**The Six External Pathogenic Factors (六邪 Liù Xié)**

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| Pathogen | Characteristics | Symptoms | Patterns | Treatment | Points |
| Wind (Fēng 风) | * Yang in nature, light and fast-moving * The most common and initiating factor * Often combines with other evils: Wind-Cold, Wind-Heat, Wind-Damp | * Sudden onset * Migrating symptoms * Aversion to wind or drafts * Itching or rashes * Tremors, spasms, dizziness (Wind affecting Liver) | * Wind-Cold invasion → fever, chills, body aches, no sweat * Wind-Heat invasion → sore throat, fever, thirst, yellow mucus * Internal Wind → tremor, convulsions, stroke (from Liver pathology | Release the Exterior, expel Wind | LU7, LI4, GB20, DU16, BL12 |
| Cold (Hán 寒) | * Yin in nature, contracts and slows movement * Damages Yang and blocks Qi/Blood flow | * Chills, cold limbs * Pain relieved by warmth * Absence of sweating or thirst * Clear, copious discharges (urine, nasal) | * Wind-Cold: chills > fever, tight pulse * Cold in the Stomach: epigastric pain relieved by warmth * Cold in Uterus: dysmenorrhea, clots | Warm the meridians, expel Cold, tonify Yang | Ren4, Ren6, ST36, DU4, SP10 |
| Heat / Fire (Rè 热 / Huǒ 火) | * Yang in nature rises, dries, disturbs the Shen * Can be external or internal * Can damage fluids and stir up Wind | * Fever, thirst, sweating * Red face, red eyes, irritability * Constipation, dark urine * Rapid pulse, red tongue with yellow coat | * Wind-Heat: sore throat, floating-rapid pulse * Heat in the Blood: bleeding, rashes * Fire disturbing Shen: insomnia, restlessness | Clear Heat, cool Blood, preserve fluids | LI11, DU14, HT8, LR2, SP10 |
| Dampness (Shī 湿) | * Yin in nature: heavy, sticky, persistent * Obstructs Qi and impairs Spleen function * Often combines with Heat or Cold | * Feeling of heaviness, fatigue * Sticky, turbid secretions (vaginal discharge, mucus) * Poor appetite, loose stools * Swelling, edema * Slippery pulse, greasy tongue coat | * Damp-Heat in Lower Jiao: UTI, yellow discharge, burning urination * Damp in Middle Jiao: bloating, diarrhea, fullness | Drain Dampness, support Spleen, transform turbidity | SP9, Ren9, ST36, BL22, ST28 |
| Dryness (Zào 燥) | * Yang in nature, dries fluids and affects Lung * Common in autumn, or from artificial environments (heaters, dry air) | * Dry skin, dry throat, dry cough with little sputum * Hoarseness, thirst, constipation * Dry red tongue, thin pulse | * Warm Dryness: dry mouth + Heat signs * Cool Dryness: chills + dryness | Moisten dryness, nourish Lung Yin | LU9, Ren12, SP6, KI6, Ren4 |
| Summer Heat (Shǔ 暑) | * Only occurs in summer * Yang in extreme — rises, disperses, dries fluids * Can combine with Damp | * High fever, sweating, thirst * Dizziness, headache, heavy limbs * Nausea, diarrhea * Scanty dark urine |  | Clear Summer Heat, generate fluids, sometimes transform Damp | DU14, LI11, Ren12, ST36, SP9 |

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| How External Pathogens Enter the Body   * Via the skin, nose, mouth, or acupuncture points * Through Wind Gate (Feng Men: BL12) on upper back * First affect Wei Qi and superficial layers (Tai Yang) * If untreated, may penetrate deeper levels (Yang Ming → Shao Yang → Interior) |