

Diagnosis of TCM 2 – DIAG. R BISHAY

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



Identification of Patterns According to Pathogenic Factors, Four Levels, Six Stages and Three Burners

- **Identification of Patterns According to Six Stages**



Identification of Patterns According to Six Stages

- The oldest method as it is derived from Zhang Zhong Jing's 'Discussion of Cold-induced Diseases' (c. AD220)
- It describes the patterns arising when the patient is invaded by external Wind and especially Wind-Cold.
- These six patterns are representing six energetic layers of penetration of external Wind

Greater Yang	Greater Yin
Lesser Yang	Lesser Yin
Bright Yang	Terminal Yin

- Of these six patterns, the Greater-Yang is the only exterior stage. At that stage the pathogenic factor(Wind-Cold) is on the Exterior and in the Lungs Defensive-Qi portion



Greater-Yang Stage

Invasion of Wind-Cold with prevalence of Cold
(Attack of Cold)

- ***Clinical manifestations:*** Aversion to cold, slight fever shivers, absence of sweating, severe headache, pronounced aching, stiff neck, sneezing, runny nose with white discharge, slight breathlessness
- ***Tongue:*** Normal tongue-body color with thin white coating
- ***Pulse:*** Floating-Tight
- ***Acupuncture:*** BL12 with cupping, Lu7, Li4. Moxa is applicable
- ***Prescription:*** Ma Huang Tang *Ephedra Decoction*



Greater-Yang Stage

Invasion of Wind-Cold with prevalence of Wind
(Attach of Wind)

- ***Clinical manifestations:*** Slight aversion to cold, aversion to wind, slight fever, slight sweating, mild headache, slight aching, stiff neck, sneezing
- ***Tongue:*** Normal tongue-body colour with thin white coating
- ***Pulse:*** Floating-Slow
- ***Acupuncture:*** BL12 with cupping, Lu7, Li4, Gb20, St36
- ***Prescription:*** Gui Zhi Tang *Ramulus Cinnamomi Decoction*



Table 1 Comparison of Attack of Cold and Attack of Wind in the Greater-Yang pattern

	Attack of Cold	Attack of Wind
Sweating	No sweating	Slight sweating
Aches	Pronounced	Slight
Headache	Severe	Mild
Aversion to Cold	Pronounced	Slight
Pulse	Floating-Tight	Floating-Slow
Common symptoms	Floating pulse, headache, shivers, aversion to cold	



Greater-Yang Stage

Invasion of Wind-Heat

- ***Clinical manifestations:*** Aversion to cold, fever, slight shivers, sneezing, cough, runny nose with slightly yellow mucus, occipital stiffness and ache, slight sweating, itchy throat, sore throat, swollen tonsils, body aches, slight thirst
- ***Tongue:*** Tongue-body color slightly Red on the front/sides (not in every case), thin white coating
- ***Pulse:*** Floating-Rapid
- ***Acupuncture:*** Li4, Li11, Lu7, BL12, Tb6
- ***Prescription:*** Yin Qiao San *Lonicera-Forsythia Powder*



Table 2 Comparison of invasion of Wind-Cold with prevalence of Wind, invasion of Wind-Cold with prevalence of Cold, and invasion of Wind-Heat

	Symptoms	Tongue	Pulse
Wind-Cold with prevalence of Wind	Slight sweating	Thin white coating, body color unchanged	Floating-Slow
Wind-Cold with prevalence of Cold	No sweating, slight breathlessness, shivers pronounced	Thin white coating, body color unchanged	Floating-Tight
Wind-Heat invasion	Slight thirst, slight shivers	Body color slightly Red on sides/front, thin white coating	Floating-Rapid



Greater-Yang Stage

Organ patterns

Accumulation of Water

- ***Clinical manifestations:*** Shivers, fever, aversion to cold, retention of urine, slight thirst, vomiting of fluids soon after drinking
- ***Pulse:*** Floating-Rapid
- ***Acupuncture:*** Ren9, Ren3, Lu7, BL22, BL39
- ***Prescription:*** Wu Ling San *Five 'Ling' Powder*



Greater-Yang Stage

Organ patterns

Accumulation of Blood

- ***Clinical manifestations:*** Hypogastric distension, fullness and urgency, urinary incontinence, blood in the urine, mental restlessness
- ***Tongue:*** Reddish-Purple without coating
- ***Pulse:*** Deep-Fine-Rapid
- ***Acupuncture:*** BL62, Si3, BL39, Si5, BL22, Sp10, Lv1
- ***Prescription:*** Tao He Cheng Qi Tang *Persica Conducting Qi Decoction*



Greater-Yang Stage

Table 3 Comparison of Accumulation of Water and Accumulation of Blood within the Greater-Yang organ pattern

	Accumulation of Water	Accumulation of Blood
Pattern	Heat in the Bladder at Qi level	Heat in the Bladder at Blood level
Symptoms	Urinary retention, no mental changes	Urinary incontinence, blood in the urine, mental restlessness



Bright-Yang Stage

Bright-Yang channel pattern

- ***Clinical manifestations:*** High fever, profuse sweating, intense thirst, red face, a feeling of heat, irritability, delirium
- ***Tongue:*** Red with thin yellow coating
- ***Pulse:*** Overflowing-Rapid
- ***Acupuncture:*** Li11, Du14, P3, St44, St43
- ***Prescription:*** Bai Hu Tang *White Tiger Decoction*



Bright-Yang Stage

Bright-Yang organ pattern

- **Clinical manifestations:** High fever that is worse in the afternoon, profuse sweating, a feeling of heat, sweating on limbs, abdominal fullness/pain, constipation, dry stools, thirst, dark urine
- **Tongue:** Red with thick, dry yellow coating
- **Pulse:** Deep-Full-Slippery-Rapid
- **Acupuncture:** Li11, Du14, P3, St44, St43, St25, Sp15, St37, Sp6
- **Prescription:** Tiao Wei Cheng Qi Tang *Regulating the Stomach Conducting Qi Decoction*



Bright-Yang Stage

Table 4 Differences between channel and organ patterns in Bright-Yang pattern of the Six Stages

	Channel pattern	Organ pattern
Common manifestations	Fever, no shivers, a feeling of heat, thirst, Red tongue with yellow coating, Rapid pulse	
Differences	Profuse sweating, mental changes, Overflowing pulse, thin tongue coating	Constipation, abdominal fullness/pain, Deep-Full-Slippery pulse, thick, dry tongue coating



Lesser-Yang Stage

- ***Clinical manifestations:*** Alternations of shivers and fever, bitter taste, dry throat, blurred vision, hypochondrial fullness and distension, lack of desire to eat or drink, irritability, nausea, vomiting
- ***Tongue:*** Unilateral thin white coating
- ***Pulse:*** Wiry-Fine
- ***Acupuncture:*** Tb5, Tb6, Gb41, Du13
- ***Prescription:*** Xiao Chai Hu Tang *Small Bupleurum Decoction*



Greater-Yin Stage

- ***Clinical manifestations:*** Abdominal fullness, a feeling of cold, vomiting, lack of appetite, diarrhoea, absence of thirst, tiredness
- ***Tongue:*** Pale with sticky white coating
- ***Pulse:*** Deep-Weak-Slow
- ***Acupuncture:*** Ren12, BL20, St36, Sp9. Moxa is applicable
- ***Prescription:*** Li Zhong Tang *Regulating the Centre Decoction*



Lesser-Yin Stage

Cold Transformation

- ***Clinical manifestations:*** Chills, a feeling of cold, lying with the body curled, listlessness, a desire to sleep, cold limbs, diarrhoea, absence of thirst, frequent pale urination
- ***Tongue:*** Pale and wet with white coating
- ***Pulse:*** Deep-Weak-Slow
- ***Acupuncture:*** BL23, Ren4, Ren6, Ren8, Ki7, Ki3. Moxa is applicable
- ***Prescription:*** Si Ni Tang *Four Rebellious Decoction*



Lesser-Yin Stage

Heat Transformation

- ***Clinical manifestations:*** A feeling of heat, irritability, insomnia, dry mouth and throat at night, dark urine, night sweating
- ***Tongue:*** Red without coating
- ***Pulse:*** Fine-Rapid
- ***Acupuncture:*** Ren4, Ren6, Ki3, Ki6, Sp6
- ***Prescription:*** Huang Lian E Jiao Tang *Coptis-Colla Asini* Decoction



Lesser-Yin Stage

Table 5 Comparison of Lesser-Yin Cold transformation with Heat transformation

	Symptoms and Signs	Tongue	Pulse
Lesser-Yin Cold transformation	Chills, feeling cold, lying with body curled, listlessness, desire for sleep, cold limbs, diarrhoea, absence of thirst, frequent pale urination	Pale and wet with white coating	Deep-Weak-Slow
Lesser-Yin Heat transformation	Feeling of heat, irritability, insomnia, dry mouth and throat at night, dark urine, night sweating	Red without coating	Fine-Rapid



Terminal-Yin Stage

- ***Clinical manifestations:*** Persistent thirst, a feeling of energy rising to the chest, pain and a sensation of heat in the heart region, hunger but no desire to eat, cold limbs, diarrhoea, vomiting, vomiting of roundworms
- ***Pulse:*** Wiry
- ***Acupuncture:*** Lv3, Li4, Sp4, P6
- ***Prescription:*** Wu Mei Wan *Prunus Mume Pill*