

THE FOUR LEVELS

In the context of the 4 Levels, “Wei”, “Qi”, “Ying” and “Blood” (Xue) refer not to the Vital Substances but to different degrees of energetic depth. Of the 4 Levels, only the Wei Level is exterior, the other three Levels are interior albeit with a different degree of depth.

WEI LEVEL

At the Wei Level, the pathogenic factor (Wind-Heat) is on the Exterior. Wei Qi is in the Cou Li space where sweat comes from. Wei Qi warms the muscles. At the Wei Level, the Cou Li space is obstructed by the Wind so that the Wei Qi cannot circulate properly: it therefore fails to warm the muscles and the patient feels “aversion to cold”. This is a symptom indicating that the p.f. is on the Exterior. The intensity of the aversion to cold reflects the intensity of the exterior Wind.

After the invasion of Wind, however, the Wei Qi surges towards the Exterior to fight the pathogenic factor: this results in “fever”. The intensity of the fever reflects the reaction of the Zheng Qi: the more it reacts, the higher the fever. Please note that “fever” refers to “*fa re*”, i.e. emission of heat by the patient’s dorsum of hand and forehead. In other words, aversion to cold refers to a subjective sensation of the patient while “fever” refers to an objective emission of heat by the patient, i.e. it feels hot to the touch.

Thus the two cardinal symptoms of invasion of Wind-Heat at the Wei Level are aversion to cold and fever. The pulse is Floating.

Because the Wei Qi is physiologically related to the Lungs as the Lungs spread it in the Cou Li space, many of the symptoms are Lung-related, e.g. cough, slight sweating, runny nose. The tongue is slightly Red on the sides towards the front or in the front and the coating is thin (it may be white or yellow).

Aversion to cold

In Exterior patterns, the aversion to cold and cold feeling is due to the external Wind obstructing the space between skin and muscles where the Wei Qi circulates; as Wei Qi warms the muscles, its obstruction by Wind causes the patient to feel cold and shiver (even if the pathogenic factor is Wind-Heat). Thus, Wei Qi is not necessarily weak but only *obstructed* in the space between skin and muscles.

Both Wind-Cold and Wind-Heat cause aversion to cold.

Generally speaking, there are three aspects to the "cold feeling" in invasions of exterior Wind:

- 1) the patient feels cold
- 2) he or she has "waves" of shivers
- 3) he or she is reluctant to go out and wants to stay indoors.

Except in mild cases, the cold feeling is not relieved by covering oneself.

In conclusion, a feeling of cold in exterior invasions is due to the obstruction of Wei Qi in the space between skin and muscles and it indicates that the pathogenic factor is on the Exterior: as soon as the feeling of cold goes, the pathogenic factor is in the Interior.

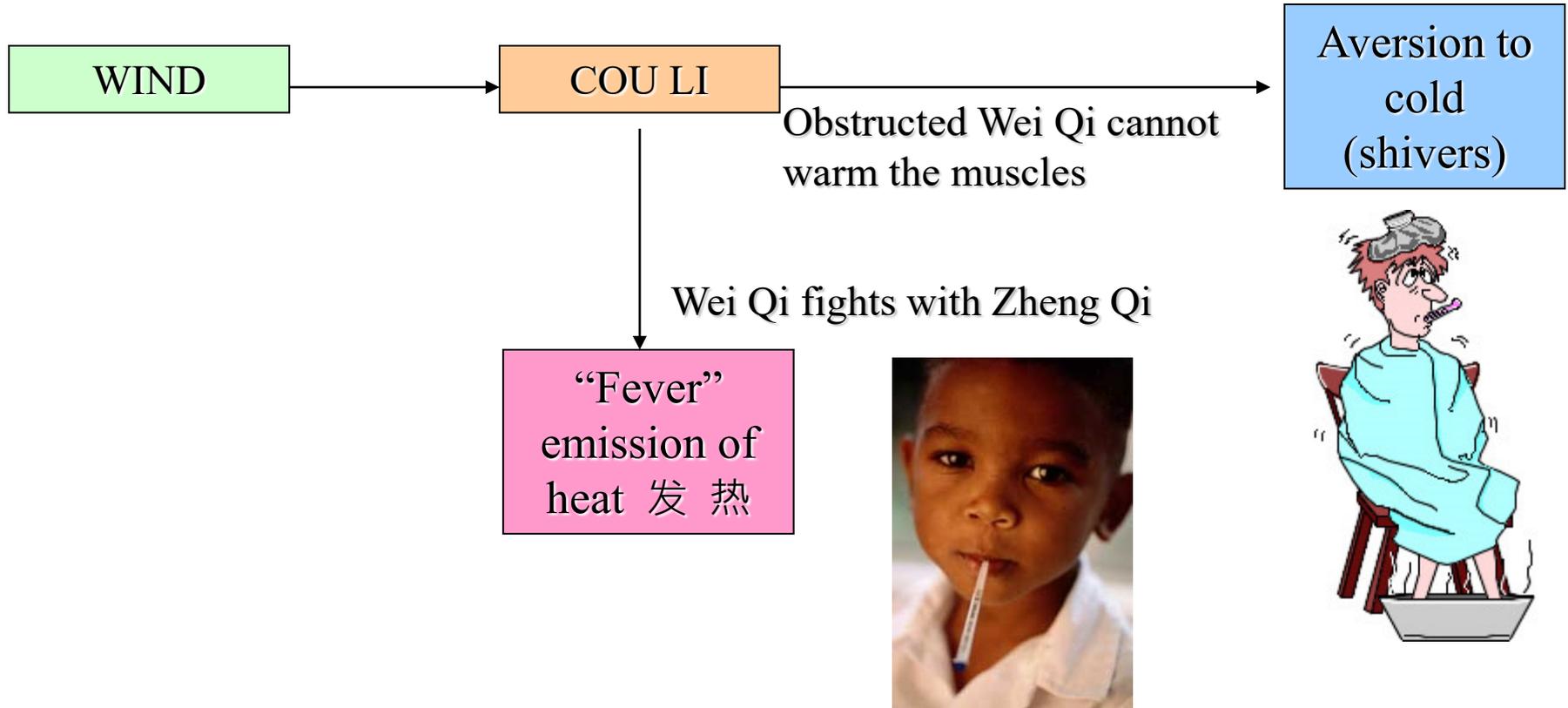
"Fever"

As for "fever", the Chinese terms *fa shao* or *fa re* do not necessarily indicate "fever". "Fever" is a sign in modern Western medicine, not in old Chinese medicine. In old China, there were obviously no thermometers and the symptoms *fa shao* or *fa re* described in the old texts do not necessarily mean that the patient has an actual fever. It literally means "emitting heat" and it indicates that the patient's body feels hot, almost burning to the touch: the areas touched were the forehead and the *dorsum* of the hands (as opposed to the palms).

In fact, it is a characteristic of *fa re* (so-called "fever") in the exterior stage of invasions of Wind that the dorsum of the hands feel hot compared to the palms and the upper back feels hot compared to the chest. This objective hot feeling of the patient's body may or may not be accompanied by an actual fever although in *Wen Bing* diseases, it is.

When the symptoms of shivers and feeling cold occurs *simultaneously* with the objective sign of the patient's body feeling hot to the touch (or having an actual fever), it indicates an acute invasion of external Wind and it denotes that the pathogenic factor is still on the Exterior. In particular, it is the symptoms of shivering and feeling cold that indicate that the pathogenic factor is on the Exterior: the moment the patient does not feel cold any longer but feels hot and, if in bed, he or she throws off the blankets, it means that the pathogenic factor is in the Interior and it has turned into Heat.

INVASION OF EXTERNAL WIND



Aversion to cold → Reflects

Intensity of external Wind

"Fever" → Reflects

Strength of Zheng Qi