

# TCM ANTI-VIRAL THERAPY

## USING WEN BING THEORY IN

### THE TREATMENT OF MODERN EPIDEMICS

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Wen Bing Theory emerged in the 18th century as a new approach to treating severe epidemic diseases that were ravaging China at the time, including diphtheria, tuberculosis, smallpox and measles. It introduced a whole new methodology of dealing with virulent heat toxins. Since 1950, modern China has discovered numerous herbs that have significant anti-viral or anti-bacterial effect, many of which have found their way into modern hospital-researched formulas. When combined with Wen Bing Theory, these formulas offer a significant therapy for virulent viral diseases, including epidemic influenza.

This two-day workshop will discuss in detail the use of these new anti-viral herbs and their application in modern Chinese herbal formulas. We will begin by focusing on how the Chinese dealt with the SARS epidemic of 2003, and then explore its implications for the common cold, influenza, viral cough and avian flu. We will also look at Chinese herbal treatments for two other modern viral scourges: Hepatitis C and Herpes (simplex and zoster). The overview will be the application of classical *Wen Bing* theory into modern clinical practice.

**Biography:** Jake Paul Fratkin, OMD, L.Ac. is a respected teacher in Oriental medicine, lecturing on Chinese herbal medicine, Japanese acupuncture and medical *qi gong* for the last 25 years. He is the author of CHINESE HERBAL PATENT MEDICINES: THE CLINICAL DESK REFERENCE (2001), a work on 1280 available Chinese herbal patent medicines, and is the editor-organizer of Wu and Fischer's PRACTICAL THERAPEUTICS OF TRADITIONAL CHINESE MEDICINE (Paradigm , 1997). He was awarded ACUPUNCTURIST OF THE YEAR in 1999 (AAOM). Jake's education included one year hospital work in China, as well as three years in Chinese language, philosophy and history.

## SCHEDULE

### DAY ONE: SATURDAY

8:45-9:00	Registration
9:00-10:30	THE SARS EPIDEMIC, 2003
10:30-10:45	Break
10:45-12:30	THE SARS EPIDEMIC, 2003
12:30-2:00	Lunch
2:00-3:00	CLASSICAL AND MODERN ANTIVIRAL HERBS
3:00-3:30	CHINESE HERBAL PRODUCTS WITH ANTIVIRAL EFFECT
3:30-3:45	Break
3:30-4:15	CHINESE HERBAL PRODUCTS WITH ANTIVIRAL EFFECT
4:15-5:15	WEN BING ETIOLOGY AND PATHOGENESIS

### DAY TWO: SUNDAY

9:00-10:15	INFLUENZA
10:15-10:45	COMMON COLD
10:45-11:00	Break
10:45-12:30	COUGH
12:30-2:00	Lunch
2:00-3:15	HEPATITIS C
3:15-3:30	HERPES SIMPLEX
3:30-3:45	Break
3:45-4:30	HERPES ZOSTER
4:30-5:15	AVIAN FLU

## WEN BING: ETIOLOGY, ONSET AND PATHOGENESIS

From Chapter 3 of *Warm Diseases, A Clinical Guide*, Guohui Liu, Eastland Press, 2001.

### SUMMARY:

5 Warm-Heat Pathogens

All hot in nature

Injure *yin* and fluids

Can attack through skin or nose/mouth.

Main differentiation;

Damp heat diseases

Summer-heat-warmth

Damp warmth

Lurking summer-heat

Warm heat diseases

Types

Wind warmth

Spring warmth

Autumn dryness

Warm toxin

Characteristics

Acute symptoms except for lurking type.

Lurking type usually shows interior heat signs

TP: For newly contracted: release exterior, disperse pathogen

Lurking: Clear interior heat

### ETIOLOGY

6 external pathogens:

Wind, cold, summer-heat, dampness, dryness, fire

Also: Toxin, pestilential *qi*

Wen Bing result from one or a combination of these factors, with at least one being hot in nature.

Attacks quickly

Cause heat signs

Affect specific parts of body

Wind and dryness attack lungs and exterior

Dampness attacks spleen

Cold weakens kidney

## TYPES

### 1. WIND HEAT > WIND-WARMTH DISEASE (*Feng Wen Bing*)

#### a. Attacks lung and *wei qi* first

Inhibits lung's ability to project umbrella of *wei qi*

Leads to stagnation of *wei qi*

High fever, aversion to wind, cough, slight thirst

Red tipped tongue

A "fierce struggle" between *wei qi* and pathogenic wind-heat.

Slight injury to *yin*

#### b. Wind-heat transforms into fire and injures *yin*.

Transforms rapidly.

Injures lung and stomach

Dry cough, dry throat, dry nose

Strong thirst, red tongue, thin pulse

#### c. Wind-heat quickly advances to Pericardium

Pericarditis

Delirium, high fever, coma

Of all the warm diseases, this stage is the most dangerous

Can progress within 24 hours

### 2. SUMMERHEAT > SUMMERHEAT WARMTH

#### a. Etiology

Fire causes earth dampness to rise, leading to dampness.

Caused in heat, drinking cold liquids, or camping in damp mountains.

*Yang qi* floats to surface, diminishing it in interior.

People become more susceptible to cold food and drink.

Drinking cold beverages injures spleen *yang* more in summer than winter.

**b. Four characteristic features.**

1) Summerheat attacks Stomach and *qi* level first.

Fierce heat, rapid movement.

Attacks in combination with dampness.

Can be *yang* dominant and attack Stomach

Symptoms: Fever, sweating, thirst, flooding pulse

Or *yin* (dampness) dominant and attack Spleen

Slow. Starts in *wei qi* – cold, chills, heavy sensation

2) Summerheat can attack Pericardium directly.

Heat only, not damp.

Sunstroke.

Exposed to sun for too long, or heat source like a furnace.

3). Injures fluids and *yuan qi*.

Shortness of breath, fatigue, thirst, large pulse

superficial, frail at deep end.

4) External dampness accompanies Summerheat.

Heat descends, dampness steams upwards.

Poor appetite, abdominal distension, cramps, loose stools,  
greasy tongue coat.

Worse with cold drinks, ice cream.

**3. DAMP-HEAT CAUSES DAMP-WARMTH.**

**a. Develops slowly and has prolonged course.**

Characterized by stagnation and turbidity.

Gradual onset, gradually converts to heat.

No strong heat signs or thirst.

Soggy moderate pulse.

Can stay in *qi* level for a long time.

Can last weeks, months or years.

**b. Affects Stomach and Spleen.**

Heavy body in exterior

Abdominal distension. Nausea, loose stools

Greasy tongue coat

**c. Stagnates circulation of *qi*, blocks clear *yang* from reaching the head**

Esp middle burner and liver.

Heaviness in head

Nasal and ear congestion, hearing loss

If extreme, will descend and injure Kidneys.

Water retention, edema, loose stools, cold limbs

White moist tongue

**d. Combination of dampness and heat is difficult to treat.**

Dampness blocks the *qi*, causing it to stagnate.

**4. DRYNESS CAUSES AUTUMN-DRYNESS.**

Can be seen in any season.

Dry climate altitude, air-conditioning can cause.

Can have heat or cold signs.

Attacks Lungs.

Cough, sticky phlegm, dry nose and throat, hoarse voice.

Injures fluids of Lungs.

Immediately, versus wind-heat which dries more slowly.

**5. PESTILENTIAL *QI* AND WARM-TOXIN CAUSES WARM DISEASES.**

Pestilential *Qi* - *li qi*

First mentioned in Chapter 71 of Basic Questions (*Nei Jing*).

Highly infectious – occurs suddenly and progresses rapidly.

Causes epidemics.

TP: Use cool, acrid herbs or bitter cold herbs to clear heat and resolve toxins from *qi* and *ying* levels.

Warm-toxin different. Not equivalent to Pestilential *Qi*.

Usually not infectious/contagious.

Treatments may be the same.

*Du* has 3 meanings:

Toxic plant

Dermatological pattern, eg herpes zoster

A pathogen that can injure the body: *Du xie*

Can be externally generated:

Wind-heat, summer-heat, damp-heat, dry-heat, cold, dampness

Can be internally generated:

Heat, fire, blood stasis, phlegm-heat

These are usually secondary to external factors.

*Qi* is obstructed, heat generates, and *qi*

stagnates > heat, fire, phlegm and blood stasis.

Injures tissues, muscles, and organs.

When pathogenic toxin and heat mix > injures *yuan qi* and *yin*.

Can force blood out of vessels.

First appeared in 300 AD, reported by Ge Hong.

Due to external pathogen.

Acute fever, red painful sores or throat, swollen glands.

Wu Tang:

Any warm heat pathogen can transform into warm toxin.

Zhang Zhi-Wen (current): Warm toxin is not an independent pathogen. Results from extreme heat or accumulation of warm-heat pathogen.

TP: clear heat, drain fire, purge toxins. If necessary, cool blood and resolve toxin.

Yang Xuan (1750) recommended using 3 burner differentiation.

If in lung or pericardium, disperse and dissipate

If in middle, purge through stool.

If in lower, purge through stool or urine.

Yu Lin (1760) observed two presentations of combined warm heat

pathogen and toxin:

- 1) Confined and local –local swelling, redness, pain, ulceration.
  - a) Massive head disorder (*da tou wen*)
  - b) Putrefying throat-gland disorder (*lan hou sha*)
- 2) Spreads over entire body, affecting *qi* and blood.
 

High fever, eruptions, vomiting of blood, etc.

## ONSET AND PATHOGENESIS

### A. Factors Affecting Onset

1. Strength of individual's antipathogenic *qi*.
 

Constitution, lifestyle – eating, drink, sex, drugs, etc.

Can generate internal damp heat.
2. Severity of warm-heat pathogen
 

Can overcome a strong constitution
3. A change in weather
 

Reduces resistance of internal antipathogenic *qi*
4. Sociological factors – living standards, public sanitation, etc.

### B. Mechanism of Attack by Warm-Heat Pathogens

1. Pathogen to organ
  - a. Wind-Warmth and Autumn-Dryness attack lungs through respiration
  - b. Damp-Warmth attacks Stomach and Spleen through food.
2. Attack through skin
  - a. Wind, Cold, Warm-Heat
3. Attack through Nose and Mouth.
  - a. Esp warm-heat pathogens

### C. Onset of Warm Disease

1. Warm-heat pathogens create Warm Disease by 2 methods:
  - a. Initial attack by warm heat pathogen. No incubation.
    - 1) Attacks *wei qi*, fever, chills, headache, sl cough.
    - 2) Progresses from exterior to interior



3) TP: Disperse the warm-heat pathogen: wind-warmth, autumn-dryness, summerheat-warmth, warm-toxin, damp-warmth.

b. Lurking Warm Disease. Has incubation period.

1) Precipitated by cold or Summerheat.

2) Why does it “lurk”? It is held at bay by antipathogenic *qi*, which gradually weakens due to:

a) Excess sex

b) Cold getting trapped in Kidney

3) Does it emerge automatically? No. There is a secondary factor that induces it.

a) External factor: Wind-heat, Summerheat, dryness.

b) Internal: food, stress, emotions, sex, etc.

c. Difficult to tell if pathogen is new or lurking.

1) If there are signs of internal heat at onset, probably a lurking disease.

a) Exception: both summerheat-warmth and damp warmth can go to interior quickly.

2) Newly contracted Warm Disease due to:

Wind-warmth, autumn-dryness, damp-warmth, summerheat-warmth, warm-toxin

3) Lurking Warm Disease due to:

spring-warmth, lurking summerheat

4) Difficult to treat lurking disease unless it appears and comes to surface.

a) Depletes internal *yin*

b) Usually appears as internal heat, but can be initiated by external pathogen and also have signs of external pattern.

d. Lurking Disease Appears as Internal Heat

1) Body hot, irritability, restless, dark urine, macules, bleeding from nose, mouth, anus

2) Red tongue, yellow coating

3) Starts in interior, and moves to exterior. EG Measles.

Wang Meng-*Ying* describes treatment:

a) Moves from *ying* to *qi* level.

Pulse: soggy, or wiry, or sl rapid.

TP: Clear heat from *ying*

b) Once in *qi* level:

Tongue gets a coating

TP: Clear heat from *qi* level.

c) If unable to emerge:

Internal heat, red tongue, weak pulse, cold limbs

TP: Clear internal heat strongly

Gradually, a thick, turbid yellow tongue will appear.

e. Other differences

1) Lurking disease, when emerging, is more severe than newly contracted disease.

Course is longer. Harder to treat.

2) TP for lurking disease: clear internal heat.

3) TP for newly contracted disease: disperse warm-heat pathogen

4) Summation: see chart p. 68.

5) “No matter where the warm-heat pathogen resides, on the exterior or in the interior, the practitioner must bring it out, because it is a ‘guest evil’ (*ke xie*) that does not belong in the body.”