

Case Studies: Examples of vomiting

- Case 1: stomach qi counterflow (as stomach qi should be descending). If it is caused by **liver fire**, the patient will exhibit hypochondriac pain and distension, acid reflux from the stomach, bitter taste in mouth, **margins of tongue being red**, wiry pulse and forceful, those are symptoms of **liver heat invading stomach**.
- Treatment principle is clearing liver heat.

Case Studies

- Case 2: exterior syndrome. Patient suffers from fever, aversion to cold (sometimes chilliness and sometimes fever), tongue light red, white tongue coat, floating pulse. It is the invasion of wind pathogen which causes stomach qi counterflow.
- Treatment can be done by dispelling wind from stomach and spleen.
- Prescription suggested: Huo Xiang Zheng Qi Wan.
- Acupuncture points: He Gu (LI 4), Da Zhui (GV 14), Feng Chi (GB 20), Zu San Li (ST 36) and Lie Que (LU 7)

Case Studies

- Case 3: food stagnation (abdominal pain, tongue coat slippery and greasy, having the history of food stagnation)
- Treatment Principle: by elimination
- Prescription: Bao He Wan
- Acupuncture Points: Zhong Wan (CV 12), Shang Wan (CV 13) and Zu San Li (ST 36)

Case Studies

- Case 4: spleen and stomach deficiency (pale complexion, poor appetite, vomit after eating more than enough, easily getting fatigue, four limbs cold, pale tongue, rapid pulse.
- Treatment principle is to tonify the spleen and stomach.
- Conclusion: Same signs and symptoms may be from different causes. Treatment then can be offered according to the signs and symptoms.

(Homework: filling up the table of Depletion of yin and Depletion of yang)

Table of Comparison

Diagnosis	Sweat	Four n limbs	Tongue	Pulse condition	Others (skin-temp.)	Treatment
Depletion of Yin						
Depletion of Yang						

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Further development of Depletion of Yin and Depletion of Yang

- Depletion (collapse) of Yin and Yang is equivalent to “Shock” in modern medicine term.
- Modern research holds that depletion of yin and yang will finally turn to reduction of effective circulation blood volume, hypoxia, dysbolism (cardiac collapse) and acidosis, thus endangering life
- Delay treatment will cause falling unconscious or even coma.

Summary

- In the course of clinical differentiation, practitioner should pay attention not only to differentiation of signs and symptoms of the eight principle syndromes , but also to their coexistence, transformation, true or fake condition in Yin and Yang.

Conclusive Remarks of Differentiation of Syndrome according to Yin Yang

- Yin and Yang serve as the general principle to classify all the syndromes.
- This differentiation includes yin syndrome and yang syndrome; **deficiency of yin and insufficiency of yang.**

Yin syndrome and yang syndrome

- **There are many manifestations in yin syndrome (excess due to def. yang),** and the common ones are: dull complexion, listlessness, heavy sensation of the body, an inclination to huddle up in bed (in a small group for warmth), intolerance of cold, cold limbs, weariness, low and timid voice, anorexia, loose stool, copious clear urine, thick, tender and pale tongue, deep, slow or empty or choppy and fine pulse.

Yin syndrome and yang syndrome

- Symptoms conforming to the general attribute of yang are defined as yang syndrome, such as exterior syndrome, **excess syndrome (yang rising)** and heat syndrome according to the diagnostic principle of the eight principle syndrome.
- With a variety of clinical manifestation, it is commonly characterized by **flushed face** and **congested eyes**, chills and **fever**, fidgets (*small movements of hands and feet*), dyspnea, loud voice, **dry stool, dark urine**, deep red tongue with dry and yellow coat, floating and rapid pulse, overflowing or slippery and full pulse.

Deficiency of Yin and insufficiency of Yang

- Deficiency of **yin indicates fever of deficiency** type due to insufficiency of yin essence and the consequent failure of yin to suppress yang. The relative excessiveness of **yang-qi and the flaring-up** of asthenic fire result in emaciation, dry throat, vertigo, blurred vision, palpitation, insomnia, dysphoria with feverish sensation in the chest, palms and soles (**empty heat**), hectic fever, night sweating, flushing of zygomatic region, red tongue with little coat, fine and rapid pulse.

Deficiency of Yin and insufficiency of Yang

- Insufficiency of yang indicates the failure of yang to suppress yin due to exhaustion of yang. Dysfunction of transforming and warming up on account of **yang deficiency leads to relative excess of yin** and cold of deficiency type in the interior. Such symptoms as listlessness, fatigue, shortness of breath, disinclination to talk, inclination to huddle up in bed, sleepiness, intolerance of cold, cold limbs, tastelessness, not thirsty, or preference for hot drinks, clear urine, loose stool, pale complexion, plump pale tongue, deep, slow and empty pulse.

- The Principles of TCM Diagnostics
- Eight Principles Syndromes: Differentiation of Syndromes according to the Exterior and Interior
- Assigned Reading: p.659-709 (arms and body)

Eight Principles Syndromes: Differentiation of Syndromes according to Exterior and Interior (text p.983)

- The Concept of Exterior and Interior
- Exterior Syndromes and Interior Syndromes
- Identification of Exterior Syndrome and Interior Syndromes
- Half-exterior Half-interior Syndromes
- Dual Exterior and Interior Syndromes
- The In and Out of Exterior and Interior Syndromes

Concept of Exterior and Interior

- What is exterior? What is its meaning in TCM Diagnostics?
- What is interior? What is its meaning in TCM Diagnostics?
- How the TCM classics define the interior and exterior according to the depth of human being?

Concept of Exterior and Interior

- The part of body invaded by the pathogen and the depth of the disease
- If the pathogen affects the **skin and muscle** striae, the position of the pathogen will be shallow. It belongs to **exterior**.
- If the pathogen enters into the heart and lung, the disease is found in the *zang fu (internal organs)*, the position of the disease is considered to be deep. It belongs to *interior*.

Eight Principles Syndromes: Differentiation of Syndromes according to Exterior and Interior

- Exterior and interior refer to the location of pathologic changes.
- Exterior indicates the superficial while Interior means internal
- It serves to spot the location and measures the seriousness of a disease

Eight Principles Syndromes:

Differentiation of Syndromes according to Exterior and Interior

- Exterior and interior are relative: body and organs; zang-organs and fu-organs, meridian system and the zang-fu.
- How do practitioners divide the body into exterior and interior according to the depth of different body layers? (Read Chapter 50 of Huang Di Nei Jing)

Level of body layers according to HDNJ

- If the illness is at the 1-skin level, one must take care not to damage the muscle level so as not to impact the spleen function
- In illness at the *2-muscle level*, *needling too deeply will damage the channel level*. In this case the *heart function will be disrupted* (over exhaustion of the mother to feed her ill baby);

Level of body layers according to HDNJ

- In illness of the **3- channels and vessels**, needling too deeply will damage the **tendon level**. This will **impact the liver function**;
- In illness of the 4- tendons, needling too deeply will damage the **bone level**. This will impact the **kidney function**.
- Finally, in illness of the bones, needling too deeply will damage the marrow.
(Chapter 50)

Reflections from Chapter 50: Rudiments of Acupuncture

- Deep and shallow needling insertion
- Excess and deficiency
- illness may be on the hair level, the skin level, the muscle or flesh level, the level of the channels, the tendon level, the bone level, or the marrow level.
- Effects of needling too deep in the pathological changes

Eight Principles Syndromes: Differentiation of Syndromes according to Exterior and Interior

- Exterior and interior refer to the location of pathologic changes.
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Eight Principles Syndromes: Differentiation of Syndromes according to Exterior and Interior

- Exterior and interior are relative: body and organs; zang-organs and fu-organs, meridian system and the zang-fu.
- When making analysis and differentiation of syndromes, practitioners may consider a disease as exterior syndrome if the skin, muscle, channels and collaterals are affected by pathogenic factors; they may regard a disease as **interior** syndrome if it is due to pathologic changes in the **organs**, **blood vessels** or **bone marrow**.

Classwork I

1. Try to distinguish the following pairs to exterior and interior:

- Body and Zang-fu (organs)
- Zang-organs and Fu-organs
- Meridian system and organ system
- Three yin channels and three yang channels
- Skin and tendon with bone

2. What can be concluded?

Exterior and Interior

- Exterior and interior are comparatively defined.
- **Body is defined as the exterior** and zang-fu as the interior.
- Zang-organs are the interior while fu-organs are the exterior.
- The **channels and collaterals are termed as the exterior** while zang-fu are the interior.
- Practitioners consider a disease as exterior syndrome if the skin, muscular striae, channels and collaterals are affected and interior syndrome if it is due to pathologic changes in the zang-fu, blood vessels (pathogen at blood level = septicemia) or bone marrow.

Revision

- What is the definition of differentiation of syndromes?
- What is the importance of differentiation of syndromes according to the exterior and interior?

Differentiation of Syndromes

- Differentiation of syndromes in TCM means differentiating and recognising syndromes, i.e. to analyse and sort out clinical data of the patients collected on a wide scale so as to determine the cause, the location and the nature of pathogenic changes, to weigh the degree of seriousness of the disease and the state of the vital qi in conflict with pathogenic factors, and to get hold of the nature of the disease and its internal relations.

Differentiation of Syndromes

- Therefore, the differentiation of syndromes is the essential prerequisite of treatment, and can provide diagnosis and treatment with reliable basis.
- Only by accurate differentiation of syndromes can practitioners work out effective treatments.

Differentiation of Syndromes

- Differentiation of syndromes according to the principles of exterior and interior plays an important part particular in treatment of exopathic febrile diseases. Its significance not only lies in determining the location and seriousness of a disease, but also in inferring the tendency of pathological changes.

Differentiation of Syndromes

- Accurate differentiation of the exterior and interior syndromes can help practitioner to keep informed on the development of a disease and find out the proper treatment as to obtain a satisfactory effect.

Exterior and Interior Syndromes: exterior syndromes

- The position of all exterior syndromes is in skin or muscle level, usually refers to the beginning stage of exogenous pathogenic infections. The six exogenous factors will enter the human body through hair/skin or mouth/nose, exhibiting a series of signs and symptoms.

Exterior and Interior Syndromes: exterior syndromes

- Characteristics: infection usually started very quickly, with short history of illness, the position of the disease is shallow and not so serious in signs and symptoms.
- Any disease caused by the six exogenous factors, epidemics and worms poison must enter the body through skin or mouth/nose.

Signs and Symptoms of Exterior Syndromes

- Aversion to cold/wind, fever, headache, pain found in the joints of four limbs, stuffy nose, sneezing, pale tongue, thin coat, floating pulse, phlegm will be viscous or thin.
- Usually most of the febrile diseases such as trachitis and measles, will share similar signs and symptoms in their beginning stages

Formation of Exterior Syndromes

- When pathogen invades into the human body which has not enough immunity, i.e. the body does not have defensive power, then exterior syndrome will form. These exterior syndromes most of the time will enter the body through the sweat pores of the skin, and then stay in the muscle.
- Wei (guarding qi) will defense the body through conflicting with the pathogen. However, the evil qi (pathogen) will block the dispersion of wei in the body. *The conflict between the vital qi and the evil qi inside causes the body having the symptoms of fearing of cold and fever.*

Formation of Exterior Syndromes

- Since the position of the disease is shallow, **pulse** condition will be **floating** (this kind of pulse and symptoms are mostly found in any exterior syndrome)
- Therefore, aversion to cold and fever are two basic symptoms (**key words**) of any exterior syndromes

Classwork II:

Try to explain the following signs and symptoms in Exterior Syndromes

- Headache:

- Coughing:

- Stuffy nose:

Answer to Classwork 1:

Try to explain the following signs and symptoms in Exterior Syndromes

- Headache: the invasion of pathogen into the channels and collaterals, blocking the flow of qi and blood, thus headache and pain found in joints of 4 limbs.
- Coughing: lung is the yin of yin, if lung qi cannot disperse out, then stuffy nose and coughing will result.
- Lung opens to nose, associates with hair and skin. When pathogen invades body through hair and skin, lung qi will be affected. Nose belongs to the lung system, thus running nose and stuffy nose result.

Exterior Syndromes

- External pathogen can be heat pathogen or cold pathogen, due to the difference between individual's wei qi, the syndromes shown by each patient must be different and can be classified into exterior cold, exterior deficiency, **exterior excess** and exterior heat. All of them must be associated with wind.
- Other syndromes include patterns of wind-heat invading exterior and patterns of wind-dampness attacking exterior.

Exterior cold (congeals)

- Signs and symptoms after affected by wind-cold
- Highly **aversion to cold** with **little fever**, headache and stiff nape, soreness in joints of four limbs, running nose with stuffy nose, coughing, thin and clear phlegm, thin tongue coat with white and moisture, floating pulse and **slow**.
- Treatment Principle: ().
- Prescriptions: ()

Exterior deficiency

- Signs and symptoms: headache, stiff nape, soreness in joints of 4 limbs and painful, ***aversion to wind***, fever, *having sweat*, tongue pale, white coat, floating and moderate pulse
- This is because the sweat pores in the muscle level not completely closed, after sweating, the body cannot get rid of the pathogen
- Treatment: ()
- Prescription: ()

Exterior excess

- Signs and symptoms: headache, stiff neck, soreness in the whole body and painful, ***aversion to cold***, **fever**, **no sweat**, pale tongue with white coat, floating and **tight** pulse.
- Treatment Principle: releasing exterior with pungent warm and diaphoresis.
- Prescription : ()

Exterior heat

- Symptoms after catching wind-heat (usually in summer)
- Mostly fever, light ***aversion of cold***, headache, ***soreness*** in 4 limbs and painful, yellow nasal mucus, white or ***yellow sputum, sticky and viscous***. **Sore throat** (with dense blood capillaries), dry mouth and thirsty, desire to drink water, tongue tip red, tongue coat is white and dry, floating and rapid pulse.
- Treatment Principle: ()
- Prescription: ()

Exterior (summary)

- Exterior means the external of human being
- “Skin is the exterior of the body” (Feng), any invasion of wind-cold, skin will be the first layer to be affected. Skin belongs to taiyang, therefore any exterior syndromes are called () disease. They are all caused by exopathic factors.
- Treatment principle for exterior syndromes is () not by purgation.
- However, exterior syndromes can be divided into exterior cold, exterior heat, exterior excess and exterior deficiency.

Exterior (summary)

- Symptoms like headache, **fever, chill**, aversion of wind, bodily aching, tight pulse, no sweat belong to ().
- Symptoms like heat sensation but **no chill, fever** and **sweating**, agitated and thirst belong to ().
- Symptoms like sweating either in daytime or night, **profuse sweating**, weak pulse belong to ().
- Symptoms with fever, no sweating, floating pulse or slippery pulse belong to ().

Scope of Interior Syndromes

- Scope of interior syndromes is very vast, can include any syndromes not belonging to exterior syndromes and not half-exterior half-interior syndromes.
- Interior syndromes are mostly found in the intermediate and the late period of exterior syndromes or in diseases caused by **internal injury of seven emotions.**

Interior Syndromes

- Interior syndromes indicates signs and symptoms of pathologic changes in the interior of the body, and dysfunction of qi and blood in zang-organs and fu-organs. Seen usually in the middle or late stage of febrile disease and miscellaneous diseases due to internal injury, it is characterized by complicated causes, deep location, severe condition and long course.

Interior Syndromes

- Interior syndromes covers a wide range of diseases. It is caused by the invasion of the zang-organs and fu-organs by exopathogens after they are transmitted into the interior, or by the direct attack of the organs by exopathogens, or by dysfunctions of the organs, and the adverse flow of qi and blood due to **stimulation of the seven emotions, irregular diet and overstrain.**

Causes, signs and symptoms

- The causes of interior syndrome are complex, its locations are not limited and its clinical manifestation are various. It usually occurs with intermingled cold and heat, deficient and excessive syndromes.
- Common signs and symptoms are **high fever**, irritability or coma, **thirst**, abdominal pain, constipation or diarrhea, vomiting, **scanty dark urine**, **thick tongue coat** and **sunken pulse**.

Formation of Interior Syndromes

- 1. formed by unreleased exterior pathogen which passes inside and attack internal organs. For example, the exterior cold can develop into the stage of high fever, no chilly, mouth feeling dry, like cold drink, agitated, delirium, thick tongue coat, constipation, yellow urine. (heat in stomach and spleen, excess syndrome)

Formation of Interior Syndromes

- 2. exterior syndrome directly affects the internal organs, for example, tummy got cold while sleeping leading to diarrhea, take in raw and cold food (cold ready made salad – Ice cap), spleen got cold and dampness leading to abdominal pain.

Formation of Interior Syndromes

- 3. factors like internal injury leading to tiredness, diet disorder (eating too much or too hungry), etc. can directly affect internal organs and qi and blood, resulting dysfunction of organs which are unable to regulate.

Formation of Interior Syndromes

- e.g.1. **Anger can hurt the liver**. Qi stagnation in liver. As liver channel runs on both sides of the rib-case leading to **hypochondriac distention** there.
- e.g. 2. **Worry** can hurt the **spleen**. Worrying too much will cause hurt to **heart** and spleen, affecting the appetite. If the heart is hurt, then **insomnia and palpitation** result, which also belong to the symptoms of neurasthenia.

Types of Interior Syndromes

- Interior syndromes though sharing the similarity of location, shows differences in signs and symptoms because of their depth in the body too. Usually, the disease in the fu-organs, in upper positions, inside the qi will be less severe; while locating in zang-organs, in lower positions, inside the blood would be more severe and needs longer time to recover.
- Interior syndromes can be divided into **interior cold**, **interior heat**, interior deficiency and **interior excess**.

Interior cold

- Due to the insufficient supply of yang qi, pathogen will invade and enter to the inside parts of the body. Interior syndrome is formed
- Signs and symptoms: pale complexion, aversion to coldness with cold limbs, thirst or without thirst, preference to hot drink, **abdominal pain preferring touching**, clear and abundant urine, diarrhea with watery stool (fishy smell), clear and diluted, pale tongue and white (or sometimes white and slippery) coat, **sunken and slow pulse**. (pulse will be sunken and hidden when serious)
- Treatment Principle:
- Prescriptions:

Interior heat

- Arising from stomach and intestines, and from liver and gall bladder.
- Symptoms: red face, fever, chill or no chill, agitated, mouth tasted bitter, thirsty need cold drink, scanty and dark urine, constipation or with stinky stool even mixed with dark blood, tongue body is crimson, yellow coating, sunken pulse.
- Treatment Principle: ()
- Prescription: ()

Homework Assignments

What happens in case of stomach fire?

- Signs and symptoms;
- 1.
- 2.
- 3.
- Please provide its treatment principle and prescriptions.

Interior deficiency

- Usually due to deficiency in organs and qi and blood, i.e. degeneration of their mechanism.
- Symptoms: Overstrain or overload in working, short breath, unwilling to talk, low voice, **dizziness** and **blurred vision**, **palpitation**, **sometimes difficult to concentrate**, **eat very little**, **diarrhea**, pale tongue, white coat, **sunken** and weak pulse.

Interior deficiency

- Due to deficiency in heart, vessels are not full, leading to the deficiency in other organs
- Treatment principle:
- Prescriptions:

Interior excess

- Due to transformation of exopathogen to heat, **accumulation of heat in the stomach and intestine.**
- Symptoms: *Loud and coarse voice*, **delirium**, **stuffy abdomen**, **swollen pain refusing to touch**, **constipation**, **agitated (irritable)** and elevated, tongue body being crimson, purple-red coat and dry or coat yellow, with thick and dirty, **sunken** and replete pulse.
- Treatment:
- Prescriptions:

Interior Syndrome (summary)

- Internal of human body such as part between bone and muscle, inside the organs, inside the alimentary canal
- If pathogen is found in the interior, use () and () method, not dispersing, otherwise the exterior becomes more deficient.
- Interior syndromes can also divided into interior cold, interior heat, interior deficiency and interior excess syndromes.
- Symptoms of bluish tongue, white coat, no thirst, cold limbs, nauseated or even vomiting, abdominal pain, diarrhea, relieved upon receiving heat subjects belong to ()

Interior Syndrome (summary)

- Symptoms of red tongue, yellow coat, insufficient fluid, feeling thirsty, agitated, aversion to heat, congested eye, burnt dry lips, hot sensation in chest, palm and sole belong to ()
- Symptoms of weakness in breath, unwilling to talk, white coat, pale red lips, eat little, cold limbs, dizziness, feeling tired, heavy sensation in body, sweating, weak pulse without strength belong to ()
- Symptoms of red tongue, yellow coat, sweating only in four limbs, tidal heat, constipation, agitated, aversion to heat, sometimes even delirium and exalted, sunken but forceful pulse belong to ()

Identification of Exterior and Interior Syndromes

- To identify whether it is exterior or interior syndromes, practitioner need to notice the fever, aversion to cold and the pulse condition.
- 1. fever, aversion to cold (BOTH) and *floating* pulse → exterior syndrome
- 2. fever and no aversion to cold, or aversion to cold but no fever (ONLY ONE), with **sunken** pulse → **interior** syndrome
- Use releasing exterior method (diaphoresis) to treat the exterior syndromes

What is half-exterior half-interior?

- Pathogen neither locates in exterior, nor in interior, but between the two, i.e. the connective layer, **OR** in the **sanjiao (triple energizers) oil layer**, between muscle and bone.
- TCM classics called this layer to be shaoyang. Therefore, the syndromes caused by the disease located in this part is called shaoyang disease.

What is half-exterior half-interior?

- TCM practitioner divides the human body layer to be two parts: interior and exterior. Between this two layer is the connective layer usually called partition membrane. They called it **half-exterior and half-interior**.
- Any pathogen in this layer cannot be resolved by wind dispelling, nor can it be resolved by purgation, but **must be treated by mediation (harmonizing)**.

Half-exterior half-interior Syndrome

- Among the exterior heat syndromes, there is syndromes neither belong to interior nor exterior.
- Symptoms: chill alternates with fever, hypochondriac distension (because of qi stagnation, shaoyang), *agitated, nausea, bitter taste* in the mouth, *dry throat*, *blurred vision*, tight pulse.

Half-exterior half-interior Syndrome

- Treatment Principle: cannot use releasing exterior, cannot use purgation method, but only () method.
- Prescriptions: ()
- Note: 2 or 3 days after exterior syndrome, sometimes only 2 to 3 signs or symptoms are enough for a practitioner to infer that is exterior syndromes passing into interior.

Dual Exterior and Interior Syndromes

Two possibilities:

- **1. Dual exterior and interior syndrome at the very beginning.**
- e.g. *cold pathogen invades a patient through the skin/muscle level. At the same time, dampness pathogen invades the body and enters into the interior, the signs and symptoms include abdominal pain and diarrhea, vomiting, white tongue coat and *floating pulse*. → **exterior cold and interior dampness (or damp-heat)***

Dual Exterior and Interior Syndromes

Two possibilities:

- 2. A patient in the beginning has exterior heat, also has diarrhea, with yellow stool, yellow to dark urine, red tongue, dry coat and rapid pulse. → exterior heat and interior heat
- Treatment: releasing exterior and dispersing heat inside
- 3. Or, exterior syndrome in the beginning. Due to improper diagnosis and treatment, the pathogen passes into the interior. However the exterior syndrome still exists.

In and Out of Exterior and Interior

- The progress of the disease also involves the pathologic changes. The principle of exterior and interior can identify the position of the disease, and can be used to predict the next steps of change of the disease. There are two cases, exterior syndrome entering interior and the interior syndrome coming out to exterior.

Exterior Syndromes entering to Interior

- Patient got exterior syndrome, profuse and clear urine, the practitioner knows the exterior syndrome have not yet entered to interior. If the patient got exterior syndrome, and at the same time has **nausea, bitter taste in mouth, chest feeling suffocation**, then he can infer that the exterior pathogen has entered to interior.

Exterior Syndromes entering to Interior

- If the patient gets **agitated, insomnia, mouth dry but not willing to drink, delirium**, it is because the **interior heat** is too strong so as to produce the **phlegm fire** inside which disturbs the heart shen (essence), making the patient falling into unconscious that **he/she talks crazily (delirium)**. If the patient suffers from abdominal pain, constipation, that means the exopathic factors (exterior syndrome) have entered the interior of the body.

Interior syndrome dispersing out to exterior

- Some patients will suffer from different forms of febrile disease as interior syndromes. This heat will be released in various form in skin derivatives as follows:
- Measles (some acute diseases such as sunstroke and cholera): red dots on the surface of the skin, smaller than papule which elevate above the skin when feeling.

Interior syndrome dispersing out to exterior

- Millaria Alba: caused by stagnation of sweat in the sweat pores due to unthorough sweating in the case of damp-**warm febrile** diseases. Skin rashes look like crystal blisters as large as needle points or millets with thin and brittle walls and clear sudamina fluid. In a few case, the blisters will become **dry and scale off**, usually on the neck, trunk and more on chest.
- Macule: red, flattened under skin in small and big points or patches, and its color remains unchanged when being pressed. They can be classified as yang macule or yin macule.
- Papule: red, elevated above the skin, millet-shaped and rough when feeling.

Measles

- Belong to the pathogen in **yangming fu organs**, including **stomach and large intestine**, lying in the interior and not disperse but attacking interior, asthma results. Abdominal pain with fullness and dysphoria.

Papule

- Stomach measles distribute / spread like cloud, nearly the same size as the cow pox, but rootless. Lung measles appear as dots not patches of clouds.
- Red measles will disappear when encountering coolness
- White measles will disappear when it meets warmth

Resolving both interior and exterior

- Any of these derivatives appear on the skin, with the symptoms of dysphoria and restlessness, chest feeling suffocated, fever, sweating This means that pathogen coming out from interior to the body surface.
- Treatment: use the wind dispersing method to get rid of the pathogen. Herbs includes Jing Jie and Bo He are used.
- Millaria Alba are mostly found in febrile diseases; Measles and Papule illustrate that interior heat and internal pathogen has dispersed out.

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:
- Suggested herbal formula:

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 subsidence 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)

Transference of exterior syndromes inside the body

- Qi Bo answered, ‘I will describe the clinical manifestations of shang han and their transference.
- On the first day of shang han the **foot taiyang/bladder channel** is attacked.
- On the second day of shang han the pathogen is transferred to the **foot yangming/stomach channel**.
- On the third day of shang han, the disease progresses to the **foot shaoyang/gallbladder**.

(Chapter 31)

Related topics in HDNJ

- On the fourth day of shang han, the disease progresses to the **foot** taiyin/**spleen** channel
- On the fifth day of shang han, the disease travels to the **foot** shaoyin/**kidney** channel
- On the sixth day of shang han, the disease progresses to the **foot** jueyin/**liver channel**
- Generally, by about the seventh day, the patient will begin to recover.

(Chapter 31)

Conclusion on exterior and interior

- To identify exterior and interior syndromes, practitioners need to examine syndromes, see whether organ syndromes significant, including the tongue condition and pulse condition.

Conclusion on exterior and interior

- **In exterior syndromes, fever and chill exist;**
- fever with no chill or chill with no fever belong to interior syndromes;
- **Alternate attack of chills and fever belongs to half-exterior half-interior syndromes;**
- **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.