

Comparison of invasion of Wind-Cold (Six Stages) and invasion of Wind-Heat (Four Levels)

	Wind-Cold (Six Stages)	Wind-Heat (Four Levels)
Pathology	Wind-Cold on Exterior obstructing Defensive Qi	Wind-Heat injuring Defensive Qi and impairing descending of Lung-Qi
Penetration route	Through skin	Through nose and mouth
Fever	Slight or absent	Higher
Shivers	Severe	Slight
Aches	Severe	Slight
Headache	Occipital	Deep inside, severe
Sweating	No sweating in prevalence of Cold; sweating only on top part of body in prevalence of Wind	Slight sweating
Thirst	No	Slight
Urine	Clear	Slightly dark
Tongue	Body-colour normal, thin white coating	Red sides and/or front, thin white coating
Pulse	Floating-Tight	Floating-Rapid
Treatment	Pungent-warm herbs to cause sweating	Pungent-cool herbs to release the Exterior