**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)
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