

WEN BING

School of Febrile Diseases

I) History and Development

- 1) Developed in the Ming and Qing dynasties (1368 – 1911)
- 2) *Wen Bing* = febrile disease
 - *Wen yi* = a disease that spreads very quickly; an epidemic
 - *Li-qi* = pestilent qi which can be transmitted via the digestive system or is airborne
 - Once in body, can remain latent
 - After the incubation period, a wen bing (or wen yi) condition develops
- 3) Wu You Ke (16th century) is the first patriarch of the Wen Bing tradition
 - a) His main contribution was:
 - The pulse at St-9 measures External conditions
 - The pulse at Lu-9 measures Internal conditions

 - If the St-9 pulse is broader than the pulse at Lu-9, the disease is airborne
 - If the Lu-9 pulse is broader, the sickness came through something you ate
 - b) He also came up with the idea of the 3 Stages:
 - Stage 1: Upright qi (zhen-qi) fighting with perverse qi (li-qi) produces high fever
 - Stage 2: Zhen-qi tries to get the upper hand and subdue li-qi, causing:
 - Vomiting
 - Coughing/expectoration
 - Sweating
 - Urinating
 - Purging via the nose, mouth, skin and lower orifices
 - Body detoxifies via the channel the disease came in by
 - Stopping this purging will cause the disease to go back into an incubation stage
 - Stage 3: Recurrent condition or full recovery
- 4) Ye Tian Xi (17th century), a well known scholar and doctor, was the second patriarch
 - He developed the 4 Levels of Heat penetration
 - Wei
 - Qi
 - Ying
 - Blood

 - a) Wei Level Heat = Wind-Heat
 - Chills
 - Fever
 - Aversion to Heat
 - Headaches
 - Body aches

 - Red eyes
 - Thirst
 - Tongue: Thin yellow coat
 - Floating-Rapid pulse

- b) Qi Level Heat = Internal (Yang Ming) Heat
 - Great Level Heat (the 4-bigs of the Yang Ming Stage of the Shan Han Lun)
 - Bowel Heat (*i.e.*, Yang Ming bowel Heat)
- c) Ying Level Heat
 - Previous stage causes Yin Deficiency
 - Malar flush
 - 5-palm heat
 - low grade fever
 - no longer is there an aversion to Heat since it's at a deeper level
- d) Blood Level Heat
 - Yin Deficiency signs and symptoms + bleeding
- 5) Xue Sheng Bai (18th century) is the third patriarch – a child prodigy who only taught
 - He added to the Wen Bing theory with the notion that whenever you have Heat, you also have Dampness
 - So a Wei Level disease can entail Heat, Damp and/or Wind (Heat creates Wind)
- 6) Wu Ju Tong (19th century) is responsible for systematizing and organizing the Wen Bing tradition into a book
 - a) He created the San Jiao Heat patterns
 - Upper Jiao → Lu; P; Ht → Ren-17
 - Middle Jiao → Sp; Lr; St → Ren-12
 - Lower Jiao → Ki → Ren-6 or Ren-3
 - b) Damp-Heat in head (Upper Jiao):
 - Heavy headedness
 - Sinus infections
 - Red eyes
 - *Expel and transform Heat*
 - c) Damp-Heat in Middle Jiao:
 - Jaundice
 - Bloating
 - Heaviness
 - Distension
 - *Dry Dampness; clear Heat*
 - d) Damp-Heat in Lower Jiao
 - Uterine bleeding
 - Leukorrhea
 - Prostatitis
 - Pelvic inflammatory disease
 - *Drain Damp and expel Heat*

Zhu Dan Xi – founder of the School of Nourishing Yin, said:

- Yang is naturally exuberant, so Yin always needs to be tonified
- If Yin is used up, the body replaces it with Damp or Phlegm

II) Diagnosis in Wen Bing

- 1) There are 4 methods of diagnosis:
 - a) Looking
 - b) Listening and Smelling
 - c) Asking
 - d) Palpation

- 2) Looking is inclusive of getting an impression of who your client is... reading their:
 - Facial expressions
 - Complexion
 - Tongue
 - Posture and movement

- 3) Listening and Asking is part of the rapport you create to get an idea of the client's ailments
 - There are some elements of their life that remain suppressed, and it's your duty to tease any relevant info out of them
 - There are also some things that are repressed, which you won't be able to get at
 - Pulses and palpation may convey to you these mysteries (for example, past sexual abuse may present as tight Kidney pulses)

 - Stuttering = Damp thermic disease
 - Foul smell = Heat
 - Lingering odor (after leaving the room) = Damp
 - Putrid/decaying smell = Heat consuming Blood

- 4) In Asking, there are two main questions:
 - Fever?
 - Sweating?
 - a) Fever:
 - Tidal (begins in morning; peaks around noon; drops from 1-5pm) = Ying Level Heat
 - Intermittent = Ying Level Heat – Wind thermic disease
 - Night time = Ying Level Heat – Damp thermic disease
 - Alternating chills & fever = Wei Level Heat – Damp thermic disease
 - High fever = Qi Level Heat
 - Fever with chills = Wei Level Heat

 - b) Sweating:
 - Profuse = Wei or Qi Level Heat
 - Night time = Ying Level Heat
 - Oily = Damp thermic disease

 - c) Also keep in mind the 10 Questions:
 - Fever and chills
 - Thirst and hunger
 - Urine and stools
 - Pains/aches
 - Sleep
 - Sweat

- Head
 - Chest
 - Abdomen
 - GYN
- 5) Palpation:
- By the Ming dynasty, abdominal palpation was not really done due to Confucian ethics
 - Tongue and pulse were more readily relied upon
- 6) Signs and symptoms of Heat:
- a) Heat can cause abrupt movement; in later stages, Heat depletes Qi making the body stiff
 - b) Heat at Bl-1 = Heat at Wei Level
 - c) Red eyes (sclera) = Heat at Qi level
 - With blood vessels = Heat at Blood Level
 - With yellow = Damp-Heat
 - d) Dark rings around the nostrils, or just on the inside = Heat burning fluids in Lungs
 - e) Dry lips = Heat in Stomach causing dryness
 - If red = Heat in Spleen and Stomach
 - Dry and red = Fire in Stomach and Spleen
- 7) Tongue signs:
- a) Diagnosis is determined by color...
 - Heat entering the Blood level will make the tip Purple
 - b) Body
 - Shape (stiff? Curled up?)
 - Movement
 - Mounds or protrusions (papillae)
 - c) Coat
 - Thickness
 - A thick coat indicates Liver invading Stomach, thereby weakening the Spleen which puts out fluid... the result is Damp-Heat
 - Thick and white = Spleen action is predominant – Damp thermic disease
 - Thick and yellow = Liver action is predominant
 - Thin coat = superficial EPF
 - Color
 - White (color of Lungs) = exposure to EPF – zhen-qi stronger than li-qi
 - Yellow (color of Spleen and Stomach) = Li-qi is equal in strength to zhen-qi
 - Brown or black (indicates Liver and Kidney trying to counteract Heat) = Li-Qi stronger than zhen-qi
 - d) Shape
 - Swollen = Dampness
 - Scalloped – a later stage condition of a swollen tongue

- Thin (when the sides don't reach the sides of the mouth) = Heat blockage
 - When patient can't push the tongue out all the way, or when it spontaneously curls = Heat blockage
 - Flaccid = lack of ascension of Spleen-Qi
 - Stiff = Heat blockage
 - Short = a mass in the Middle Jiao
- e) Topographic Formations
- a) Cracks
- Vertical cracks = Heat
 - Horizontal cracks = damage to Fluids through dehydration or hemorrhage
 - Both = Heat causing damage to fluid
- b) Papules
- If raised = Heat
 - If purple = Heat at Blood Level
 - If veins on the underside are dark/swollen = poor blood circulation/stagnation
 - This can be tested for by pressing down on any area of the body... if it turns white and remains that way after the pressure is released, it indicates poor venous circulation

III) Wen Bing Etiology

- 1) The theory is that everybody has heat in the body at one level or another
- 2) EPFs come in via nose (Lung) or mouth (Stomach)
- 3) Progression of the 4 Stages of Heat can be linear or jump
- 4) Noxious or pestilent EPF = Li Qi
- 5) Noxious qi = Wen Yi
 - Which produces Heat
- 6) The stronger the pathogen, the more intense the fever
- 7) Pestilent Qi can lie dormant in body
 - When Wei or Ying Qi are down, sickness comes in
 - These often manifest as "seasonal issues"
- 8) Wen Bing advocates detox via PURGING
 - Use points that open up organs and meridians and induce diaphoresis

IV) There are 3 possible etiologies when exposed to EPFs

- 1) Upright Qi overcomes Pestilent Qi → recovery

- 2) Pestilent Qi overrides Upright Qi → relapse of disease (or death)
- 3) Recovery – but person feels weak
 - Important to tonify Qi in this case to prevent relapse

V) Ji Bai Sheng's contribution

- 1) Warm → Hot → Fire → Toxins
- 2) 4 Stages of Penetration

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| a) Wei | c) Ying |
| b) Qi | d) Blood |

VI) WEI LEVEL

- EPF comes in; body responds (can be accompanied by Wind or Damp)
 - Fever to burn off EPF
- Aversion to cold (chills with fever)
- Slight thirst
- Sweating (yes or no, depending on whether Heat is closing pores)
- Tongue tip and sides Red
 - Thin tongue coat
- Pulse: floating and Rapid

A) Wind/Warm EPF (Feng Wen) attacks Lungs, causing

- Nasal congestion
- Yellow mucus discharge
- Continuous headache (Lung headaches are always continuous)
- Back of palms feel hot
- Swollen tonsils
- Sore throat
- Laryngitis
- Dry cough

B) Damp/Warm EPF attacks Stomach

- Loss of taste and appetite
- Intermittent headache (Stomach headache)
- Hot palms
- Nausea/vomiting
- Stuffiness/heaviness in chest
- Alternating chills and fever

VII) QI LEVEL

- High fever
- Great thirst

- A lot of sweating (although Heat might be blocking pores)
- Bitter taste in mouth
- Tongue: yellow coating
 - If Damp, coating thick
- Pulse: Rapid

A) Damp EPF at Qi Level

- Tidal fever (worst at 1-5pm)
- Stuffiness in chest
- Nausea
- Abdominal distension
- Thirst, but no desire to drink

B) Wind EPF at Qi Level

- High fever
- Hyperventilating; rapid breathing (body trying to get rid of Heat)
- Very dry throat
- Very thirsty
- Heat consumes Qi
- Person becomes Qi deficient, and so very tired and weak

C) Heat entering Qi level can:

a) Go above diaphragm

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|-------------------------|---------------------|
| - Ruddy complexion | - Red eyes |
| - Headache | - Sore throat |
| - bitter taste in mouth | - unrelenting fever |
| - aversion to heat | - absence of sweat |

- *Called: Heat in Yang Ming (Stomach meridian)*

b) Go below diaphragm

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| - constipation | - diarrhea |
| - burning sensation w. bowel movements | |

- *called: Heat in Yang Ming (Large Intestine meridian)*

c) Stay at diaphragm

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| - irritability | - restlessness |
| - Tongue: white or yellow coat; or a mixture of the two | |

VIII) YING LEVEL

- Chronic conditions at this level
- People start to waste away – disease consumes weight and Body Fluids
- Low-grade fever
- Yin has contained Heat a little so that it isn't as exuberant
 - Fever usually general – comes and goes – not very high
 - Fever worse at night indicates Yin Deficiency

- Restlessness
- Insomnia; excessive dreaming
- Red skin eruptions
- Dry lips; dry hands
- Hormonal depletion
- Heat enters Zang/Fu
- Abscesses; scar tissue

- Pulse: Thin and Rapid
- Tongue: Red and Dry with cracks

- When EPF reaches Ying Level, **herbs** must be used

A) Wind EPF at Ying Level

- Tongue: very Red with very thin coat

B) Damp EPF at Ying Level

- Tongue: thick, turbid, greasy coat
- Dark and Dry tongue indicates injury to Body Fluids

IX) BLOOD LEVEL (aka: Shen Level)

- General fever
- Extreme restlessness; irritability
- Insomnia
- Stuttering
- Very dark skin eruptions
- Tremors; convulsions; seizures
 - Less fluids allow Wind to enter vessels

- Reckless Blood
 - Blood in urine
 - Blood in sputum
 - Nose bleeds

- Tongue: Purple or extremely Bright and Shiny (mirror-like)

X) Basic treatment protocol

- 1) Nourish fluids:
 - Ren-12
 - SJ-2

- 2) Resolve Damp:
 - Sp-9

- 3) Clear Heat of affected Burner:
 - Ren-3 or Ren-6; Ren-12; Ren-17
- 4) *Needle, then rub around needle*