Theories of disease and symptom analysis to acquire differentiation.

There are several tools and systems you can use to analyze symptoms and get form a differentiation which you then use to treat problems with TCM. These systems/tools include:

1. Eight principles
2. Zangfu syndromes
3. Six stages
   This is a way to describe how a disease develops. The whole process is classified into 6 stages (taiyang, yangming, shaoyang, taiyin, shaoyin, jueyin) to describe process of disease.
4. Four levels
5. Simpler levels of disease progression than the Six Stages. Wei, qi, ying, xue. Problem progresses from superficial to deep from wei to xue.
6. Meridians and collaterals theory
7. Clinical studies.

The emphasis for Diagnosis II is symptom differentiation whereas Diag I was interrogation and examination to determine the list of symptoms.
Eight Principle Theory

The Eight Principle Theory is heavily covered in this class, heavily tested in the boards. The 8 principles are in four pairs of 2. Eight principles refer to 8 basic categories of syndromes (below in bullet point). These 8 categories are employed in analyzing various pathological manifestations (symptoms), determined by applying the 4 diagnostic methods from Diagnosis I.

Note that all listed first in the pairs are Yin, all listed second in the pairs are Yang. The relationships between the pairs are inseparable and interconnected.

Yin - Yang
This is the chief principle.

Interior-Exterior
Describes the location (on the exterior or migrating inward) and stage of the disease (beginning, middle or end). Define mechanisms, characteristics, symptoms.

Exterior
Exterior syndromes are located generally in the superficial portions of the body. More specifically, they are found on the skin, in the hair, muscles and the interspaces between the muscles as well as in the superficial portions of the meridians and collateral channels.

An exterior syndrome is the early stage of an exogenous (originating outside the body) disease.

♦ Exterior Syndromes
  - Exterior syndromes refer to a group of pathological conditions resulting from invasion of superficial portion of body by exogenous pathogenic factors.
    (“Syndrome” refers to a grouping of symptoms)
  - Causes of exterior syndromes: invasion of exogenous pathogenic factors
  - Locations of the symptoms associated with exterior syndromes: superficial portion of body.
  - Nature of Exterior Syndromes
    - Sudden onset of symptoms
    - Short duration
    - Early stage of exogenous diseases
  - Chief Manifestations
    - Intolerance to cold/wind/chill
      (Dr. Luo, actually TCM in general, often uses the term “aversion” to refer to intolerance to)
    - Still has fever (simultaneous with chills)
    - Thin tongue coat
    - Superficial pulse.
    - Accompanying signs/symptoms can include
      - Headache
      - General aching
      - Nasal obstruction/discharge
      - Sneezing
      - Cough
Types of Exterior syndromes:
- Exterior Cold Syndrome
- Exterior Heat Syndrome
- Exterior Excess Syndrome
- Exterior Deficiency Syndrome

Treatment Principles
- Expel exogenous pathogen! Disperse it and thus keep the evil from coming inside the body.
- Acupuncture opens the meridians and expels the pathogens. Choose points on head, arm, upper back—the yang areas.
- Cupping on shoulder, upper back to expel.
- Herbs. Leaves and twigs mostly, belonging to the ends of the plants—jin yin hua, bo he, fang feng, xin yi hua. If the herb is light, will easily disperse the disease at the superficial area.

Interior
The location of an interior syndrome is in the five Zang and six Fu organs. To say a patient has an interior syndrome is to define the stage of the disease. It also indicates the direction a disease is traveling. For instance, if a disease starts as an exterior syndrome and then progresses to an interior syndrome, you have defined the direction the disease is traveling in the body.

Interior Syndromes
Refers to pathological conditions resulting from transmission of exogenous pathogenic factors to the interior of body which affects functions of Zangfu organs. It should also be noted that an interior syndrome can come from functional disturbances of zang-fu organs rather than from a progression from exterior to interior.

Causes of Interior Syndromes:
1. Transmission of a persistent pathogen from exterior to interior to invade Zangfu organs
2. Direct attack on Zangfu organs by exogenous pathogens
3. Lifestyle factors which affect zangfu organs directly leading to functional disturbances such as:
   a. drastic emotional changes
   b. improper diet
   c. overstrain and stress

Nature of Interior Syndromes:
- Chronic in nature
- Of longer duration (than an acute disease)
- Can describe the mid or late stage of a disease

Symptoms associated with Interior Syndromes
- Mainly appear in the trunk and/or Zang-fu organs.
- Examples: constipation, stomach ache, heart palpitations, diarrhea.
- Tongue
  - Coating: yellow/black
  - Texture: slippery/greasy
  - Body: purplish, pale, trembling, deviated..
- Pulses
  - Deep, slippery, wiry, choppy
Clinical Manifestations
- Interior cold
- Interior heat
- Interior deficiency
- Interior excess.

Treatment
Set up treatment principles according to real conditions
- Acupuncture.
  - Chest, back, leg, foot points. Mu points, back-shu points, lower-he points, source points.
- Herbs.
  - Use roots, seeds, heavy herbs.

**Differentiation of Exterior and Interior Syndromes**
(What to look for)
- Exterior Syndromes:
  - Fever *accompanied by aversion to cold*
  - Thin white tongue coating
  - Superficial pulse
- Interior Syndromes:
  - Fever with *no aversion to cold*, or *aversion to cold with no fever* (one excludes the other)
  - Abnormal qualities of tongue coatings
  - Deep pulse

Relationship between Exterior and Interior Syndromes
1. Pathogens which are transmitted from exterior to interior.
   Example: An illness starts with slight aversion to cold and a fever. Progresses to no aversion to cold, but aversion to heat with thirst, dark urine, thick yellow tongue coat, deeper pulse. This is a progression from external to internal.

   **Prognosis becomes worse as the disease goes from out to in.** Why would a pathogen migrate inward?
   a. Weakened body resistance to diseases
   b. Hyperactivity of pathogens
   c. Improper care
   d. Incorrect or delayed treatment

2. Pathogens which are transmit from interior to exterior
   This indicates improvement. Pulse not so deep, tongue coat thins. **Prognosis is good.** Why would this happen?
   a. Correct treatment
   b. Good care
   c. Strengthened resistance to disease.

Cold-Heat
These terms describe the nature and stage of a disease. A predominance of yang gives rise to heat as it accumulates. A predominance of yin gives rise to cold as it accumulates.

**Cold Syndromes**

Cold Syndromes are pathological conditions resulting from exposure to exogenous pathogenic cold or from deficiency of yang (or yin excess) in the interior of body.

♦ **Nature of Cold Syndromes**
  - Belong to Yin
  - Areas affected: exterior (short duration) / interior (long duration)

♦ **Symptoms of Cold Syndromes**
  - Aversion to cold
  - Preference for warmth
  - Tastelessness in mouth
  - Absence of thirst
  - Pallor
  - Cold limbs
  - Loose stools
  - Clear urine, increased in volume
    - Like cold water—tends to be clearer than warm water with algae.
  - Pale tongue, white, moist coating
  - Slow or tense pulse

♦ **Clinical manifestations of Cold Syndromes**
  - Exterior cold – like common cold
  - Interior cold – like eating too much cold food
  - Excess cold – pt feels cold, doesn’t like touch
  - Deficient cold – pt feels cold, but likes touch, maybe warm and pressing.

♦ **Treatment of Cold Syndromes**

Use acupuncture
  - Interior cold – warm it. Reinforcing method, warming needle and moxabustion.
  - Deficient cold – warm it. Reinforcing method, warming needle and moxabustion.

**Heat Syndromes**

Heat Syndromes are pathological conditions caused by invasion of exogenous pathogenic heat or by yin deficiency in the interior.

♦ **Natures of Heat Syndromes**
  - Belongs to yang
  - Acute, urgent if caused by exogenous heat
  - Chronic if caused by defic of yin, yang, qi, blood.
  - Can be external or internal
 Symptoms of Heat Syndromes
Remember deficient heat, all will be less due to the deficiency—less tongue coat, red face but only at zygomatic region, etc.
  - Fever
  - Preference for coolness
  - Thirst with preference for cold drink
  - Redness of face and eyes
  - Irritability
  - Restlessness
  - Constipation
  - Dark yellow, scanty urine
  - Red tongue with yellow and dry coating
  - Rapid pulse
 Clinical manifestations of Heat Syndromes
  - Exterior heat syndrome
  - Interior heat syndrome
  - Excess heat syndrome
  - Deficient heat syndrome
 Treatment of Heat Syndromes
    Herbs: yin hua, lian qiao, ban lan gen
  - Interior heat syndrome: clear heat (use shi gao—heavy and cool)
    Reinforcing and reducing
    Herbs:
  - Excess heat syndrome: expel heat pathogen
    Reducing method of acu.
  - Deficient heat syndrome: tonify yin and clear heat.
    Acupuncture reinforcing method

Cupping can be used too, for exterior heat (excess)

Comparison Chart

<table>
<thead>
<tr>
<th></th>
<th>Cold</th>
<th>Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold/heat</td>
<td>Aversion to cold/prefer heat</td>
<td>Aversion to heat/prefer cold</td>
</tr>
<tr>
<td>Thirst</td>
<td>No</td>
<td>Yes, want cold</td>
</tr>
<tr>
<td>Face</td>
<td>Pale</td>
<td>Red</td>
</tr>
<tr>
<td>Limbs</td>
<td>Cold</td>
<td>Heat</td>
</tr>
<tr>
<td>Stools</td>
<td>Loose</td>
<td>Dry</td>
</tr>
<tr>
<td>Urine</td>
<td>Clear/profuse</td>
<td>Scanty/red/dark</td>
</tr>
<tr>
<td>Tongue</td>
<td>Pale, white and greasy fur</td>
<td>Red tongue, yellow fur</td>
</tr>
<tr>
<td>Pulse</td>
<td>Slow/tight</td>
<td>Fast</td>
</tr>
</tbody>
</table>

Relationship between cold and heat syndromes
1. Cold transforms to heat. Cold syndrome occurs 1st and gradually changes into heat. Example: exterior cold produces fever, aversion to cold, general aches, no sweat, etc. Then aversion to cold subsides, fever persists, irritability, thirst, yellow tongue and such.
2. Heat transforms to cold
   Heat comes 1st then gradually changes to cold. Example: abrupt appearance of cold limbs, pallor, deep slow pulse. Then patient expresses high fever, profuse sweating, etc.

**Combination syndromes (external/internal, cold/heat)**

External cold symptoms:
   - Massive aversion to (or intolerance of) cold
   - Fever (more coldness with less fever)
   - General aching
   - No sweating
   - Thin white moist tongue coat

External heat syndromes:
   - Fever
   - Slight aversion to (or intolerance of) wind and cold
   - Headache
   - Dry sensation in mouth
   - Slight thirst
   - Sweating
   - Red tongue tip and edges, thin yellow coat
   - Superficial rapid pulse

Interior cold syndromes:
   - Cold limbs
   - Pallor
   - No thirst, no desire to drink or if they do have thirst or a desire to drink, they prefer warm drink
   - Sluggishness
   - Clear urine in copious amounts
   - Loose stools

Internal heat syndromes
   - Redness of face
   - Hot feeling
   - Irritability
   - Thirst with preference for cold.

(See Dr. Luo’s handout – page 61 of 70…xu = deficient, shi = excess. )
Deep, slow weak pulse with internal deficient cold because: deep – internal, slow – cold, weak – deficient.

**Know this chart!!**

True/False Cold and Heat chart – pg 65 of handout.

Why does this happen (true heat/false cold)? Too much heat in body, cold is dispelled to the ends of the body instead of mixing and balancing as under normal conditions —thus expressing as cold hands, pale face, cold feet. (This kind of reminds me of a cold front that pushes all the warm air out ahead of it.)
Determine false heat/cold by looking at internal symptoms: urine, tongue, stools.

**Deficient-Excess**

Deficiency or Excess expresses the relative strength of pathogens and antipathogenic qi.

One of most important things in TCM due to the emphasis on balance. Deficiency and excess express a loss of balance.

Remember this:
The body regulates sweating when it is in balance. It will open the sweating pores when it needs to, but will close them when it does not.

When the body is in a *deficient* state, such as deficient cold, there will be spontaneous sweating. If the body has an *excess*, the sweating pores will close and there will be no sweating.

A body can experience a syndrome that is at the same time external and deficient – and there will be sweating.

Remember too that external cold or heat is the same thing as saying “wind cold” or “wind heat.” Both of these conditions (wind/cold or wind/heat) will have chills and fever.

  * Wind cold: less fever and more chills
  * Wind heat: more fever and less chills

(Dr. Luo says excess is almost the same as cold.)

Final summary for class 1:
Syndrome Differentiation.

Differentiation of syndromes is the method of recognizing and diagnosing a disease.

In TCM you can differentiate according to one or more of the following:

  ♦ Eight principles (very basic method covered in part above. More on deficiency and excess, yin and yang in the next lecture)
  ♦ Qi and blood theory
  ♦ Zangfu theory
  ♦ Meridian and collaterals theory

**Homework**

Due class 2