring cold drinks, constipation, scanty and dark urine, red tongue with yellow coat, full and rapid pulse.
- Treatment: heat clearing.
- Prescription: Bai Hu Tang and Xie Xin Tang

Signs and Symptoms of Heat Syndromes

- Yin deficiency gives rise to heat manifestations: due to tremendous loss of yin fluid inside the body, this heat always refers to night heat with heat sensation in chest, palms and soles, heat found from bones and joints, tidal fever, mouth feeling dry and dry throat, night sweat, red tongue with very little coat, thready and rapid pulse.
- Treatment: (must not use heat clearing method) clearing heat and nourishing yin, because of deficiency of blood and jin ye.
- Prescription: Qing Hao Bie Jia Tang or Zhi Bai Ba Wei Wan

Exterior heat and interior heat

- Resulting from the invasion of the body surface by pathogenic heat, it is characterized by fever, slightly aversion to wind-cold, dry mouth, slight thirst, often sweating, or as coughing, sore throat, **red in tip** and borders of the tongue, floating and rapid pulse.

Exterior heat and interior heat

- Interior heat syndrome indicates excessive heat in the interior, or internal heat due to deficiency of yin and functional hyperactivity of the body, manifested as flushed face, fever, coma, dysphoria, thirst, desire to drink, scanty dark yellow urine, constipation, **red tongue** with **yellowish coating** and rapid pulse.

Identification of Cold and Heat Syndromes

- How to identify cold and heat syndromes?

Identification of Cold and Heat Syndromes

- Thirst or not thirst
- Face color: red or white
- Four limbs: temperature
- Urine and stool
- Tongue conditions
- Pulse conditions

Classwork I: Identify the following signs and symptoms (heat or cold)

- Aversion of cold but preferring heat (cold)
- Thirst and prefer drinking water (heat)
- Red face (heat)
- White face (cold)
- Tenesmus , dense blood found in feces (dysentery) [need to look at the color of the stool]
- Slippery and rapid pulse (heat)
- Deep and slow pulse (cold)

Case 1

- A patient invaded by damp heat, dampness toxin invading into the stomach and intestines, those dampness pathogen conflicts with intestinal qi and developed into dysentery; discharging fulminating dysentery, more red than white stool, scanty and dark red urine, thirst, tongue coat being yellow and slippery.
- This is **damp heat dysentery** (invaded by dampness and heat)
- Prescription: BaiTou WengTang
- Mostly found in **high fever period of pneumonia**, stroke and **seasonal measles**.

Case 2

1. High fever, thirst, drinking water frequently, profuse sweating, surging pulse.
- This syndrome belongs to “Preponderance of Yang giving rise to heat manifestations”, heat inside the qi component.
- Prescription: Ba Hu Tang

Case 2

2. Afternoon tidal heat, or fever at night, or heat sensation in chest, palms and soles, night sweating, mouth feeling dry, thready and rapid pulse.
- This syndrome is mostly found in low fever stage of chronic and exhausted diseases, e.g. **Tuberculosis**, coughing, always feeling fatigue.
 - This syndrome belongs to “**Yin deficiency giving rise to heat manifestations**”, **heat inside the blood**, i.e. **internal heat due to deficiency**.

Case 3

- Dizziness, blurred vision, tinnitus, swollen gum, dry throat, red tongue without coating, thready and rapid pulse.
- Treatment principle: **nourishing yin and clearing fire** (this is because deficiency in kidney yin, or up-flaming fire due to yin deficiency)
- Prescription: Qi Ju Di Huang Tang

Case 4

- A patient after eating the rotten food got vomiting, abdominal pain, fever, dry tongue, rapid pulse.
- This syndrome belongs to **excess heat**.
- Treatment principle must be heat clearing and resolving toxin, and stopping diarrhea.
- Note: Fever here refers to the heat in acute disease.

Cold excess syndrome

- (Not too common)
- Signs and symptoms: abdominal pain and distention, constipation, shortness of breath, chest oppression with heat sensation, four limbs freezing cold with clenched jaws.
- (all those symptoms are because of blockage of qi and blood by the cold pathogen and undigested food inside the stomach and intestine. The accumulation of cold pathogens and undigested food is because the deficiency of vital qi inside the body)

Cold excess syndrome

- A patient suffers from intolerance of cold, four limbs cold and painful, constipation, but with clear urine, coated pale tongue with white and slippery fur, deep and wiry pulse
- Treatment: warm purgation
- Prescription: Da Huang Fu Zi Tang

Selected topics from TCM classics

- Huang Di said, “There is a condition where one has **fever in the extremities only**. When one is exposed to wind cold, the fever becomes exacerbated to the extent that one feels as if on fire. What is the reason for this?”
- Qi Bo answered, “This type of patient is lacking in yin, with an excess of yang. Extremities are considered yang. When they are exposed to wind, the yin qi is depleted and the yang increases relatively. The lack of yin cannot balance the yang. Because of this excess yang, growth is diminished and atrophy develops.”

Selected topics from HDNJ

- “I have seen patients who experience chills although they bath in hot water or sit by a fireplace. Even with added clothing they remain cold, although they do not shiver. What condition is this?”
- Chills: feeling of being cold, symptom of fever.
- Shivering: body’s physical action (rapid muscles contractions) in order to generate heat.

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Selected topics from HDNJ

- Qi Bo replied, “In this type of patient the kidney qi tends to be susceptible to stimulation. The patient generally spends much time in water or works in a damp environment or indulges in excessive sexual activity as well as too much alcohol and caffeine. These **deplete the kidney water/yin**, which in turn results in **uncontrolled fire** to **dry out the marrow and jing/essence**. Because the bones are hollow from lack of marrow, the coldness is felt to the bone level but because of the fire, one is cold in the bones but does not shiver. ”

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Cold Jue (reversal)

- “In cold jue, there are severe chills that begin from the five toes and move up toward the knee. What is the reason for this?”
- Qi Bo replied, “The yin qi originates on the inside of the five toes. In cold jue, yang qi collapses downward. Because the yang is insufficient, yin becomes the predominant factor and moves up to the knee. **This type of cold progression is not typical of an exogenous cold attack, which moves downward.** Cold jue instead begins at the bottom and moves up, as a result of internal collapse of yang.”

(HDNJ Chapter45)

Hot Jue

- “Can you please explain the causes and mechanisms of heat jue to me?”
- Qi Bo replied, “When one **drinks wine**, the wine enters the stomach. It does not go through the spleen to enter the channels, but rather **goes directly through the stomach** to the channels and collaterals of the skin. ... But in the deeper meridians there is an emptiness. The spleen should help the stomach transform and transport jin ye or body fluids, but with **overindulgence in wine**, the stomach will lack jin ye or body fluids. The spleen, therefore, cannot fulfill its functions. The result is that yin qi is deficient and yang pathogens can enter, causing disharmony of the stomach. A dysfunctional stomach deprives the acquired source of nourishment. This affects the quantity of jing/essence and nourishment to the extremities.

Hot Jue

- ...These patients often abuse themselves with **drunkenness** immediately after eating, **followed by sex**. The combination of these activities consecutively creates a **depletion of yin qi** that allows **yang pathogens to converge in the spleen**. The wine and food stagnate in the middle jiao; over time, this creates heat. Heat that is excessive in the middle jiao emanates throughout the entire body. Dark urine or blood in the urine results. **Wine has a very yang energy**, which **damages the kidneys**, leading to a yin deficiency. The **extremities then become feverish and hot.**” (HDNJ Chapter 45)

Complications of Cold and Heat Syndromes

- There are also exterior cold and interior heat, exterior heat and interior cold, or upper cold and lower heat

1. Exterior Cold with Interior Heat

- Possessing both signs and symptoms of exterior and interior syndromes.

Complications of Cold and Heat Syndromes

- A patient has **interior heat ‘orificies’** (constipation, yellow urine and mouth dry), but was found just invaded by the exogenous factors, this pathogen passes into the interior of the body and has not been resolved.
- Signs and symptoms: **aversion to cold**, *fever with no sweat*, pain in bone and joints of four limbs, coughing with dyspnea, headache; irritability and restlessness, abdominal distention, constipation.
- Treatment principle: releasing exterior and dredging interior.

Complications of Cold and Heat Syndromes

2. Exterior Heat with Interior Cold

- The spleen and stomach of a patient is **deficient** and cold making one exterior heat with interior cold.
- While the exterior syndrome of **wind-heat** pathogen is not released, the patient takes in **large amount of cold nature food or drug** leading to deficiency in spleen and stomach qi.

Complications of Cold and Heat Syndromes

2. Exterior Heat with Interior Cold

- Exterior heat: fever, aversion to cold, headache
- Interior cold: discharging watery stool, clear and profuse urine, mouth not feeling dry.
- Treatment: releasing exterior with pungent cold, and invigorating spleen at the same time. (or releasing exterior and warm interior)
- Prescription: Wu Ji San

Wu Ji San (p.62)

- Source: He Ji Ju Fang (Song: Chen Shiwen)
- Ingredients: Ma Huang, Bai Zhu, Gan Jiang, Rou Gui, Cang Zhu, Hou Po, Chen Pi, Ban Xia, Fu Ling, Dang Gui, Chuan Xiong, Bai Shao, Gan Cao, Jie Geng, Zhi Ke
- Functions: Releasing exterior, warming the middle energizer and eliminate stagnation
- Indications: Exterior cold syndrome, internal injury with raw and cold stagnation, feverish body but no sweat, headache, bodily aching, stiffness in nape and back, fullness in the chest with no desire to eat, vomiting with abdominal pain, and for disharmony in blood and qi in women,

Complications of Cold and Heat Syndromes

3. Upper Cold with *Lower Heat*

- Patient exhibits cold syndromes in the upper portion and heat syndromes in lower portion; because **upper part attacked by cold pathogen** while *lower part attacked by heat pathogen*.
- *Symptoms in lower part: abdominal distention, constipation, yellow urine.*
- Symptoms in upper part: aversion to cold, nausea, vomiting, pale tongue with white coating.

Complications of Cold and Heat Syndromes

4. Upper heat and lower cold

- A patient suffers from heat in upper portion while cold in lower portion, it is because of **inability to regulate the Yin qi and Yang qi**, leading to **preponderance of Yang in upper part and preponderance of Yin in lower part**.

Complications of Cold and Heat Syndromes

4. Upper heat and lower cold

- e.g. A patient suffering from exterior syndrome after taking too much **drastic purgative herbs** leading to severe diarrhea with serious **loss of body fluid** (jin ye). Heat is then produced. This **heat ascending up** makes him have **sore throat, coughing with yellow phlegm** sometimes with blood. At the same time, the cold pathogen entering into his stomach and intestines makes him discharging watery stool and clear urine.

Points to note

- Besides, practitioner must decide on the portions of heat and cold signs and symptoms, which is the root (ben) and which is branch (biao), and its treatment priority. e.g. in the case of cold more than heat, more hot nature herbs must be used.
- In addition: **note the pulse condition**, history, the progress of the disease, constitution of the patient (hot-based or cold-based).

Answers to Points to note

- When heat and cold signs and symptoms co-exist in one patient, care must be taken to distinguish the position (upper or lower portion), which channels and collaterals, triple warms and which zang fu (organs).
- e.g. coughing can be attributed to :(lung)
- e.g. Discharging semi-solid feces is due to: (coldness in large intestine)

The False Manifestations of Heat and Cold Syndromes

- When the disease develops to extremely heat or cold condition, the signs and symptoms of **extremely cold will appear as heat** syndrome, while those of **extremely heat will appear as cold** syndrome, these phenomena are called **real cold and pseudo-heat** and **real heat and pseudo-cold** respectively.

The False Manifestations of Heat and Cold Syndromes

- e.g. A patient getting tidal fever with red face (sometimes in cold syndromes) and freezing cold in four limbs (sometimes in heat syndromes) can be regarded as an **aggravation of a disease to a serious stage**. Care must be taken this time to keep close observation to him.

Real Heat and *Pseudo-cold*

- A patient suffered from *freezing cold in four limbs, aversion to wind but not willing to take clothes*, **burning heat in chest and abdomen, mouth and throat feeling very dry, desiring cold drink, scanty and dark yellow urine, constipation, red tongue with yellow and dry coat, forceful and rapid pulse.**

Real Heat and Pseudo-cold

- Signs and symptoms show that the patient got interior heat, the false manifestation of pseudo-cold is because the heat pathogen is trapped inside blocking the dispersion of Yang qi.
- What can be inferred by the patient's willing or not willing to take more clothes in the above case?
- What will practitioner look for in order to judge whether it is the real heat or pseudo-heat?

Real Heat and Pseudo-cold

- Signs and symptoms show that the patient got **interior heat**, the false manifestation of pseudo-cold is because the **heat pathogen is trapped inside** blocking the dispersion of Yang qi.
- (Patient suffering from **real cold like more clothes**, we can judge the **real heat by looking at the tongue body**, coat, pulse condition and dry mouth)

Real Cold and *Pseudo-heat*

- A patient suffered from **freezing cold in four limbs**, discharging all the food in its original form, **no sign of aversion to cold** but showing *irritability and restlessness, thirst, desiring hot drinks, red face, sore throat*, black and slippery tongue coat, with feeble pulse which is nearly unable to palpate.
- He was diagnosed to be preponderance of **Yin cold inside**, the *deficient Yang floats up transforming heat*.

Real Cold and Pseudo-heat

- ***Four limbs freezing cold and discharging the original food means cold.***
- ***No sign of intolerance of cold or aversion to cold, thirst, red face, irritable means ascending (floating) of deficient Yang***
- ***Thirsty and preferring hot drinks, sore throat means heat***
- ***Black and slippery tongue coat means interior syndromes with cold and dampness***