

6 Treatment Methods for Warm Pathogen Diseases

BY THE EARLY eighteenth century, Ye Gui's *Discussion of Warm-Heat Disorders* had established the four basic principles for treating illness based on the four-level differentiation of disease.¹ These principles have since been widely used in the treatment of warm pathogen diseases.

1. *Treat warm pathogen disease patterns in the protective level by inducing sweating.* Here, Ye was not referring to the use of acrid and warm herbs, as this would merely serve to add more heat to the body, like throwing gasoline on a fire. Rather, for warm pathogen disease patterns in the protective level, the practitioner must release the exterior condition by inducing sweating with acrid and cool herbs such as *Arctii Fructus* (*niú bàng zǐ*) and *Menthae haplocalycis Herba* (*bò hé*). The purpose of inducing sweating is to provide the warm-heat pathogen with a 'substrate' to which it can adhere, and by which it can exit the body.

Some modern writers believe that the emphasis on inducing sweating is misleading, if not actually incorrect. According to Zhao Shao-Qin, a professor at the Beijing University of Traditional Chinese Medicine, Ye Gui did not mean to say that the goal of treatment here is to induce sweating. What he actually meant was that acrid, cool, and light herbs that clear and release heat and vent pathogens should be used. Since the problem here is that a warm-heat pathogen is constrained in the protective level and Lung, these types of herbs can eliminate the warm-heat pathogen, harmonize the nutritive and protective qi, and distribute the fluids, resulting in slight sweating and thus a cure of the disease. The sweating itself is merely a by-product of the process, and not the reason

for treatment.² While this idea helps us remember that the sweating Ye Gui was referring to is different from that induced by such acrid and warm herbs as Ephedrae Herba (*má huáng*) and Cinnamomi Ramulus (*guì zhī*) which can injure the yin and fluids, it ignores the important role that sweat plays in providing a vehicle to which the warm-heat pathogens can adhere and exit the body. Dai Tian-Zhang (Dai Lin-Jiao, 1644–1722) in *Discussion of Widespread Warm Epidemics* (*Guǎng wēn yì lùn*) noted that “Without sweating, there is no way for the warm-heat pathogen to exit. Therefore, inducing sweating is one of the important treatment methods for warm pathogen disease.”³

The question arises: Should we always induce sweating in the treatment of a warm pathogen disease in the protective level, or for an exterior pattern in a warm pathogen disease?⁴ According to Meng Shu-Jiang, the key point is whether the patient is already sweating. Generally speaking, if a patient with a protective level disorder is not sweating, the interstices and pores are more or less closed, and sweating should be induced. However, if a patient is already sweating, even slightly, one should not induce further sweating.⁵

2. *Treat warm pathogen disease patterns in the qi level by clearing heat with acrid and cold, acrid and cool, or bitter and cold herbs.* According to Ye Gui, “Clearing heat is suitable for patterns that have reached the qi level.”⁶ There are three sets of herbs for this purpose:

- acrid and cool herbs
- acrid and cold herbs
- bitter and cold herbs

The first two sets of herbs focus on dispersing heat transversely from the body through the Lung or skin. By contrast, the third set, which includes herbs such as Coptidis Rhizoma (*huáng lián*), Scutellariae Radix (*huáng qín*), Phellodendri Cortex (*huáng bǎi*), and Gardeniae Fructus (*zhī zǐ*), draws heat downward to exit the body via the stool or urine. According to Zhao Shao-Qin, purging herbs with bitter and cold properties like Rhei Radix et Rhizoma (*dà huáng*), Sennae Folium (*fān xiè yè*), and Aloe (*lú huì*), and those with sweet and cold properties like Glehniae/Adenophorae Radix (*shā shēn*), Ophiopogonis Radix (*mài mén dōng*), Dendrobii Herba (*shí hú*), and Trichosanthis Radix (*tiān huā fēn*), produce fluids and clear heat; they can also be used to clear heat from qi level patterns of warm pathogen diseases.⁷

3. *Treat warm pathogen disease patterns in the nutritive level by cooling the nutritive level and clearing heat.* This is accomplished with bitter and cold herbs, which clear heat by drawing it downward. At the same time, the practitioner should

seek to expel heat from the nutritive level via the qi level with acrid, light, and cold herbs. Because nutritive qi is still a form of qi, it is thought to be closer to the qi level than it is to the blood level. This is an example of a common method of treatment in Chinese medicine: Whenever possible, provide more than one route for pathogens to exit the body. Acrid, light, and cold herbs are used to transversely disperse heat from the nutritive level to the qi level. Ye Gui noted that when heat reaches the nutritive level, “there is still a chance of bringing the warm-heat pathogen back to the qi level.”⁸ Herbs like Rhinocerotis Cornu (*xī jiǎo*), Saigae tataricae Cornu (*líng yáng jiǎo*), and Scrophulariae Radix (*xuán shēn*), which are bitter, salty, and cold, would seem to be inappropriate since they only serve to move the heat downward instead of outward. Contemporary practitioners agree that the appropriate formula here would combine those herbs with Lophatheri Herba (*dàn zhú yè*), Forsythiae Fructus (*lián qiào*), and Lonicerae Flos (*jīn yín huā*). Monitoring changes in the tongue is essential for determining whether or not the warm-heat pathogen has returned to the qi level. If the tongue has changed from a deep-red color with less than normal coating (or no coating) to just red with a yellow coating, the warm-heat pathogen has reverted to the qi level.

4. *Treat warm pathogen disease patterns in the blood level by cooling the blood and dispersing blood stasis.* Ye Gui said that “When a warm-heat pathogen invades the blood level, it can injure the blood and force it out of the vessels [leading to blood stasis].”⁹ Herbs like Rehmanniae Radix (*shēng dì huáng*), Paeoniae Radix rubra (*chì sháo*), Moutan Cortex (*mǔ dān pí*), and Asini Corii Colla (*ē jiāo*) should be used to cool and disperse blood. Cooling the blood when a warm-heat pathogen invades the blood level would seem to be the obvious course of treatment for the blood level, but it is not so obvious in the context of blood stasis:

- Herbs that cool blood are cold or cool in nature and can readily congeal the blood and produce blood stasis.
- Heat generated by a warm-heat pathogen can congeal the blood and produce blood stasis.
- Existing blood stasis can block the movement of qi in the blood and give rise to heat, leading to further bleeding.

Therefore, in order to treat the warm-heat pathogen and prevent formation of further blood stasis and bleeding, the practitioner must simultaneously use herbs that can cool blood and disperse stasis. While Ye Gui did mention tonification methods, such as the use of Asini Corii Colla (*ē jiāo*) and Rehmanniae Radix (*shēng dì huáng*) for blood level disorders in *Discussion of Warm-Heat Disorders*, most practitioners tend to focus exclusively on the excessive aspects of heat and blood stasis in the blood

level and ignore the deficient aspect, that is, injury to the yin and fluids. According to a contemporary warm pathogen disease specialist, Meng Shu-Jiang, blood level patterns may involve injury to the yin and fluids.¹⁰ To avoid this, *Rehmanniae Radix preparata* (*shú dì huáng*), *Paeoniae Radix alba* (*bái sháo*), and *Salviae miltiorrhizae Radix* (*dān shēn*) can be added to the herbs listed above.

About fifty years after the publication of Ye Gui's book, Wu Tang wrote *Systematic Differentiation of Warm Pathogen Diseases* (*Wēn bìng tiáo biàn*), which established three basic methods for treating diseases based on three-burner differentiation. Like the four methods described above, these methods are also effective in treating warm pathogen disease:

1. *Treat patterns in the upper burner by dispersing the warm-heat pathogen via the skin, nose, and mouth.* Patterns occurring in the upper burner are considered superficial and represent the first stage of a warm pathogen disease. In order to treat patterns in the upper burner, use light herbs to disperse and release the warm-heat pathogens. Wu Tang described this method as using herbs that are as light as the feathers of a bird.¹¹
2. *Treat patterns in the middle burner by supporting the Spleen's lifting and the Stomach's descending actions.* The middle burner is a bridge that connects the upper and lower burners, bringing qi in the lower burner upward and causing qi in the upper burner to descend. The Spleen's function of lifting, and the Stomach's function of causing qi to descend, are crucial to this task. Injury to the Stomach yin by heat, and the presence of dampness in the Spleen, commonly hamper these functions. Therefore, eliminating dampness through transformation, drying, and draining will support and restore the Spleen's lifting function. Likewise, enriching the Stomach yin and clearing heat from the Stomach will support and restore its descending function. Wu Tang likened these methods to calibrating a scale that must always be kept in balance. This can be done with herbs that are neither too light nor too heavy, and cause neither too much descending nor too much ascending.¹²
3. *Treat patterns in the lower burner by enriching the Kidney and Liver yin.* When a warm pathogen disease reaches the lower burner, both Kidney and Liver yin will become badly injured; the practitioner must use heavy and cloying herbs like *Rehmanniae Radix preparata* (*shú dì huáng*), *Trionycis Carapax* (*biē jiǎ*), and *Asini Corii Colla* (*ē jiāo*) because only they can reach the lower burner and are strong enough to enrich the Kidney and Liver yin. Wu Tang described this method as adding a heavy weight to a scale to tip the balance.¹³

Clinically, it is common to find the disease in two levels (or burners) at the same time. When this occurs, it is important to assess the relative degree of disease in each level or burner and treat accordingly.

Since the time that Ye Gui and Wu Tang first set down the principles for treating patterns of warm pathogen disease in the four levels and three burners, practitioners have made additional refinements. For example, the contemporary physician Zhang Zhi-Wen has expressed his version of these principles as follows:¹⁴

1. In the early stage of a warm pathogen disease, release the exterior condition with acrid and cool herbs such as *Menthae haplocalycis Herba* (*bò hé*), *Arctii Fructus* (*niú bàng zǐ*), *Sojae Semen preparatum* (*dàn dòu chǐ*), *Lonicerae Flos* (*jīn yín huā*), *Mori Folium* (*sāng yè*), and *Forsythiae Fructus* (*lián qiào*).
2. In the middle stage of a warm pathogen disease, either (a) clear the heat and vent it, with acrid and cold herbs such as *Trichosanthis Pericarpium* (*guā lóu pí*), *Phragmitis Rhizoma* (*lú gēn*), *Pyri Exocarpium* (*lí pí*),¹⁵ *Lophatheri Herba* (*dàn zhú yè*), and *Forsythiae Fructus* (*lián qiào*), or (b) drain the interior heat with bitter and cold herbs such as *Coptidis Rhizoma* (*huáng lián*), *Scutellariae Radix* (*huáng qín*), *Phellodendri Cortex* (*huáng bǎi*), and *Gardeniae Fructus* (*zhī zǐ*). When *Forsythiae Fructus* (*lián qiào*) is used to clear and vent the heat, consider not only its acrid flavor and cold nature, but also its light property.
3. In the later stage of a warm pathogen disease, generate fluids and enrich the yin with cold substances that are either sweet or salty such as *Rehmanniae Radix* (*shēng dì huáng*), *Asini Corii Colla* (*ē jiāo*), *Trionycis Carapax* (*biē jiǎ*), *Scrophulariae Radix* (*xuán shēn*), *Ophiopogonis Radix* (*mài mén dōng*), *Polygonati odorati Rhizoma* (*yù zhú*), and *Glehniae/Adenophorae Radix* (*shā shēn*).

Regardless of the stage, for all warm pathogen diseases the main thrust of treatment should be to eliminate the warm-heat pathogens, rather than to support the antipathogenic qi. It is the pathogen that causes the disease and injures the yin or fluids, or causes other problems such as phlegm and blood stasis; yet these consequences are of secondary concern, even if important. The details of treatment will of course vary from one type of warm pathogen disease to another, as will be discussed in the following chapters.

At present, the consensus is that there are eleven methods of treatment for warm pathogen diseases:

1. Release exterior conditions
2. Clear and dispel heat from the qi level
3. Harmonize
4. Dispel dampness
5. Purge
6. Clear heat from the nutritive level
7. Cool the blood
8. Open the orifices

9. Extinguish wind
10. Enrich the yin
11. Secure abandoned disorders

Only clearing heat from the nutritive level and cooling the blood are treatment methods which are peculiar to warm pathogen diseases. The other strategies are used in the treatment of a variety of diseases. In this chapter we will consider each of these methods, basically in the order of the severity of the disease, from mild to severe.

Release Exterior Conditions

The first method of treatment is to release the exterior (解表 *jiě biǎo*), which eliminates pathogenic factors through the exterior, that is, through openings in the pores on the surface of the body and the muscular layer. Since this method disseminates the Lung qi, promotes the circulation of protective qi, and opens up the pores, it often induces sweating. Some practitioners refer to this method as ‘diaphoresis.’ However, it must be emphasized that the purpose of this form of treatment is not to induce sweating. As discussed above, in some ways, sweating may be thought of as merely a side effect. In the early stage of a warm pathogen disease, sweating shows that the protective qi is strong and is capable of pushing the warm-heat pathogen out of the body. In reality, not every patient will sweat during treatment. However, it should always induce the protective qi to open up the pores and interstices, thereby dissipating and releasing the pathogen. What the patient actually feels is a diminishment in body aches, fever, and aversion to cold. The patient may or may not sweat.

In the clinic, the release of an exterior condition is accomplished with formulas that contain acrid, cool, and dispersing herbs. These are suitable for exterior patterns located in the protective level and Lung in the upper burner at an early stage of a newly-contracted warm pathogen disease. This method can also be used in treating a lurking warm pathogen disease that is activated by an attack from a secondary external pathogenic factor.

Dispelling exterior wind and dispersing exterior heat is an important method of treatment for the early stage of a warm pathogen disease. One example of this method is releasing the exterior with acrid and cool herbs. This method is used in treating an attack on the protective level and the Lung by wind-heat at an early stage of wind-warmth. The main indications are fever, mild chills and aversion to cold, slight or no sweating, slight thirst, cough, red tip and edges of the tongue with a thin and white tongue coating, and a floating and rapid pulse. Formulas commonly used to facilitate this method are Mulberry Leaf and Chrysanthemum Drink (*sāng jú yǐn*) and Honeysuckle and Forsythia Powder (*yín qiào sǎn*).¹⁶ Theoretically, only acrid and cool herbs meet these criteria, but clinically, one should add one or two acrid and warm herbs to prevent the possible side effects that are often experienced from using

too many cool herbs, such as congealing of the protective qi and closing of the pores. Obviously, if the protective qi is stagnant and the pores are closed, there is no way for a warm-heat pathogen to exit the body. The warm-heat pathogen may then progress to the qi or even the nutritive or blood levels, and the disease will accordingly deteriorate. It is important to note that there are several different warm-heat pathogens, each with its own indications, methods of treatment, and appropriate formulas.

Table 6.1 Release the Exterior		
Treatment Methods	Indications	Formulas
Disperse wind and drain heat (<i>shū fēng xiè rè</i>), also known as releasing the exterior, with acrid and cool herbs (<i>xīn liáng jiě biǎo</i>)	Attack on the protective level and Lung by wind-heat at an early stage of warm pathogen disease: fever, slight aversion to cold, chills, slight or absent sweating, slight thirst, cough, red tip and edges of the tongue with thin, white coating, floating and rapid pulse	Mulberry Leaf and Chrysanthemum Drink (<i>sāng jú yǐn</i>), Honeysuckle and Forsythia Powder (<i>yīn qiào sǎn</i>)
Vent the exterior and resolve summer-heat (<i>tòu biǎo jiě shǔ</i>) with acrid, cool, warm, aromatic, and bitter herbs	Accumulation of summer-heat with an attack of cold in the muscles and exterior: headache, uncomfortable body that is stiff or slightly sore, fever, absence of sweating, thirst, restlessness	Newly Augmented Mosla Drink (<i>xīn jiā xiāng rú yǐn</i>)
Dissipate the exterior and transform damp[heat] (<i>xuān biǎo huà shī</i>) with aromatic, warm, and cold herbs	Attack on the protective level by damp-heat at an early stage of damp-warmth: aversion to cold, generalized heaviness, slight fever, chest and epigastric distention, white tongue coating, soggy and moderate pulse	Patchouli/Agastache, Magnolia Bark, Pinellia, and Poria Decoction (<i>huò pò xià líng tāng</i>)
Disperse the exterior and moisten dryness (<i>shū biǎo rùn zào</i>) with acrid, cool, and moist herbs	Attack on the protective level and the Lung by dry-heat: headache, fever, slight aversion to cold, cough with little sputum, sore and dry throat, dry nose and lips, thin and white tongue coating with scanty saliva, red tip and edges of tongue	Mulberry Leaf and Apricot Kernel Decoction (<i>sāng xìng tāng</i>)

CONSIDERATIONS WHEN RELEASING EXTERIOR CONDITIONS

Underlying or constitutional issues. For optimal results the practitioner should bear in mind the following considerations:

- *Patients whose fluids are injured by a warm-heat pathogen.* Many practitioners mistakenly use cloying herbs such as Asini Corii Colla (*ē jiāo*), Rehmanniae Radix preparata (*shú dì huáng*), and Dendrobii Herba (*shí hú*) in treating patients whose fluids are injured by a warm-heat pathogen, especially by dry-heat during the fall, or those with underlying yin deficiency with a dry mouth, throat, and nose. This, however, is a mistake as these herbs will trap the pathogen inside the body. Instead, one should use herbs like Rehmanniae Radix (*shēng dì huáng*) and Ophiopogonis Radix (*mài mén dōng*). It is also recommended that the patient eat pears or water chestnuts during the course of treatment to enrich the yin. When rechecking the patient, pay close attention to both the degree of dryness and the strength of the pathogen, and adjust the herbs accordingly.
- *Patients with deficiency of both the qi and yin or fluids.* Avoid using herbs such as Ginseng Radix (*rén shēn*) and Rehmanniae Radix preparata (*shú dì huáng*) in patients who have both qi and yin or fluid deficiency. Not only do these herbs tonify qi, generate fluids, or enrich the yin, they can also exacerbate the heat or trap warm-heat pathogens within the body. Instead, one should use Pseudostellariae Radix (*tài zǐ shēn*) because it slightly enriches the yin and tonifies the qi without trapping the warm-heat pathogen and exacerbating the heat. After eliminating the warm-heat pathogen, the practitioner can wait and judge the severity of the qi and yin deficiency, and then use stronger herbs as indicated.
- *Women who have recently given birth.* Avoid using strong dispersing herbs such as Menthae haplocalycis Herba (*bò hé*) and Artemisiae annuae Herba (*qīng hāo*), which induce strong sweating, in women who have recently given birth. This is because both the qi and blood are deficient in these women, and such herbs can injure the qi and blood. This precaution also applies to women immediately following menstruation, especially after heavy bleeding. According to Ye Gui,¹⁷ the warm-heat pathogen can readily attack the blood chamber (血室 *xuè shì*)¹⁸ during or after menstruation, leading to a complex of warm-heat pathogen and blood stasis. This may disturb or even block the spirit of the Heart. Should the spirit of the Heart be disturbed, the resulting pattern is mild and the patient will present with irritability, insomnia, lack of concentration, and fuzzy thinking. But if it blocks the spirit of the Heart, the pattern is severe with poor memory and delirium, or even coma.¹⁹

According to Wang Shi-Xiong (Wang Meng-Ying, 1806-1866), a warm-heat pathogen can invade the blood chamber in three ways:²⁰

1. At the onset of menstruation, which leads to blood stasis. The treatment is to invigorate the blood.²¹
2. Immediately following the conclusion of menstruation, because of the resulting emptiness of the blood chamber. The treatment is to nourish the blood and enrich the yin, clear heat, and cool the blood.
3. By attacking the blood chamber and inducing early menstruation, with heavy bleeding. The treatment is to clear heat to normalize the movement of blood.

Based on his own experience and that of his colleagues, the contemporary physician Zhao Shao-Qin in *Length and Breadth of Warm Pathogen Disease [Differentiation]* described the herbs that should be used in each of the three types of invasion of the blood chamber by a warm-heat pathogen. For the first type, use a modified Minor Bupleurum Decoction (*xiǎo chái hú tāng*), that is, one that omits Ginseng Radix (*rén shēn*) and Jujubae Fructus (*dà zǎo*), but contains Rehmanniae Radix (*shēng dì huáng*), Persicae Semen (*táo rén*), Crataegi Fructus (*shān zhā*), and Moutan Cortex (*mǔ dān pí*) or Rhinocerotis Cornu (*xī jiǎo*). For the second type, use Rehmanniae Radix (*shēng dì huáng*), Scrophulariae Radix (*xuán shēn*), Salviae miltiorrhizae Radix (*dān shēn*), Paeoniae Radix rubra (*chì sháo*), and Paeoniae Radix alba (*bái sháo*). And for the third type, use Rehmanniae Radix (*shēng dì huáng*), Sanguisorbae Radix (*dì yú*), Paeoniae Radix rubra (*chì sháo*), Bubali Cornu (*shuǐ niú jiǎo*), and Moutan Cortex (*mǔ dān pí*).²²

- *Children.* The practitioner must consider two pathological aspects when treating children who have been attacked by a warm-heat pathogen:
 1. A warm-heat pathogen will progress faster in children than in adults because children, by their very nature, are more yang than adults. It is common for children who contract a warm-heat pathogen to experience abnormal progression (逆傳 *nì chuán*). For example, pneumonia or acute bronchitis can easily progress to delirium or even coma in one or two days. It is accordingly very important that you treat the child's illness as soon as possible with a method that is strong enough to halt the progression. This does not mean using a large dosage or a large number of herbs. Rather, you should increase the frequency of treatment. For example, a patient normally takes three doses of a decoction each day. However, children with high fever, severe sore throat, and a cough with yellow sputum should take a dose every two hours, or even hourly.
 2. Children will almost always present with food retention in connection with an attack of a warm-heat pathogen. Food retention may exist either before the child contracts the pathogen due to intake of improper foods, or it may de-

velop after the child contracts the pathogen. In either case, it can slow down the digestive process. Whenever the tongue coating is thick or greasy, the practitioner should add herbs to the decoction that promote digestion, such as *Massa medicata fermentata* (*shén qū*), dry-fried *Hordei Fructus germinatus* (*chǎo mài yá*) or dry-fried *Setariae (Oryzae) Fructus germinatus* (*chǎo gǔ yá*).

Herbal issues. Consider the following points when using herbal formulas to release exterior conditions:

- *Inappropriate use of only acrid and warm herbs to induce sweating.* The use of only acrid and warm herbs to induce sweating to release a warm pathogen disease from the exterior is contraindicated, as this will give rise to the production of fire. However, it is a good idea to include one or two acrid and warm herbs, such as *Schizonepetae Herba* (*jīng jiè*) or *Sojae Semen preparatum* (*dàn dòu chí*), prepared with *Ephedrae Herba* (*má huáng*). Including such herbs in the context of a formula made up primarily of acrid and cool herbs will enhance its dispersing function. It will also prevent the pores and interstices from closing, which would slow the process of eliminating the warm-heat pathogen.
- *Producing too vigorous a diaphoretic response.* To prevent injury to the fluids by inducing too vigorous of a diaphoretic response, it is best to induce only slight sweating, that is, just like the drizzle of a summer shower, rather than the torrent of a heavy downpour. In addition, this method should be terminated as soon as the exterior condition nears resolution. The degree of resolution depends upon the patient's constitution, for example, seventy to eighty percent resolved in a healthy individual, or ninety percent resolved in an elderly patient. The remainder should be left to the antipathogenic qi's natural ability to fight illness.
- *Combining with other types of herbs.* It is common for patients with underlying yin deficiency to present with a protective level warm pathogen disease. In these cases, some yin-enriching herbs must be included in the prescription, as there will otherwise not be enough fluids to permit sweating. Under these circumstances, acrid and cool herbs should be combined with others such as *Rehmanniae Radix* (*shēng dì huáng*), *Ophiopogonis Radix* (*mài mén dōng*), and *Polygonati odorati Rhizoma* (*yù zhú*). If there is both qi and yin deficiency, add *Panacis quinquefolii Radix* (*xī yáng shēn*). While in theory one should avoid the use of bitter and cold herbs to disperse a warm-heat pathogen, this is only a relative contraindication. Wu Tang himself added one or two such herbs to his formula *Mulberry Leaf and Chrysanthemum Drink* (*sāng jú yǐn*). In addition, it is not uncommon for wind-heat in the protective level to be accompanied by toxin, or to quickly transform into toxin, with such symptoms as high fever

and a red, swollen, painful throat. For this reason, bitter, cold herbs that resolve toxicity, such as *Isatidis Folium* (*dà qīng yè*), *Isatidis/Baphicacanthis Radix* (*bǎn lán gēn*), or *Taraxaci Herba* (*pú gōng yīng*), are frequently added to prescriptions for treating protective level conditions.

- *Preserving the nature of the herbs.* Most herbs used in this treatment method are acrid and light. It is therefore suitable to cook them for only a short time (approximately seven minutes) in order to maintain their light and acrid qualities for dispersing warm-heat pathogens.

Clear and Dispel Heat from the Qi Level

The second treatment method is to clear heat (清熱 *qīng rè*). In warm pathogen disease theory, this method is used to clear and dispel heat located in the qi level. As previously noted, in qi level patterns there is a fierce struggle between antipathogenic qi and the warm-heat pathogen. If not properly treated in a timely manner, a warm-heat pathogen without form may combine with the formed fecal material and take up residence in the Large Intestine. Alternatively, it may invade the nutritive or blood levels, or injure and exhaust the yin of the Kidney and Liver, leading to the stirring of internal wind. Thus, the qi level is a key stage in warm pathogen diseases, and since the inception of warm pathogen disease theory, practitioners have attached great importance to treating diseases at this level.

This method serves to clear interior heat directly, while easing irritability, generating fluids, and relieving thirst indirectly. It is especially suitable when heat progresses from the protective level to the Lung and Stomach. As with protective level patterns, there are many different qi level patterns. There are also many indications, methods of treatment, and formulas used for clearing and dispelling heat from the qi level which should be taken under consideration. To clear and dispel heat from the qi level, acrid and cold herbs, or bitter and cold herbs, are utilized. Various treatment methods should be utilized in accordance with the depth and quality of the disease. (See Table 6.2.)

In order to properly use these methods, one should carefully consider the following slight differences among them:

- *Lightly clearing heat and disseminating the Lung qi with light and cold herbs* is directed at a warm-heat pathogen located in the qi level of the upper burner, especially in the chest and diaphragm. Light herbs such as *Lonicerae Flos* (*jīn yín huā*), *Forsythiae Fructus* (*lián qiào*), *Lophatheri Herba* (*dàn zhú yè*), *Gardeniae Fructus* (*zhī zǐ*), *Trichosanthis Pericarpium* (*guā lóu pí*), and *Phragmitis*