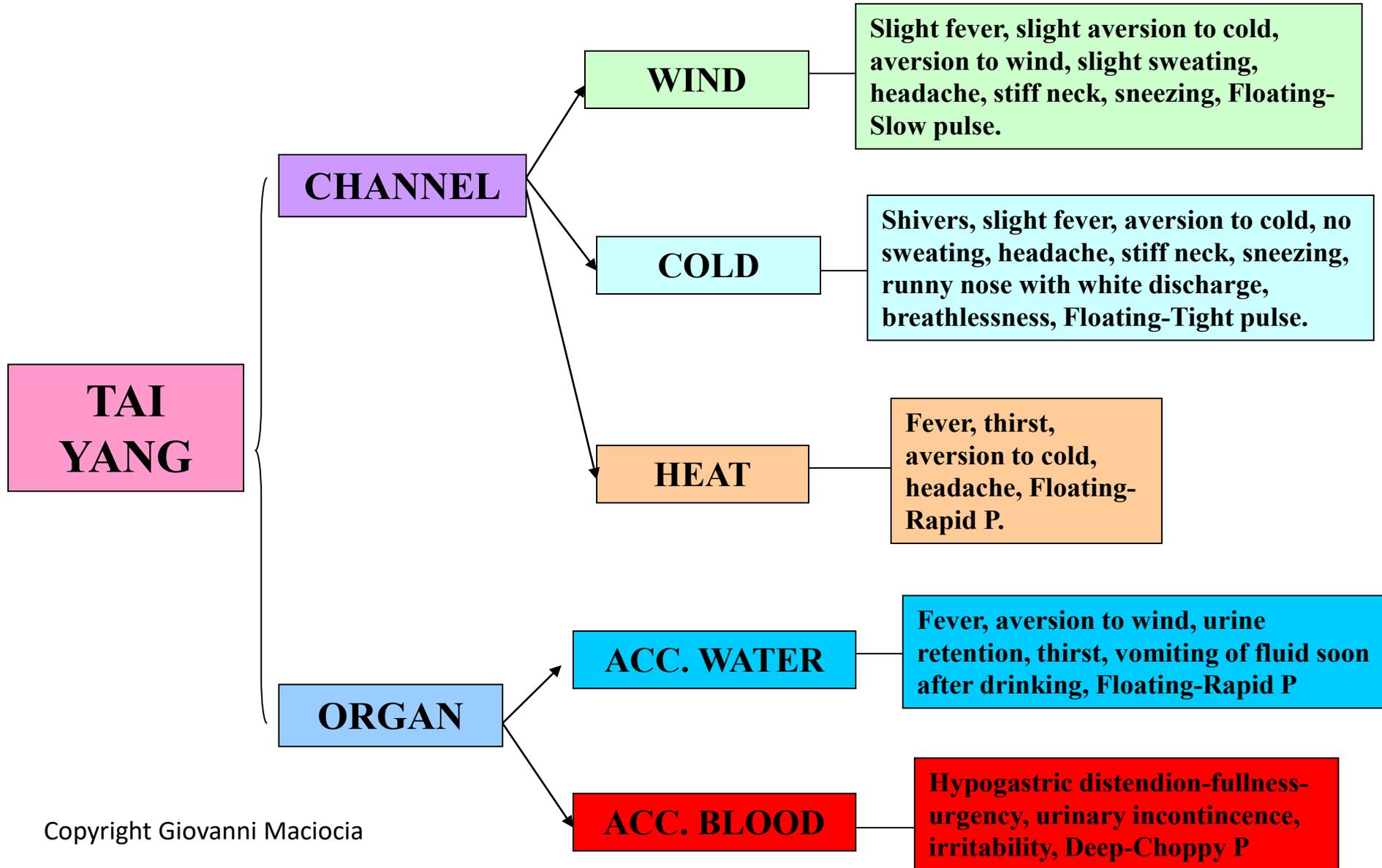


6 STAGES PATTERNS - TAI YANG



INVASION OF EXTERNAL WIND

WIND

**COU
LI**

**Aversion to
cold
(shivers)**

Wei Qi obstructed cannot
warm the muscles

Wei Qi fights with Zheng Qi

**“Fever”
emission of
heat
发热**

Aversion to cold

Reflects

Intensity of
external Wind

“Fever”

Reflects

Strength of Zheng
Qi

INVASION OF EXTERNAL WIND

“AVERSION TO COLD”

External Wind obstructs the Cou Li space (space between skin and muscles). Wei Qi cannot circulate, fails to warm the muscles = “aversion to cold” (sudden onset, shivery, not relieved by covering oneself. Subjective feeling of cold

“FEVER”

TAI YANG

Tai Yang governs the Exterior: when Wind invades the body, it invades Tai Yang first. Zheng Qi rushes outwards to fight the pathogenic factor. The Tai Yang channels are the most exterior of the Yang and that is why they are invaded first. As they flow in the back and back of head, they cause stiffness there and occipital headache in Tai Yang channels (SI-BL). Tai Yang connects Ying and Wei.

There is Channel and a Fu syndrome: if the Channel syndrome is not treated, it may penetrate to the Fu syndrome (BL).

At the Tai Yang stage, the disease is in the beginning, the syndrome is acute, Zheng Qi is strong, resistance is good.

THREE CARDINAL SYMPTOMS:

- Floating pulse**
- occipital headache, stiff neck**
- aversion to cold**

Floating pulse

This is an essential manifestation of the Tai Yang syndrome. The Nei Jing says: “*The pulse is in the muscles and pushes upwards*”. External Wind invades the Cou Li space, Zheng Qi rushes to the Exterior to engage the Wind, hence the pulse becomes Floating.

Occipital headache and stiff neck

Location of headache is due to course of SI and BL channels and to obstruction of Wind in the Cou Li space in that area. Wind invades the upper part of the body, hence the headache.

Aversion to cold

Wind obstructs the Cou Li space where Wei Qi circulates, Wei Qi cannot warm the muscles, hence the feeling of cold and reluctance to going out. In the very beginning stages, there may be only aversion to cold without *fa re*. Intensity of aversion to cold directly related to strength of pathogenic factor.

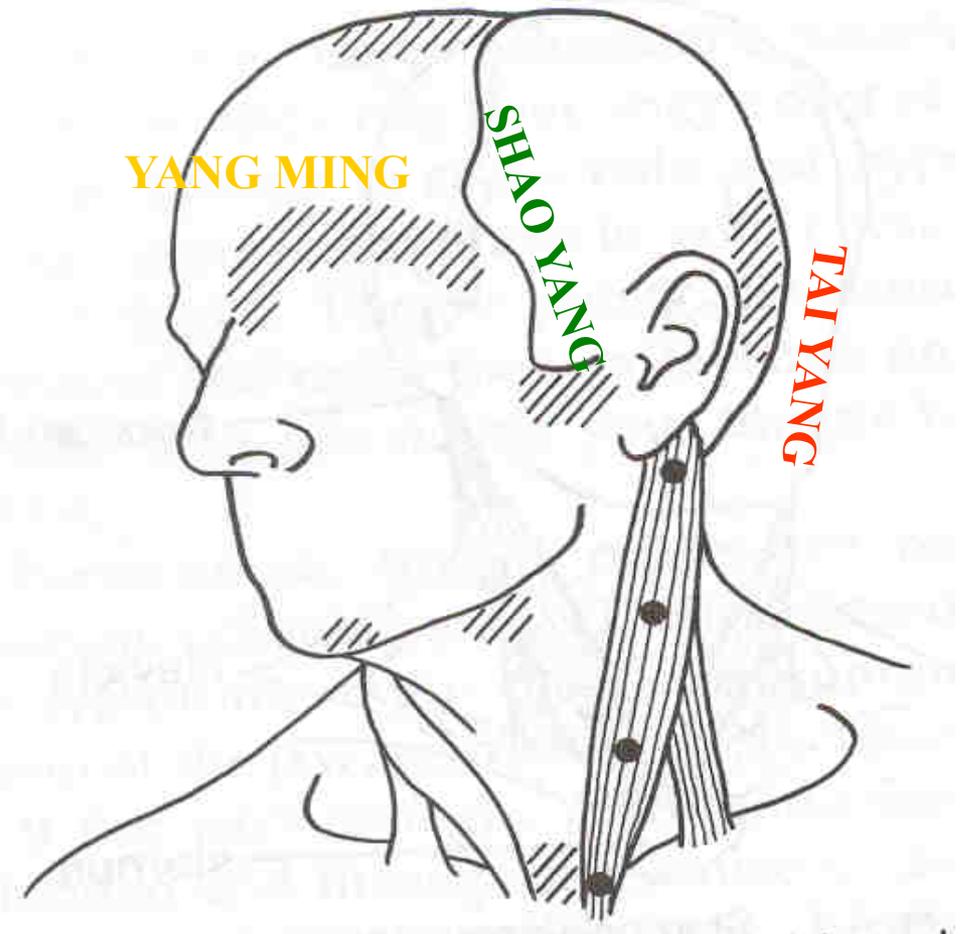
Headache differentiation

All three Yang patterns have headache.

- Tai Yang: occipital, stiffness, strong, aversion to cold

- Yang Ming: on forehead, fever, no aversion to cold

- Shao Yang: on sides of head, aversion to cold and fever alternating.



TAI YANG – CHANNEL PATTERN

Three types:

- **Attack of Wind 中风**

- **Attack of Cold 伤寒**

- **Attack of Heat 温病**

ATTACK OF WIND

Wind is in muscles, due to external Wind, do not confuse with Wind-Stroke.

Clinical manifestations

Headache, fever, aversion to cold, sweating, nasal obstruction, pulse

Floating-Slow. “Wei strong, Ying weak” 卫强营弱

Wei is Yang and protects, Ying is Yin and nourishes.

When Wind invades the channels, Wei Qi rushes to the Exterior, hence the fever. 阳浮者热自发 Because Wei Qi rushes outward and fights the Wind, it is said to be “strong”. “Wei strong” should be interpreted in the context of this particular pathology. In reality, compared to normal levels, Wei Qi is weak (that is why the body is invaded in the first place). In other words, it is only “strong” in relation to Ying Qi. Indeed when Wei Qi is “strong’ in absolute terms, it is “consolidated” in the Cou Li space and the body is NOT invaded by pathogenic factors.

From the point of view of the pathology of the Tai Yang Channel pattern, the presence of fever indicates that the Wei Qi is relatively strong in relation to Ying Qi.

The impairment of the Wei Qi means that it cannot regulate the opening and closing of the pores, Ying Qi is relatively weak and cannot nourish the Interior, hence sweating.

Tai Yang Channel pattern – Attack of Wind is Xu-Exterior Pattern owing to sweating. That does not mean that it is a Xu syndrome. It is only Xu in comparison to Attack of Cold type.

Attack of Wind- Formula

GUI ZHI TANG

Gui Zhi *Ramulus Cinnamomi* 9g

Bai Shao *Radix Paeoniae alba* 9g

Gan Cao *Radix Glycyrrhizae* 6g

Sheng Jiang *Rhizoma Zingiberis recens* 9g

Da Zao *Fructus Jujubae* 3 pieces

Acupuncture

LU-7, LI-4, KI-7, ST-36 (regulate sweating), TB-5, BL-12 (cupping),
Du-16, GB-20.

Xiao Jian Zhong Tang: add Yi Tang, increase Bai Shao to 18g

ATTACK OF COLD

The pathogenic factor is in the skin. This term refers to Tai Yang Pattern from Cold, not any Cold attack.

Clinical manifestations

There may or may not be fever, aversion to cold, body aches, no sweating, slight breathlessness, pulse Floating-Tight.

Explanation

External Cold invades the skin, Wei Qi is held back, Yang stagnates. The obstruction of Wei causes aversion to cold. If there is no fever in the very beginning stages, it means the Wei Qi has not engaged the Wind yet. However sooner or later there will be fever. In most cases there will be fever.

- **In Tai Yang – Attack of Wind, there is aversion to wind.**
- **In Tai Yang – Attack of Cold, there is aversion to cold.**

Aversion to wind means that the patient fears the wind when outdoors, but that feeling goes when he is inside. Aversion to cold means that the patient fears the cold even when indoors.

This distinction is rather difficult to see in practice. In practice, aversion to wind and aversion to cold differ only as a matter of degree: the latter is stronger than the former.

As the Wei is hindered, Yang stagnates, it does not move in the sinews and muscles, hence the body aches.

Wind-Cold obstructs the descending of Lung-Qi hence the slight breathlessness.

Tai Yang from Cold is External-Shi syndrome.

TAI YANG ATTACK OF COLD

Formula

MA HUANG TANG

Ma Huang *Herba Ephedrae* 6g

Gui Zhi *Ramulus Cinnamomi* 4g

Xing Ren *Semen Armeniacae* 9g

Gan Cao *Radix Glycyrrhizae* 3g

Acupuncture

Acupuncture

LU-7, LI-4, KI-7 (regulate sweating), TB-5, BL-12 (cupping), Du-16, GB-20.