

Foundation of TCM II

Six stages (Yang Ming)

Prof. Dr. R. Bishay (*MD, PhD, NFS*)



Yang Ming Stage Disease



Yang Ming Stage Disease

- Relates to the Yang Ming meridians, associated with Foot Yang Ming Stomach Meridian and Hand Yang Ming Large Intestine
- The second of the 6 channels and is the “interior of the exterior” of the body
- Due to the nature of Stomach and Intestine, this stage is pivotal to when exterior ferments to interior and interior is expelled to exterior.
- Commands Yang Qi and Zheng Qi
- Because of the abundance of Yang Qi, Yang Ming fevers are therefore more severe than fevers in the Tai Yang stage.



Stomach: The Officer of Granaries

- “The spleen-stomach holds the office of the granaries and issues the five flavors.”
- Food enters the granaries for processing (fermentation) and is then transferred to spleen for refinement into Ying Qi (five flavors) for the body.
- Stomach pathology often involves heat due to the warm-dry nature of the Yang Ming.
- Over time, unattended heat can lead to yin-deficiency patterns.



Large Intestine: The Officer of Transport

- “The large intestine holds the office of transport master, issuing change and transformation.”
- As the transport master, the Large Intestine deals with the passage of food byproducts rather than the refinement.
- It maintains constant movement and passage of the products through the organs and commands the downward motion.
- The Large Intestine also serves as the last organ in fluid absorption and metabolism.
- As such the Large Intestine often involves fluids, both the excess and deficiency.



Yang Ming Stage Disease

- In the Yang Ming stage, both the Zheng (Upright) Qi and the Evil (Xie) Qi are strong, turning the excess pathogen into heat within the body as the two clash.
- In the Yang Ming Syndrome, there are no chills. There are two types of Yang Ming Syndromes, one that involves the channel, and the other involves the related Zang Fu (Stomach and Large Intestine organs).
- Both of these syndromes can occur at the same time.



Pattern Differentiation: Channel (Jing)

- Yangming meridian Syndrome
- As the pathogen invades Yang Ming channel, excess heat signs will appear. This is known as “The Four Bigs”
 - Big Fever (high fever)
 - Big Sweat (profuse sweating)
 - Big Thirst
 - Big Pulse
- These are the four key signs of Yang Ming channel symptoms; other symptoms of excess heat may also be included.



Syndromes Explanation: Channel (Jing)

- As mentioned, in the Yang Ming stage, the body uses yang (heat) to combat pathogenic factors.
- Heat retained in the Stomach and Intestine channel causing hyperactivity of heat signs from Yang Qi, Upright vs Evil Qi, and
- Excess Heat causing Big Heat.
 - The invading pathogen has pushed into the Qi, but the Upright Qi is putting up a huge fight to push the pathogen out. The heat is the sign of the struggle
- This may also accompany signs of Interior Excess Heat:
 - Mental restlessness
 - Irritability



Syndromes Explanation: Channel (Jing)

- Interior Excess Heat forces body fluid outwards or evaporates fluids causing Big Sweat. As the body fluids evaporates and is forced out thirst occurs also known as Big Thirst.
- This is the outward motion of the body's defensive Upright Qi (yang) pushing outwards as well.
- All is indicative of excessive heat and preponderance of yang causing heat signs to manifest in Big Pulse.
- One can say the channel pattern is characterized by Heat “without form” and is more Heat than Fire.



Pattern Differentiation: Organ (Fu)

- In this kind of Yang Ming stage condition, the Heat produced by your body is not confined to the Stomach, but reaches down into the Intestines.
- Consequently, as well as the symptoms explained above you get extra symptoms as follows:
 - Abdominal distension and pain, from build up of dry stools
 - Constipation
 - Stools are dry, hard to pass, and may smell
 - Urine is dark
 - Other symptoms are mostly the same as above, but the fever may be unremitting, even worse in the afternoon, and you may sweat more on your arms and legs;



Syndromes Explanation: Organ (Fu)

- Once the heat enters the organs, the pattern can be characterized by heat “with form” and is characterized by Fire.
- The intensified heat injures the body fluids, leading to dryness.
- Similarities between the Channel(Jing) pattern is manifested as:
 - Fever, no shivers, feeling of heat, thirst, red tongue with yellow coating, rapid pulse.
- The heat in this case is deeper and dries up fluids that is required for proper digestive tract motion, causing:
 - Constipation and accumulation of dried feces causing abdominal fullness-pain.



Syndromes Explanation: Organ (Fu)

- Not only is the heat(fire) more intense in the Organ pattern, it is also deeper seeded as it has invaded the organs.
- As such the outward motion displayed by the Channel pattern is changed to a downward motion of the Yang Ming organs: Stomach and Large Intestine.



Treatment

- The general treatment principle for Yang Ming disease is to dispel the pathogenic qi. Clearing and purging methods are most commonly applied.
- Due to the different nature of qi mechanic between the Channel pattern and the Organ pattern, clearing outward pattern is more applied for Channel patterns and purging methods applied to Organ patterns.
 - For Yang Ming heat patterns, apply the clearing heat, generate fluid method
 - For Yang Ming excess organ patterns, apply the heat purging method
 - With fluid depletion and constipation, apply moistening and purging methods
 - With damp-heat steaming and yellowing, clear heat and resolve dampness
- In summary, in Yang Ming diseases, the key principle is to “preserve stomach qi and save fluids”



Combined Patterns and Overlapping Pattern

- In Yang Ming disease, when unresolved pathogenic heat combines with Tai Yin
 - Spleen dampness, damp-heat will steam internally and affect the coursing and discharging function of the liver; the gallbladder then fails to maintain its normal pathway and flows outwards.
- In some Tai Yin diseases when the visceral pathogenic qi passes back to the bowels, this is an internal condition reaching outward, a yin pattern changing into a yang pattern. In this case there can
 - Hard bound stools that indicate a Yang Ming pattern.
- Inappropriately promoting sweating and urination in the treatment of shao yang disease can also damage fluids and transform the condition into a Yang Ming disease, referred to as “Shao Yang Yang Ming”.
- When intense Yang Ming heat enters deeply into the blood level, there will be:
 - Dry mouth, washing the mouth with water without a desire to swallow it, and nosebleed.