Foundation of TCM II
Six stages (Tai Yang)

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Intro to Shang Han Lun (Discussion of Cold Damage) & Six Stage Diseases

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General Introduction

- First medical classic that combines theory with clinical experience
- Systematically explains diagnostic and treatment for externally contracted diseases and complex internal diseases
- Established the Six Jing Channel Pattern Differentiation (Syndrome Differentiation)
- Initiated pattern differentiation and treatment model as the main model for disease treatment
- Consists of 112 formula with modifications for treatment of many disease patterns

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What is "Shang Han"

- Directly translate as "Cold Damage"
- Historically used colloquially to refer to all externally contracted diseases
- Referred to the febrile response of the body when afflicted by an external pathogen (whether it is Wind, Cold, Summer Heat, Dampness, Dryness, or Fire)
- Narrowly, and commonly, referring to damage by Cold pathogen
- Nan Jing refers to 5 types of Cold Damage: Wind strike, Cold Damage, Warm-Damp, Heat Disease, Warm Disease

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Six Jing Channel Pattern Differentiation

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- A system and model for diagnosis and treatment:
  - Tai Yang, Yang Ming, Shao Yang, Tai Yin, Shao Yin, Jue Yin
- The 6 Channels meridian system refer not only to the channels, but the Zang-Fu functionality and pairing; i.e. a physiological system
- 6 Jing Channel Disease are pathological changes of the 6 Channels
- Signs and symptoms are organized into the 6 Channels as individual stages of disease, whilst giving a set progression of disease

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Six Jing Channel Pattern Differentiation

- Also takes into account the nature of the pathogenic fact and the ability of the body to ward of disease
- Given signs and symptoms, on can determine the location of disease, characteristic of the pathological mechanism, relative strength of the upright Qi and pathogenic Qi, and changes of Hot and Cold
- All leads to a diagnosis and the criterion for determining treatment
- As well, appropriate preventative measures can be determined for preventing worsening progression of disease

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Transmission and Transmutation of 6 Jing Channel Disease

- Refers to the changes that can occur in stage of disease
- Transmission is the progression or regression of disease from one Jing Channel to another
  - Example, Tai Yang progresses to Yang Ming, then to Shao Yang
- Transmutation refers to dramatic changes outside the normal transmission tendencies
  - Example, Tai Yang disease may become Chest Bind or Visceral Bind patterns

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Transmission and Transmutation of Disease

- Depends on four main factors:
  - The strength of the Upright Qi
  - The severity of the Pathogenic Qi
  - Appropriateness of treatment applied
  - Pre-existing illnesses and general condition of patient at the time of contracting disease

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Transmission and Transmutation of Disease

- If Pathogenic Qi is strong than Upright Qi, disease progresses forward, from Yang channels to Yin channels
- If Upright Qi recovers, the Pathogenic Qi is expelled outwards, from Yin channels to Yang channels
- If Upright Qi is very weak, the Yang channels are skipped, and Yin channels diseases can happen directly, called Direct Attack

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Transmission and Transmutation of Disease

- Combined Disease and Overlapping Disease can also occur
- Combined disease refers to two or more Channel Disease prevalent at the same time, rather than leaving one and entering another in succession
  - Example: Combined Tai Yang, Yang Ming, and Shao Yang disease
  - Overlapping disease refers to progression of disease into the next channel while not completely resolved; usually one pattern weaker than the other
  - Example: Overlapping Tai Yin and Shao Yin disease

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Treatment of 6 Jing Channel Disease Patterns

- Summarized as Supporting the Upright Qi and Expelling the Pathogenic Qi
- 8 primary treatment principles:
  - Diaphoresis
  - Emesis
  - Purgation
  - Harmonization
  - Warming
  - Heat Clearing
  - Dispersion
  - Supplementing

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Treatment Methods

- Each stage of disease and the specific manifestation utilizes a specific treatment principle
- In the Yang stages, expelling the pathogen takes precedence
  - Example: Yang Ming Channel stage treated by Heat-Clearing method
  - Example: Yang Ming Organ stage treated by Purgation
  - Example: Shao Yang stage treated by Harmonizing
- In Yin stages, supporting the Upright Qi predominates
  - Example: Tai Yin stage with Cold and Damp treated by Warming the Middle, Dispersing Cold, and Drying Dampness
  - Example: Shao Yin Stage with Cold treated by Supplementing Yang and Suppressing Yin
  - Example: Shao Yin Stage with Heat treated by Nourishing Yin and Clearing Heat

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Treatment of Complex Patterns and Stages

- Disease may have many patterns mixed other over the course of disease
- Exterior and Interior patterns may present together
- Take into account timing and nature
  - I.e. which occurred first, which occurred later
  - I.e. which is acute, which is chronic
- Treatment may include:
  - Treat the exterior before the interior
  - Treat the interior before the exterior
  - Expel pathogens from the both interior and exterior

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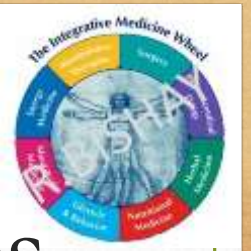
Treatment of Complex Patterns and Stages



- If Exterior and Interior occur simultaneously, one generally treats the Exterior before the interior
- Prevents pathogenic from entering deeper and the complications of several internal patterns
- Opposite is true only in extreme cases
- Simultaneous treatment done when Exterior cannot be fully treated unless Interior is treated, and vice versa

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Tai Yang Stage Disease

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Tai Yang Stage Disease

- Relates to the Tai Yang meridians, associated with the Urinary Bladder and Small Intestine meridians
- The first of 6 channels
- Commands the Ying and Wei Qi
- The most exterior of the channels and usually the first to be afflicted
- When afflicted, Ying and Wei fall into disharmony, unable to protect the body, and Qi flow in the channel affected
- Presents with common symptoms of aversion to cold, headache, stiff nape, floating pulse
- Primary location of disease is at exterior, so called Exterior Pattern

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Pattern Differentiation

- Wind Strike Pattern
  - Symptoms include fever, sweating, aversion to wind, floating pulse
  - Wei Qi is insecure, allowing pathogen to enter and Ying Qi to escape
- Cold Damage Pattern
  - Aversion to cold, fever without sweating, headache, general pain, floating and tight pulse
  - Body surface is secure, pathogen suppresses Wei Qi, Ying Qi stagnated
- Warm-Heat Pattern
  - High fever, mild aversion to cold, impaired fluids
  - Contraction of Warm-Heat pathogen, or transformation of Wind-Cold to Heat in a Yang excess constitution

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Combined Patterns and Overlapping Pattern

- Basic patterns may also combine with other patterns
  - Examples include:
  - Gui Zhi Jia Ge Gen Tang Pattern (Channel impairment)
  - Gui Zhi Jia Hou Po Xing Zi Tang Pattern (Lung Qi Accumulation)
  - Gui Zhi Jia Fu Zi Tang Pattern (Yang Deficiency with insecurity)
  - Gui Zhi Qu Shao Yao Jia Fu Zi Tang Pattern (Diminished Chest Yang)
  - Gui Zhi Xin Jia Tang Pattern (Ying-Yin depletion)
- Without appropriate and timely treatment, may progress to Yang Ming or Shao Yang Patterns

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Treatment

- Focus is on Diaphoresis and resolving the exterior
- Wind-Strike: Dispel Wind, Resolve Muscle Layer, Regulate Ying and Wei
- Cold Damage: Induce Diaphoresis, Resolve the Exterior, Disperse the Lung, Calm Wheezing
- Modify treatment accordingly for different variations of the main presentation
- Inappropriate treatment will commonly lead to Shao Yang
- Late treatment leads to Yang Ming
- Purgation will lead to Yin channel patterns

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Explanation of Tai Yang Symptoms

- Floating pulse: indicates that Upright Qi has risen to surface of body to fight Pathogenic Wind-Cold
- Headache and Stif neck: Qi and pathogen stagnating in the Tai Yang channels
- Aversion to cold: Wei Qi suppressed and unable to warm the fleshy surface of body
- Aversion to cold happens early and persist throughout this stage of disease

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Explanation of Wind-Strike Pattern

- More signs and symptoms in addition to basic Tai Yin presentation
- Fever: Strong Wind contends with Upright Qi, creating elevated temperature; feeling as if covered by a layer of feathers
- Sweating: Wind pathogenic, being opening, discharging, and moving in nature, disturbs the Wei, allowing Ying to escape, and sweat to leak
- Aversion to Wind: Wei Qi disturbed, unable to resist further Wind attack; feels as if soaked in cold water
- Wheezing: Wind impairing the Lung, causing unsmooth breathing
- Dry retching: Wind impairs normal flow of Qi, forcing Stomach Qi to reverse
- Moderate Pulse: Ying Qi deplete, so pulse slackens and slows
- Treat with Gui Zhi Tang (Decoction)

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Explanation of Cold Damage Pattern

- With or Without Fever: depends on constitution and pathogenic strength; If pathogen is strong and constitution weak, fever occurs late; If pathogen weak and constitution strong, fever occurs early
- General pain: Cold constricts and congeals the Ying and Wei Qi, especially within the Tai Yang Channels
- Tight and floating pulse: Cold congeals the surface so Qi rises to surface, but vessels are constricted
- Retching counterflow (Nausea and vomiting): Cold impairs the Stomach, preventing normal flow
- Wheezing: Cold constricts the airways, impairing breathing
- Absence of sweating: Vessels constricted; Yin strained
- Treat with Ma Huang Tang

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Explanation of Warm-Heat Pattern

- A type of Cold Damage, in the sense it causes febrile response
- Fever and thirst: Heat depletes and impairs Yin-fluids, allowing thirst and fever to occur
- Slight aversion to wind and cold: happens early on when channels surface of body is first impaired; symptoms disappears quickly as heat takes over
- Quickly leads to deeper patterns

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Transmuted Patterns

- If after three days, with Tai Yang treatment methods applied, the pathogen still remains, then a Transmuted Pattern has presented
- May be the result of poor treatment, improper diagnosis, or differing pathogen
- Two main Transmuted Pattern:
  - Accumulation of Water
  - Accumulation of Blood

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Accumulation of Water Pattern

- Occurs when excessive use of diaphoresis does not resolve pathogen after six or seven days
- Stomach Yin injured, and gives rise to heat
  - If mild, small amounts of water can alleviate the syndrome
- Presents with vexation, agitation, inability to sleep, thirst with desire to drink, perhaps vomiting immediately after ingesting fluids

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Explanation of Accumulation of Water Pattern

- Excess diaphoresis severely injures Qi and fluids
- Pathogenic Qi can easily enter, via channels, the Fu-organs
- Bladder and Small Intestine impaired, preventing urination
- Water flow reverses, giving rise to vomiting of fluids
- Called Accumulation of Water and Water Counterflow
- Treat with Wu Ling San

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Explanation of Accumulation of Blood Pattern

- Presents with blood in urine, manic behavior, thirst with desire to drink, purplish tongue, constipation, deep pulse
- Unresolved Tai Yang Pattern
- Heat accumulates and enters Urinary Bladder
- The Heat damaged the vessels, allowing bleeding to mix with urine
- Heat surges upwards to Heart, disturbing the Shen
- Qi and Blood stagnates in the Lower jiao, causing hard mass in lower abdomen
- If mild in severity, will spontaneously resolve with bleeding
- If severe, first resolve exterior syndrome, then treat with Tao He Cheng Qi Tang to relieve the interior

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