Four Level Pattern Identification

卫气营血辨证
Ye Tian Shi 叶天士

- Book: Wen zhen Lun Zhi; Lin Chuang yi an Zhi Nan
- Establishing the method of four level pattern identification, it completed and enrich the content of exogenous disease.
- Exam tongue coating, skin rash and teeth

Ye Tian Shi (AD 1667 – 1746)
• **Warm heat Disease** (温热病): is the name for several types of acute febrile diseases caused by the contraction of different exopathogenic heat or warm during the four seasons.
  – Exogenous disease
  – Fever as main symptom
  – Impairing yin (body fluid)
Characteristics

• Pathogens: exopathogenic warm (Pestilential, Li Qi)
• Infective, contagious and epidemic
• Seasonal and geographic
• Disease development and pathological change according to regular rules: from Wei level – Qi level – ying level – xue level
• Acute onset, severe, quick development and various change
• Wenbing include all kind exogenous febrile disease except wind cold type. Such as Wind warm, spring warm, summer warm, damp warm, autumn dryness, warm toxic (mumps, diphtheria, etc), dysentery, jaundice, measles, etc.

• In modern medicine it include
  – all kind acute infectious and contagious disease such as scarlet fever, mumps, epidemic encephalitis B, Epidemic hemorrhagic fever, Measles, whooping cough, Typhoid, yellow fever, SARS, flu, Ebola, etc.)
  – Various kind acute infection disease such as pneumonia, UTI, cholangitis, septicemia, etc.
  – Sun stroke, summer heat, etc.
Clinical signification

- Indicate four different stages of warm heat disease development from mild to severe
- Summary general rule of pathological change of the warm heat disease

<table>
<thead>
<tr>
<th>Level</th>
<th>Locations</th>
<th>Severity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wei</td>
<td>exterior Lung, Skin and hair</td>
<td>Mild</td>
</tr>
<tr>
<td>Qi</td>
<td>Interior Chest, diaphragm, Lung, Stomach, Intestines, Gallbladder, etc.</td>
<td>medium</td>
</tr>
<tr>
<td>Ying</td>
<td>Heart and pericardium</td>
<td>Severe</td>
</tr>
<tr>
<td>Xue</td>
<td>Liver and Kidney</td>
<td>Critical</td>
</tr>
</tbody>
</table>
Wei Level Pattern (卫分证)

- **Definition:** is the initial stage of warm disease, which is caused by exogenous pathogens attacking the exterior of the body.

Pathological locations: Lung, skin and hair
• **Clinical Manifestation:** fever, slight aversion to wind and cold, cough, headache, a dry mouth with slight thirst, no sweating or slight sweating, sore throat. Possibly chest oppression and pain. Red on the tip and side of the tongue, a thin white coating, superficial and rapid pulse.

• **Key points:** fever, mild aversion to wind and cold, sore throat, red tip and side tongue, superficial and rapid pulse.
**Etiology and pathogenesis:**

- **Wind heat**
  - Pathogen heat struggle with wei qi
  - Heat disturb clear orifice
  - Heat in invade lung, injury throat

- Skin, mouth and nose
- Body surface

- Pathogens not enter interior, tongue image do not have significant changes

- Wei qi failed to warm
  - Mild chills

- Lung qi failed to descend/dispense
  - Cough, or chest oppression or pain
  - Headache,

- Heat in invade lung, injury throat
  - Sore throat

- Red tip tongue with thin white or slight yellow coating
• **Treatment Strategies:** Relieve exterior by acridity and coolness…

• **Herbal Formula:** Yin Qiao San (Lonicera and Forsythia Power)
Qi Level Pattern 气分证

• Definition: a condition in which excessive pathogenic heat accumulating in the interior of the body. Pathological changes may involves chest (lung), diaphragm, stomach, large intestine, gallbladder, etc.
• **Clinical manifestation:** high fever, profuse sweating, thirst with a preference for cold water, a red face, irritability, a red tongue, dry, yellow coating, and a surging, large and rapid pulse.

• In addition, the different types have their own symptoms
  
  – Heat congestion in lung:
  – Heat impairing chest and diaphragm
  – Heat stagnation in gallbladder
  – Excess heat in the stomach
  – Heat in the Stomach and intestine
  – Damp-heat stagnation
• **Pathogenesis:**

- **yang heat excess** → aversion to heat, fever, preference cold
- **heat tends flair up** → red face, and red eyes
- **heat disturb shen** → irritability, restlessness
- **Injuries vessels and pushes blood out** → bleeding
- **injuries body fluids** → Thirst and desire to drink cold water, scanty dark urine, thick and yellow discharges, constipation
- **red tongue dry yellow coating, rapid pulse**
• **Key points:** high fever without chills, red tongue with yellow coating, rapid and forceful pulse

• **Treatment strategies:** Clear heat and regenerate body fluids

• **Herbal Formula:** Bai Hu Tang (White Tiger Decoction)
Ying Level Pattern 营分证

• **Definition:** a condition in which pathogenic heat penetrate the pericardium and stir upwards impairing yin fluids and affecting the spirit.

• Ying Level pattern is a severe stage during the warm disease development, pathological changes usually involves heart and pericardium.
• **Clinical Manifestation:** high fever which worse at night, irritability, mental restlessness, and sleeplessness, the appearance of maculopapular eruption, slight thirst or no thirst. In severe case, unconsciousness, and delirious speech. A crimson and dry tongue and a thready and rapid pulse.

• **Key Points:** high fever which increase at night, irritability, coma, crimson tongue and thready and rapid pulse.
- **Pathogenesis**

- **Ying Level pattern**
  - body fluids scorched
    - Yin deficient → Night fever
  - Heat steam up body fluids → No thirst
  - Shen disturbed → Irritability, mental restlessness, insomnia, coma, delirium
  - Injured blood vessels → Maculopapular eruption
  - Accelerate qi and blood → Crimson tongue, rapid pulse
• **Treatment strategies:** clears the nutritive level, relieves fire toxin, drains heat, and nourishes the yin

• **Herbal Formula:** Qing Ying Tang (Clear the Nutritive Level Decoction)
**Blood Level Pattern 血分证**

- **Definition:** a condition in which pathogenic heat profoundly affect the yin and blood system, leads mental disturbance, liver wind and various kinds of bleeding.

- **It is serious stage of the course of development of warm heat disease. Pathological change in this stage involved the heart, liver and kidney.**
• **Clinical manifestation:** fever which increase at night, severe irritability, mental restlessness, delirium and unconsciousness, maculopapular eruptions, vomiting of blood, nosebleeds, blood in the stools in the urine and in the sweat. Or convulsions, opisthotonos, or tremors of the limbs. Dark red or purple tongue, thready and rapid pulse.

• **Key points:** high fever which worse at night, coma and delirium, bleeding, deep red tongue, thready and rapid pulse.
• **Pathogenesis**: excessive heat penetrate inside, result following three groups symptoms
  – bleeding
  – Internal wind
  – Yin damaged

• **Final stage for this level will be yin and yang failure**
• **Treatment strategies:** clears heat, relieves fire toxin, cools the blood, nourishes the yin, dispels blood stasis, and stops bleeding

• **Herbal Formula:** Xi Jiao Di Huang Wan (Rhinoceros Horn and Rehmannia)
Excess heat invading blood Vs. Blood level pattern

<table>
<thead>
<tr>
<th>Common points</th>
<th>Excess heat invading blood</th>
<th>Blood level pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pathogenesis</td>
<td>Internal organ dysfunction, generate excess heat, invading into blood</td>
<td>Exopathogenic heat invading, transform from Wei, qi, ying level</td>
</tr>
<tr>
<td>Shen disturb</td>
<td>Mild: irritability, restlessness</td>
<td>Severe: coma, unconsciousness, delirium</td>
</tr>
<tr>
<td>Different</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fever</td>
<td>Yes, or not</td>
<td>High fever</td>
</tr>
<tr>
<td>Wind</td>
<td></td>
<td>convulsions, opisthotonos, or tremors of the limbs</td>
</tr>
<tr>
<td>Tongue</td>
<td>Red, yellow coating</td>
<td>Deep red, yellow coating</td>
</tr>
<tr>
<td>Pulse</td>
<td>rapid</td>
<td>Rapid and thready</td>
</tr>
</tbody>
</table>
## Summary of Wei, Qi, Ying and Xue Patterns ID

<table>
<thead>
<tr>
<th>Level</th>
<th>Location</th>
<th>Characteristics</th>
<th>Symptoms and signs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wei level</td>
<td>Lung, skin, hair</td>
<td>Exterior wind heat signs</td>
<td>Chills and fever, headache, sore throat, red tip tongue, thin coating, superficial and rapid pulse</td>
</tr>
<tr>
<td>Qi level</td>
<td>Lung, diaphragm, stomach, spleen intestines, GB</td>
<td>Interior excess heat sighs</td>
<td>High fever, profuse sweating, severe thirst, red tongue, surging pulse</td>
</tr>
<tr>
<td>Ying level</td>
<td>Heart, pericardium</td>
<td>Signs caused by excess heat disturbs Shen</td>
<td>Fever which aggravated at night, irritability, even delirium, loss of consciousness, deep red tongue, thin and rapid pulse</td>
</tr>
<tr>
<td>Xue level</td>
<td>Heart, Liver, kidney</td>
<td>Wind or bleeding due to excessive heat</td>
<td>Fever which aggravated at night, irritability, bleeding, convulsions or tremors,</td>
</tr>
</tbody>
</table>
Common symptoms for Wenbing

- **Fever:** it is one of the main symptoms and throughout entire development of wenbing disease. However, the pathogenesis and clinical manifestation are different in different stages.
  - Fever and chills: wei level, pathogens attack the Lung
  - Alternative chills and fever: qi level, pathogens invade diaphragm
  - High fever: qi level
  - Tidal fever: high fever peak around 3 to 5 pm
- Un-surface fever: damp heat
- Night fever: pathogenic heat invade ying level
- Fever with cold limbs 身热肢厥： ying and xue level or qi level excess heat in GI
- Fever at night and reduce in the morning: (夜热早凉)：recovering stage of febrile disease, heat hidden in ying
- Low fever: recovering stage of febrile disease, Kidney and Liver yin deficiency,
San Jiao Pattern Identification

三焦辩证
吴鞠通

- 1758-1836
- Develop Sanjiao pattern identification.
- Author “Wenbing Tiao Bian”
Introduction

• A method of pattern identification of warm disease.

• This theory emerged by adopting the concept of the Sanjiao presented in the Nei jing, and combining the general principles of change of warm heat diseases, and the fundamentals of four level patterns to clarify how the Sanjiao was ascribed in the pathological changes that occur to the Zangfu over the course of warm heat diseases.
Classification of San jiao pattern

- **Wind warm**: early spring, wind combine with warm
- **Warm heat**: Later of the spring and early of the summer, excess warm turn into heat
- **Warm pestilence, or warm Evil**: cause strong infectious diseases
- **Warm toxic**: warm combine with toxic factors
- **Summer warm**: summer time, extreme hot
- **Damp-warm**: later summer, warm combine with dampness
- **Autumn dryness**: autumn
- **Winter warm**: Winter time, weather warm than usual
• Etiology and transmit method
  – Etiology: warm combine with other pathogens
  – Transmit way: enter mouth and nose, from upper of the body going downward

• Sanjiao not only indicate location, but also the stage of the disease development
Upper Jiao

- General Location: From throat to diaphragm
- Severity: early stage of warm disease
- Zangfu organs and channels: Hand Taiyin Lung and hand Jueyin pericardium
- Classification of upper jiao warm disease
  - Upper jiao warmth disease
  - Heat phlegm accumulate in the Lung
  - Summer warm invade the Lung
  - Damp-warm invade the Lung
  - Warm heat transmit into pericardium
Upper Jiao Pattern

- **Clinical manifestation:**
  - Wind warm: Fever, slight chills, cough, headache, sore throat, thirst, cough or harsh breathing, red tip of the tongue with thin yellow coating, floating and rapid pulse
  - Warm heat transmit into pericardium: high fever, irritability, delirium, loss of consciousness, stiff tongue with difficulty speaking, cold limbs, deep red tongue
Middle Jiao

• General location: between diaphragm and naval.
• Severity of the disease: severe
• Zangfu organs and channels: foot yangming stomach and foot taiyin spleen
• Classification of middle jiao pattern
  – Dry heat in the yangming
  – Damp-heat invading the spleen
Middle jiao pattern

• Clinical manifestation:
  – Heat in the yangming: high fever, thirst, constipation, red face, harsh breathing, abdominal pain, distention, red tongue, dry yellow coating, deep and forceful pulse
  – Damp heat invade Spleen: fever, lassitude, abdominal distention and bloating, nausea, dark scanty urine, heaviness of the body and limbs. Thick greasy tongue coating, and a slippery pulse
Lower Jiao

• General location: abdomen below the naval
• Severity of the illness: later stage
• Zangfu organs and channels: foot shaoyin kidney and food jueyin Liver
• Classification of Lower jiao patterns
  – Kidney yin deficiency
  – Liver wind due to yin deficiency
Lower jiao Pattern

• Clinical manifestation
  – Kidney Yin deficiency: Lower grade fever in the afternoon, hot palms and soles, dry mouth, lassitude, dry black teeth, cracked lips, insomnia, irritable, dysentery, purplish deep red (crimson) tongue, pulse is big without root. In severe case
    • Yin failure
    • Yang failure
  – Liver wind due to yin deficiency: limbs twitch and tremor, or spasm; palpitation, chest pain, irritable, unconsciousness, cold limbs, tongue and scrotal contraction, crimson and purple tongue, weak and rapid pulse
<table>
<thead>
<tr>
<th>Location</th>
<th>Pathogenesis</th>
<th>Symptoms and signs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Upper jiao</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lung</td>
<td>Warm pathogens attacking the lung</td>
<td>Chills and fever, sore throat, thirst, cough, red tip tongue, thin yellow coating,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>superficial and rapid pulse</td>
</tr>
<tr>
<td>Pericardium</td>
<td>pathogens penetrating the pericardium</td>
<td>high fever worse in the evening, irritability, delirium, unconsciousness, stiff</td>
</tr>
<tr>
<td></td>
<td></td>
<td>tongue, deep red tongue, rapid pulse</td>
</tr>
<tr>
<td><strong>Middle jiao</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stomach</td>
<td>Heat logged in Stomach and Large intestine</td>
<td>high fever worse in the afternoon (3 to 5 pm), thirst, constipation, abdominal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>pain, distention, red tongue, dry yellow coating, deep and forceful pulse</td>
</tr>
<tr>
<td>Spleen</td>
<td>Damp heat accumulate in the spleen</td>
<td>Unsurface fever, lassitude, abdominal distention and bloating, nausea. Yellow</td>
</tr>
<tr>
<td></td>
<td></td>
<td>greasy coating, and a slippery pulse</td>
</tr>
<tr>
<td><strong>Lower jiao</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidney</td>
<td>Kidney yin deficiency</td>
<td>Low grade fever, hot palms and soles, red face, dry mouth, black teeth, crack lips,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>deep red tongue, big pulse with root</td>
</tr>
<tr>
<td>Liver</td>
<td>Yin deficiency failed to nourish liver</td>
<td>High fever, extreme cold limbs, tongue and scrotal contraction, limbs twitch,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>tremor, or spasm, deep red tongue, weak pulse</td>
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</tbody>
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# Shang Han Bing Vs. Wen Bing

<table>
<thead>
<tr>
<th></th>
<th>Shang Han Bing</th>
<th>Wen Bing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Etiology</strong></td>
<td>Common</td>
<td>Exopathogens</td>
</tr>
<tr>
<td></td>
<td>Different</td>
<td>Wind-cold</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Warm, heat, warm damp, Li Qi</td>
</tr>
<tr>
<td><strong>Infection route</strong></td>
<td>Skin, pore, Bladder channel</td>
<td>Nose, mouth, Lung channel</td>
</tr>
<tr>
<td><strong>Pathogenesis</strong></td>
<td>Wind cold restraining the exterior, defensive yang stagnate</td>
<td>Exuberant heat impairing yin</td>
</tr>
<tr>
<td><strong>Symptoms</strong></td>
<td>Common</td>
<td>Fever, chill, cough, nasal congestion, superficial pulse</td>
</tr>
<tr>
<td></td>
<td>Different</td>
<td>Body ache, headache, tight pulse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>High fever, sore throat, thirst, rapid pulse</td>
</tr>
<tr>
<td><strong>Transmission and change</strong></td>
<td>Six channels</td>
<td>Wei, Qi, Ying and Xue; or San Jiao</td>
</tr>
<tr>
<td><strong>Contagiousness and epidemicity</strong></td>
<td>Mild</td>
<td>Strong and high</td>
</tr>
</tbody>
</table>