

## LATENT HEAT 伏邪

There are two types of attacks of exterior pathogenic factors: a new attack of Wind-Heat with acute onset; and attack of Latent Heat.

The distinction is based on the different aetiology and different clinical manifestations in the beginning stage. In Wind-Heat, the pathogenic factor attacks the body with acute onset and with frank clinical manifestations.

In Latent Heat, the pathogenic factor invades the body in an insidious manner without acute-onset symptoms, becoming latent in the Interior. When it emerges causing symptoms, it is called Latent Heat.

Before the Tang dynasty, this distinction between Wind-Heat and Latent Heat was based on the Nei Jing's statement: "*In winter Cold attacks; in Spring, Heat attacks.*" Also "*If Jing is conserved in Winter, there will be no Wen Bing in the Spring.*"

The earliest statements concerning Latent Pathogenic Factor are in the Su Wen chapters 3, 4 and 5.

Chapter 3: *“Attack of Wind in Spring will lead to diarrhoea [in Summer] if the pathogenic factor lingers; attack of Summer-Heat in summer will lead to malaria in the Autumn; attack of Dampness in Autumn will cause cough [in Winter] and then Wei Syndrome; **attack of Cold in Winter will cause Wen Bing in Spring.**”*

Chapter 5: *“**Attack of Cold in Winter will lead to Wen Bing in Spring;** attack by Wind in Spring will lead to diarrhoea in Summer; attack by Summer-Heat in Summer will cause malaria in Autumn; attack by Dampness in Autumn will cause cough in Winter.”*

“Su Wen” in chapter 4 says: *“If Jing is properly stored [i.e. not dissipated], no exterior febrile diseases will be contracted in the Spring . . . if Jing is not stored in Winter, exterior febrile diseases will be contracted in the Spring”.*

According to these two statements, therefore, when Cold attacks (in winter) there are acute symptoms and it is called Shang Han; when the infection is latent, it is due to Heat and it is called Wen Bing.

In other words, all Wen Bing diseases were considered to be development from Cold becoming latent and incubating in the Interior changing into interior Heat.

It was not until the Jin (1115-1234) and Yuan dynasty (1271-1368) that the concept of new attack of Wind-Heat was established.

Wang Shu He says:



*“In Winter, Cold attacks causing a Shang Han disease. If the patient does not fall ill [with acute onset] the Cold hides under the skin and in Springtime it changes into [interior] Heat.”*

The distinction between New Attack and Latent Attack (Heat) is based not only on the onset of the disease (immediate or delayed), but also on the different substance and clinical manifestations. The clinical significance is therefore not only in the timing of onset of clinical manifestations, but also in the different syndrome and seriousness and therefore treatment.

Generally, a New Attack is comparatively light, in the beginning the pathogenic factor is on the Exterior and it affects the Lungs: there is fever, aversion to cold, headache, cough, etc. This is treated by releasing the Exterior and stimulating the diffusing and descending of Qi.

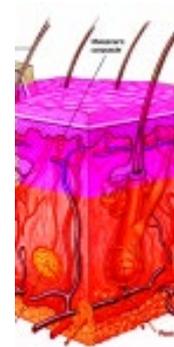
The Latent Attack is comparatively serious, there is Heat in the Interior from the beginning: there is fever, thirst, restlessness, etc. i.e. symptoms of interior Heat (no aversion to cold unless there is a concomitant New Attack with it). It is treated by clearing interior Heat.

In turn, the Latent Attack can have three types:

- 1) Can arise independently without new attack, in which case there is no aversion to cold.
- 2) Can be brought outwards by new attack (symptoms of both interior and exterior Heat, aversion to cold)
- 3) Can be in Shao Yang or Mo Yuan (alternation of feeling hot and cold)

*Mo Yuan* has two possible meanings:

The area between the Interior and the Exterior (same as Shao Yang)



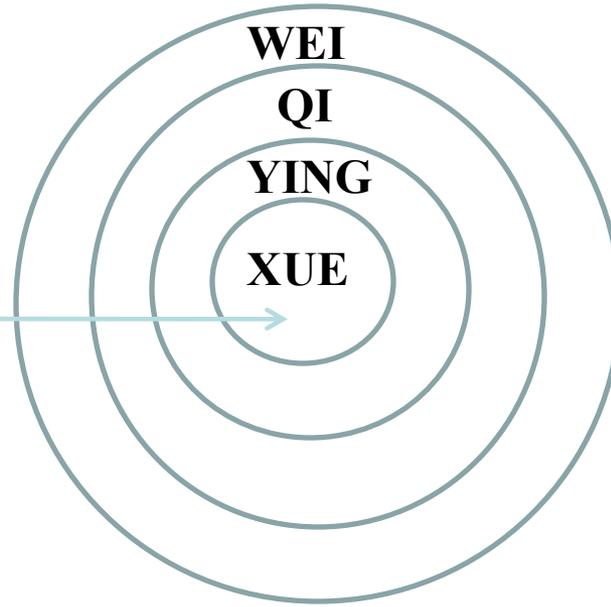
The space between the pleura and the diaphragm.



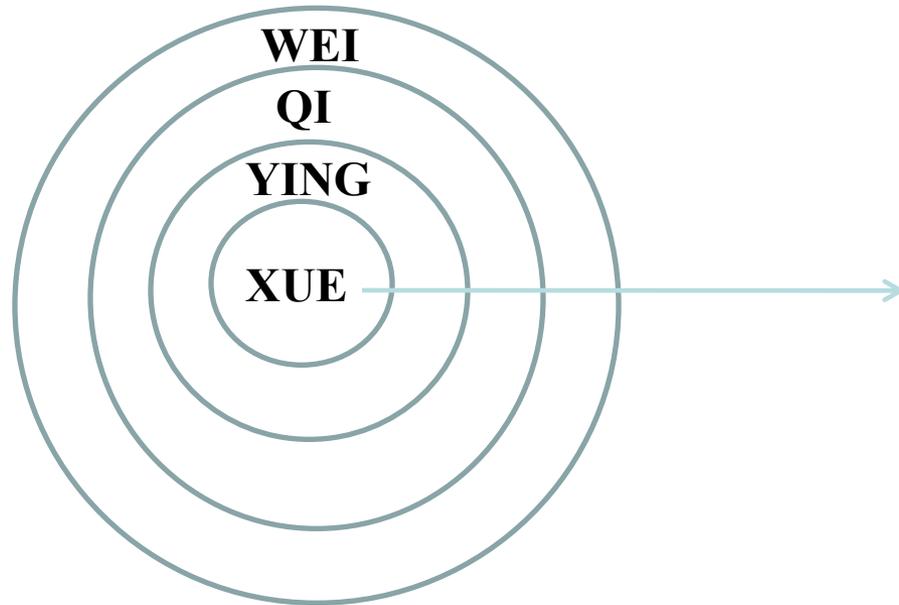
Latent Heat is due to attack of pathogenic factor when body is in Xu condition: that does not mean that the pattern is Xu!

The pattern is Shi! In particular, development of Latent Heat is due to Kidney Xu, due to the connection between the Kidney's Wei-Qi system and the immune defences.

NEW ATTACK  
WIND-HEAT



LATENT ATTACK  
LATENT HEAT  
SPRING-HEAT



## SPRING-HEAT

Occurs in Spring. Heat penetrates into the Interior, injuring Yin.



### Aetiology

This is due to invasion of Cold in winter without acute symptoms. The Cold penetrates into the Interior and changes into Heat. Heat lurks in the Interior and it then emerges in Spring at which time it is called Latent Heat. The Latent Heat can emerge in Spring by itself due to the rising Yang in Spring, it can be triggered by emotional stress or it can be "pulled out" by a new invasion of Wind.

Su Wen chapter 3: “冬 伤 于 寒， 春 必 温 病”

*“When cold invades the body in Winter there will be Warm disease in the Spring.”*

Su Wen chapter 3: “冬 不 藏 精， 春 必 温 病”

*“When Jing is not preserved in Winter it will cause Warm disease in the Spring.”*

Ye Tian Shi: “春 温 皆 冬 季 伏 邪”

*“Warm disease in the Spring is due to Latent pathogenic factor from Winter.”*

EXT WIND  
(BACTERIA  
VIRUS)

Does not cause  
immediate  
infection

Pathogenic factor  
“incubates”  
inside to emerge  
later

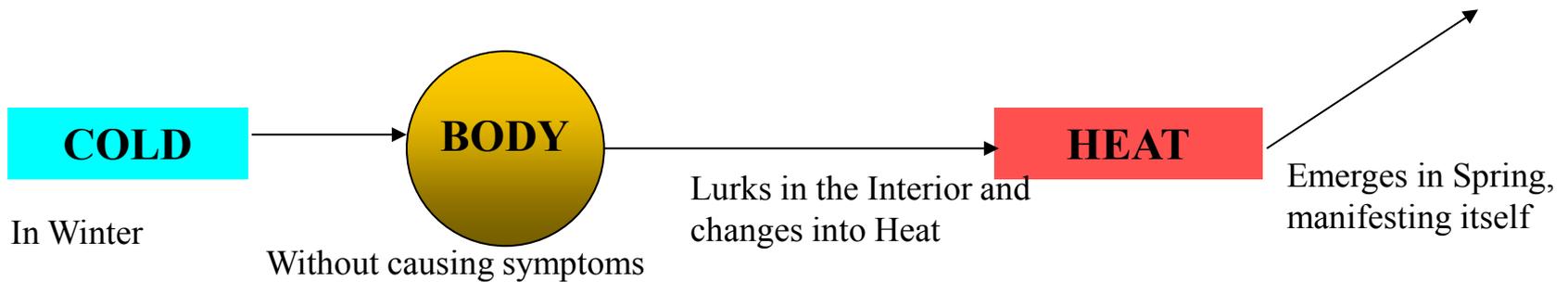
LATENT HEAT

Heat injures Yin

Qi and Yin Xu

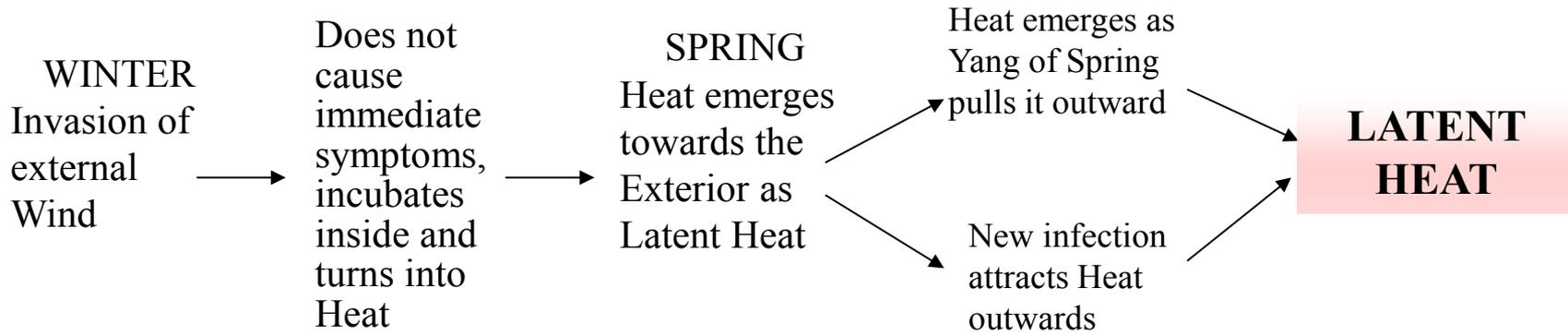
The Nei Jing says that Cold may invade the body in Winter without causing symptoms; the Cold lurks in the Interior, changing into Heat and emerging in Spring.

Thus, all acute Heat manifestations in the Nei Jing are explained as transformation of Cold (as the study of exterior diseases was at that time dominated by Cold as the main pathogenic factor, and even more so later with the Shang Han Lun by Zhang Zhong Jing, 200 AD).



Please note that

- Any pathogenic factor, not just Cold, may lead to Latent Heat
- It does not have to happen in Winter but it may happen in any season
- It does not have to come out in Spring, but it may happen in any season
- “Emerging in Spring”, does not mean that Latent Heat is being expelled but simply that it is manifesting.



### CLINICAL MANIFESTATIONS

- Weary limbs
- Irritability
- Thirst
- Lassitude with sudden onset
- Dark urine
- Red tongue
- Rapid-Fine pulse