

## WIND WARMTH

Main Stage	Sub-Type	Manifestations	Tongue	Pulse	Formula
LU Wei Stage	Typical	F, slight aversn to W-C, little or no sweating, headache, cough, slight thirst	Red tip & sides, thin white coat or yellowish if H is being transformed	Floating, rapid	Yin Qiao San
	Cough is main issue				Sang Ju Yin
Qi Stage	Shi Heat in LU	F, sweating, restless, cough or heavy breathing, yellow, thick or xue in P, chest pain and opprssn	Red w yellow coat	Slippery, rapid	Ma Xing Shi Gan Tang Qian Jing Wei Jin Tang
	Shi Heat in LU + LI	F, constipn, heavy breathing	Yellow greasy or slippery coat	R Cun = LU pulse, shi & large	Xuan Bai Cheng Qi Tang
	LI Heat transferred from LU	F, cough, thirst, diarrhea w yellow, foul stool, burning around anus, no hardnss in abd	Yellow coat	Rapid	Ge Gen Huang Qin Huang Lian Tang (>D, <xue) Bai Tou Weng Tang (>xue,>H)
	Skin eruptions d/t LU Heat	F, cough, chest opprssn	Red w thin white coat		Yin Qiao San
Yang Ming	Shi Heat in Yang Ming	(4 Bigs) High F, aversn to H, big sweats, big thirst for cold drinks	Yellow, dry coat	Floating flooding, or slippery rapid	Bai Hu Tang
	Shi Heat + Turbidity in Y-M fu organ	Afternoon F, poss delirium, constipn or foul watery stool, burning anus, fullnss & hardnss in abd	Yellow dry coat or poss grey coat w cracks	Deep, forceful	Tiao Wei Cheng Qi Tang
	ST Heat w Yin injury	F, sweats, red complexn, confusn, sleepy, fatigue	Yellow, dry coat	Rapid	Zhu Ye Shi Gao Tang
Heat sinking into PC	Heat sinking into PC	Coma, delirium, F, cold limbs (int H, ext C)	Deep red	Thin, rapid	Qing Gong Tang An Gong Niu Huang Wan (patent)
	Heat in PC w Y-M shi Heat	Coma, delirium, F, cold limbs (int H, ext C), hardnss in abd, constipn	Deep red w yellow, dry coat	Rapid, deep, shi	Niu Huang Cheng Qi Tang
Remaining pathogenic Heat, Yin injury of ST & LU		Low F or no F, non-prod cough or w little P, dry mouth, thirst	Dry red, little coat	Thin pulse	Sha Shen Mai Dong Tang

# SPRING WARMTH

Main Stage	Sub-Type	Manifestations	Tongue	Pulse	Formula
Qi Stage	Shi Heat in GB	F, bitter taste, thirst, N, restlss, chest discomfort	Red w yellow coat	Wiry, rapid	Huang Qin Tang Jia Dou Chi Tang
	Shi Heat in Chest + Diaphragm				Liang Ge San & Zhi Zi Chi Tang
Shi Heat in Yang Ming	BF injury d/t shi heat	(4 bigs) High F, red complexn, big sweats, restlss, thirst w desire for cold drinks	Red w yellow, dry coat	Flooding or slippery, rapid	Bai Hu Tang
	Stirring Wind d/t Shi heat	High F, restlss, thirst, mania, coma, convulsn, stiff neck, opisthotonos	Red w yellow coat	Wiry, rapid	Ling Jiao Gou Teng Tang
	Heat + Turbidity in LI	F, abd fullnss, constipn, dry mouth	Dry coat	Deep, thin	Zeng Ye Cheng Qi Tang = Fluid xu Xin Jia Huang Long Tang = Qi xu Dao Chi Cheng Qi Tang = H + xue level
Heat in Qi, Ying & Xue Levels	Heat in Qi & Ying	High F, thirst, h.ache, restlss, macula, poss vomit xue, nose bleeds	Deep red, w yellow coat	Rapid	Qing Wen Bai Du Yin
	Shi Heat moves xue	High F, restlss or mania, deep red or purple macula	Deep red		Xi Jiao Di Huang Tang
	Heat + xue stasis combination	Fullnss & hardnss in lwr abd, normal unrinatn, constipn w blk stool, thirst but just washing mouth	Purplish w spots	Deep, shi, choppy	Tao Ren Cheng Qi Tang
Heat sinking into PC	Hidden Heat obstructed interiorly	Burning F, coma, delirium, cold limbs	Deep red	Wiry, rapid	Qing Gong Tang (plus An Gong Niu Huang Wan or Zi Xue Dan or Zhi Bao Dan)
	Interior Heat closure + external collapse	Sudden drop in F, coma, SoB, rapid breathing, cold limbs, cold sweats, no defecatn	Dark red w dry coat	Racing or deep friable	Sheng Mai San
Terminal Stage	Primary yin xu	Long-lasting low grade F, afternoon flush, 5-centered H, dry throat, palps, fatigue, tinnitus or deaf	Dry, deep red	Weak, soft or knotted	Jia Jian Fu Mai Tang
	Wind d/t yin xu	Finger wriggling, spasms, upward staring, angina, dry lips	Dry, deep red (pig LV color), no coat	Feeble or thin, racing	San Jia Fu Mai Tang
	KI yin xu w HT fire	F, d-d sleep, restlss, insomnia	Red w yellow coat	Thin, rapid	Huang Lian E Jiao Tang
Last Stage	Stays Yin Fen (internal) forever	Night F, cool in AM, normal appetite but thin body	Red, little coat		Qing Hao Bie Jia Tang

## AUTUMN DRYNESS

Main Stage	Sub-Type	Manifestations	Tongue	Pulse	Formula
<b>LU Wei stage</b>		F, sl aversn to W-C, cough w little P, hoarse voice, dry throat, dry nose, slight thirst	Red tip & edge, thin, dry white coat	Rapid, large on R	<b>Sang Xing Tang</b>
<b>Qi Stage</b>	Dryness disturbs orifices	F, thirst, tinnitus, red eyes, swollen gums, sore throat	Dry, yellow coat	Rapid	<b>Qiao He Tang</b>
	Dryness heat injures LU > LU yin xu	F, thirst, restlss, non-prod cough, chest fullnss, rib pain, dry throat & nose	Red tip & edge, thin, dry white or yellow coat		<b>Qing Zao Jiu Fei Tang</b>
	LU dryness w LI Heat + bleeding	Itchy throat and non-prod cough @ beg, > severe cough w sticky P w xue, chest pain, burning in adb, diarrhea	Red w thin, dry, yellow coat		<b>E Jiao Huang Qin Tang</b>
	LU dryness w LI constipation	Cough w P, chest & abd fullnss, costipn w dry stool	Dry, red		<b>Wu Ren Ju Pi Tang (wu = 5)</b>
	LU + ST yin injury	Afternoon F, non-prod cough or w little P, dry nose & throat, thirst	Dry w little coat		Thin, rapid
<b>Ying or Xue Stage</b>		F, thirst, restlss, all kinds of bleeding	Deep red w dry, yellow coat	Rapid	<b>Bai Hu Jia Di Huang Tang</b>

## SUMMER HEAT WARMTH

Main Stage	Manifestations	Tongue	Pulse	Formula
<b>Yang Ming invasion</b>	High F, big sweats, thirst, restlss, h.ache w dizzinss, red complexn, heavy breathing	Dry, yellow coat	Flooding, rapid	<b>Bai Hu Jia Ren Shen Tang</b>
<b>Heat injures BF's + Qi</b>	F, restlss, yellow urine, thirst, heavy sweats, SoB, fatigue	Dry, yellow coat	Weak	<b>Qing Shu Yi Qi Tang</b>
<b>BF + Qi collapse</b>	F gone, still sweating, heavy breathing (collapse & LoC v. close)	Pale, thin coat	Large, rootless (scattered)	<b>Sheng Mai San</b>
<b>Heat + Turbidity combination in Intestines</b>	F, worse in p.m, fullnss & hardnss in abd, delirium, mania, constipn or yellow watery diarrhea	Red w dry, yellow coat	Deep, rapid	<b>Jie Du Cheng Qi Tang</b>
<b>Enters Ying Stage</b>	F, restlss, insomnia, delirium	Deep red	Thin, rapid	<b>Qing Ying Tang + An Gong Niu Huang Wan</b>
<b>Stirs Xu Wind</b>	F, convulsn, opisthotonos, LoC	Bright red w dry, yellow coat	Wiry, rapid or wiry, slippery	<b>Ling Jiao Gou Teng Tang</b>
<b>Enters Xue Stage</b>	F, restlss, delirium, lg areas of purple macula, various bleeding, convulsn, opisthotonos	Deep red w burnt coat	<b>Not stated</b>	<b>Shen Xi Dan</b>
<b>Shi Heat Fire + LV + KI xu</b>	Insomnia, restlss, thirst	Deep red w yellow, dry coat	Thin, rapid	<b>Lian Mai Tang Mai Wei Di Huang Wan</b>

## DAMP WARMTH

Main Stage	Manifestations	Tongue	Pulse	Formula
<b>Damp Heat obstructs Wei Qi</b>	Aversn to C, little sweats, hiding F worse in p.m., heavy body & head, chest oppressn, < appetite, yellow complexn	White, greasy coat	Slow	<b>Obvious Exterior Damp = Huo Po Xia Ling Tang.</b> <b>Obvious Interior Damp = San Ren Tang</b>
<b>Pathogen obstructed in Mo Yuan</b>	Alt F&C, body pain, sweats, heavy limbs, N&V, abd distntn, GI discomf. (Sim to Shao Yang in SHL, but more GI Sx).	Thick, greasy coat		<b>Da Yuan Yin</b> <b>Lei Shi Xuan Tou Mo Yuan Fa</b>
<b>Damp Heat obstructs Middle Jiao</b>	F remains after sweats, thirsty but drinks little, epigastric distentn, N&V, restlss, yellow loose stool, concentrtd urine	Yellow, greasy coat	Slippery, rapid	<b>Wang Shi Lian Po Yin</b>
<b>Damp Heat w Toxin</b>	F, thirst, chest oppress, abd distentn, sore throat, concentrtd urine			<b>Gan Lu Xiao Du Dan</b>
<b>Damp Heat transforms to Phlegm &amp; covers PC</b>	Long-lasting F, mild in a.m, worse in evening, poss delirium, poss LoC			<b>Chang Pu Yu Jin Tang</b> <b>plus Su He Xiang Wan &amp; Zhi Bao Dan (to open orifices)</b>
<b>Heat In Yang Ming, Damp in Tai Yin</b>	High F, sweats, thirsty w desire to drink, red complex, heavy breathing, heavy body			<b>Bai Hu Jia Cang Zhu Tang</b>
<b>Damp generates Cold</b>	F sx begin to subside, fullnss, abd distentn, loose stool w tenesmus, < appetite	White, greasy coat	Slow	<b>Si Jia Jian Zheng Qi san (slow diff digest)</b> <b>Wu Jia Jian Zheng Qi San (more for yu, G&amp;B w C)</b>

## LURKING SUMMER HEAT

Main Stage	Manifestations	Tongue	Pulse	Formula
<b>Lurking Summer Heat in Wei &amp; Qi Stage</b>	F, aversn to W-C, h.ache, body pain, little or no sweats (accord to wei qi strength), restlss, thirsty, concentrtd urine, epigast distentn	Greasy (if D)	Rapid	<b>Yin Qiao San (minus NBZ, plus XR, Hua Shi)</b>
<b>Lurking Summer Heat in Wei &amp; Ying Stage</b>	F, slght aversn to W-C, h.ache, little or no sweats (accord to wei qi strength), restlss, thirst no desire to drink	Red w little coat	Thin, rapid	<b>Yin Qiao San (plus Sheng Di, MDP, Chi Shao, MMD)</b>
<b>Pathogen obstructs Shao Yang</b>	Alt F & C, thirst, restlss, epigast distentn, fever gets worse in p.m, worsens @ night, milder sx after sweats in a.m. except burning sensn in chest & abd	Yellowish, white coat	Wiry, rapid	<b>Hao Qin Qing Dan Tang</b>
<b>Summer Damp Heat blocks Intestines</b>	F remains, burning in chest & abd, N&V, loose stool	Yellow, turbid, greasy coat	Slippery, rapid	<b>Zhi Shi Dao Zhi Tang</b>
<b>Heat damages Yin</b>	F, thirst, no sweats, little urine, diff urintn	Dry red w dry yellow coat	Thin, rapid	<b>Dong Di <span style="color: red;">San Huang</span> Tang</b>
<b>Heat in HT Ying Stage &amp; transferred to SI</b>	Severe F @ night, restlss, insomn, thrist w no desire, concentrtd urine w burning pain	Deep red		<b>Dao Chi Qing Xin Tang</b>