

Shang Han Lun



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A. Shang Han Lun(Cold Damage)

1. He outlined the symptom & signs of the febrile disease in the same way as in the Canon of Medicine, ex., the three Yang & three Yin. The basic symptoms & signs of each of the Six Channels are as follow:

(1) Taiyang syndrome: Evil invades the exterior.

Floating pulse, headache, stiff neck, and a feeling of chill are always the general symptom and signs of Taiyang syndrome.

(2) Shaoyang: Evil can shift out to the Taiyang and into Yangming

The symptoms and signs of the Shaoyang are invariably bitterness in the mouth, a parched throat and vertigo, alternating aversion to cold and fever, chest and rib side fullness, taciturnity with no desire to eat or drink, heart vexation, a pulse is thin and wiry.

(3) Yangming syndrome: The cause of the Yangming syndrome is stomach excess.

Aversion to heat, fever, spontaneous sweating, thirst with desire to drink, abdominal fullness, distention, and pain, inability to defecate, delirious speech, yellowing.

(4) Taiyin: spleen yang deficiency with dampness.

Abdominal fullness with periodic pain, inability to get food down, yellowing, diarrhea, vomiting, pulse is moderate or weak.

(5) Shaoyin: KI and HT yang or Yin deficiency.

Absence of heat and aversion to cold, reversal cold of the limbs, clear-food diarrhea, a feeble and weak pulse and a tendency for the patient to fall asleep.

(6) Jueyin: cold and heat complex.

Thirst, qi surging up to the heart, pain and vexation in the heart, hunger with no desire to eat, and vomiting of roundworms, great thirst with frequent urination, an uncomfortable.

2. Each kind of disease or syndrome is treated by a representative formula and the formula is modified with the changes of disease or syndrome.
3. He pioneered diagnosis & treatment based on overall analysis of patient's condition.
4. there are 112 formulae in Shang Han Lun

Chapter 1 Tai Yang Bing

1. 1 Principle of the Tai Yang syndrome

In Tai Yang syndrome, the pulse is floating, the head and nape are stiff and painful, aversion to cold(1).

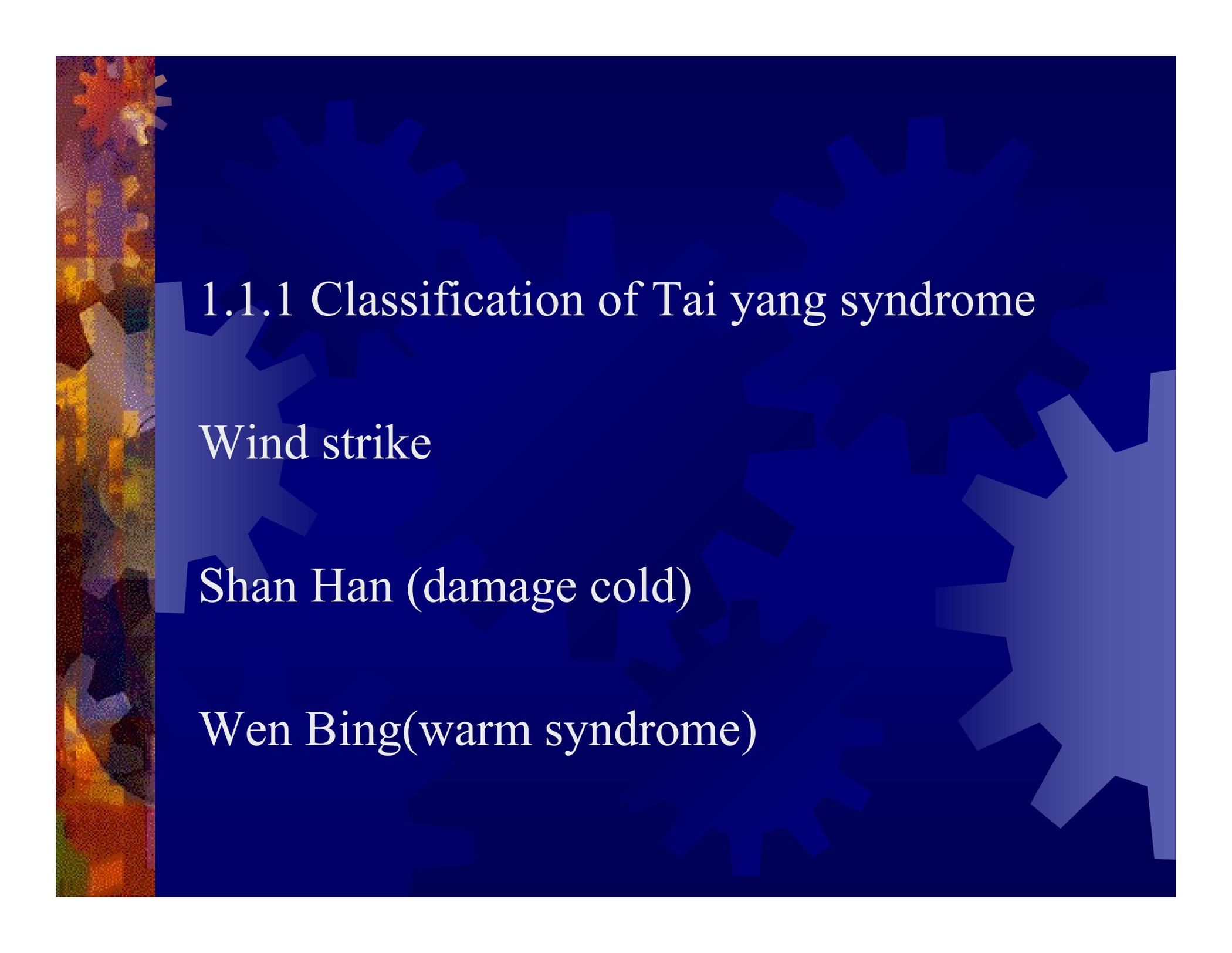
Tai Yang syndrome

Exterior
syndrome

Tai yang is a surface of body-exterior invades , first effecting it.
Charges Wei-wind cold invades Wei, is exterior syndrome
Taiyang-first meridian of 6 channels, relating to other channels

Pulse &
Syndrome

Floating pulse-exterior in skin, Zeng qi defense at outside
Stiffness of neck-three yang meets at head, neck is a road of Taiyang
Evils in exterior, blocking meridians, qi is stagnation.
Aversion to chill-wind cold in exterior, Wei yang is blocked, yang
can't go out.



1.1.1 Classification of Tai yang syndrome

Wind strike

Shan Han (damage cold)

Wen Bing(warm syndrome)

Tai Yang disease, fever and sweating, aversion to wind, pulse is moderate, it is called wind strike(2).

Tai Yang disease, whether fever or not, as long as there is aversion to cold, with aching pain, retching counterflow, and yin and Yang pulse tight, is called cold damage(shang han. 3).

Tai Yang disease, fever and thirst, without aversion to cold, it is warm disease.,,,,,,(6)

1.2 Primary syndromes of Tai Yang

1.2.1 Wind strike due to exterior deficiency

Tai Yang syndrome, yang is floating while yin is weak, yang floating causes fever spontaneously, yin weak causes sweating spontaneously, slight aversion to chill and wind, slight fever, sneezing and dry heaves, Gui Zhi Tang(12).

Gui Zhi Tang(Cinnamon twig decoction)

Ingredients:

Gui Zhi (cassia twig) 9g

Shao Yao (Radix Paeoniae Lactiflorae) 9g

Sheng Jiang(fresh ginger) 9g

Da Zao 12 pieces

Zhi Gan cao (Fired Roasted licorice) 6g

1. Monarch: Being pungent and sweet flavors and warm nature, acting on the Urinary Bladder Meridian. Cassia twig is the main herb to reinforce the defensive qi and activate the nutrient qi for expelling the exterior wind-cold evil.
2. Minister: With sour and bitter flavors and slight cold nature, white peony root acts as the Minister herb to nourish the nutrient qi and astringe yin. The cooperation of cassia twig and white peony root is to harmonize the nutrient and defensive qi by means of dispersing and astringing simultaneously.
3. Zuo: Fresh ginger and Chinese date together also can assist cassia twig and white peony root to harmonize the nutrient and defensive qi.
4. Shi: Roasted licorice acts as the dispatcher herb to

harmonize all the components. Besides ,it can reinforce yang to relieve muscles by cooperating with cassia twig as well as nourish yin to harmonize the nutrient qi by cooperating with white peony root.

Gui Zhi Tang Points formula

Du 14—cross of 3 yang meridians, similar to the functions of Gui Zhi, Bai Shao.

GB 20—cross of Shao Yang and Yang Wei for expelling wind and treating chills and fever.

St 36, LI11—regulate sp and st, similar to the Jiang, Zhao, and Cao.



Notes

1. This formula specially harmonize the nutrient and defensive qi and strengthen the genuine to expel evils ,so it is different from the other diaphoretic formulae.
2. In addition to the exterior deficient syndrome due to wind and cold ,it can also be applied to miscellaneous internal diseases, rehabilitation of illness or delivery manifested by symptoms of disharmony between the nutrient and defensive qi such as fever, sweating, aversion to wind, floating loose pulse.
- 3.It cannot be applied to exterior excessiveness without sweating, or exterior cold with internal heat marked by absence of sweat but fidget, or the beginning of warm diseases manifested by fever, thirst, sore throat, floating rapid pulse. If it is applied erroneously to syndromes pertaining to exuberant heat, epistaxis will happen some times.

1.2.1.1 The contraindications of the Gui Zhi Tang

ASSOCIATED FORMULAE :

☀ 1. Pueraria plus Cassia Twig Decoction (gui zhi jia ge gen tang) (14)

Pueraria root 12g, cassia twig 6g, white peony root 6g, fresh ginger 9g , Roasted licorice root 6g ,Chinese date 3 pcs.

Gui Zhi Jiao Ge Gen Tang Points formula

+ GB39 is meet of marrow, pass through neck, open meridian for stiffness of neck.

SI 3 has relation with Du, warm the channel, expel cold.

the 2 points have similar to the Gui Zhi and Ge Gen

Action: relieves muscles and the exterior, moistens vessels and relaxes tendons.

☀ Used for: It is applied to Taiyang diseases with symptoms of tight neck and back, sweating and aversion to wind.

2. Gui zhi jia huo po xing zi tang (magnolia and apricot kernel plus cassia twig decoction)

cassia twig 12g, white peony root 9g,
fresh ginger 9g, Roasted licorice root 6g,
Chinese date 3 pcs. Magnolia bark (huo po) 6g
bitter apricot kernel (xing ren) 9g

Gui Zhi Jia Huo Po Xing Zi Tang Points formula

+ St 40, tends to descending, expel phlegm, similar to Huo Po.

Lu 7 & Ding Chuan, open lung qi, relieve asthma similar to Xing Ren

☀ Action: relieving muscles and the exterior, lowering qi to relieve asthma. So it is suitable to the chronic asthma with attack of wind-cold and symptoms indicated by Cassia Twig Decoction or to the cases as the exterior syndrome of wind-cold is erroneously purged, the exterior syndrome is not relieved but mild asthma appears.

☀ Accompanying with Yang qi deficiency(20)

Gui Zhi Jia Fu Zi Tang.

+ warm Du 4.

1.2.2 Shan Han (damage cold) due to exterior excess

1.2.2.1 Syndrome of Ma Huang Tang

Tai yang syndrome, headache, fever, general aching, lumbago, arthralgia, aversion to wind, asthma without sweating, using Ma Huang Tang (35).

Ma Huang Tang(ephedra decoction)

Use for: exterior excessive syndrome due to exogenous attack of wind and cold. Lung fail to disperse & descend

Manifestation: Aversion to cold & fever no sweating, headache, pain of body, asthma, thin & whitish coating of tongue, floating & tight pulse.

Action: Inducing sweating to relieve the exterior, and dispersing lung to relieve asthma.

Ingredients:

Ma Huang (Ephedra) 6g

Gui Zhi (cassia twig) 4g

Xing Ren (bitter apricot kernel) 9g

Zhi Gan Cao (Fried Roasted licorice) 3g



Ma Huang Tang points formula

Du 14, LI 11, LI 3 for promoting sweating, relieve cold exterior.

Lu 7, Ding Chuan for opening lung, relieving asthma.

Notes

1. Decoct ephedra first. After getting rid of the floating foam, add the other herbs.
2. This is a pungent-warm exterior-relieving formula, so it is not suitable for exterior syndrome due to wind-heat.

✦ It is prohibited in cases of sores, stranguria , epistaxis and blood loss, spontaneous sweating due to exterior deficiency ,slow pulse on the "chi " position due to blood deficiency, heaviness of body with palpitation due to erroneous purgation,even though there is the exterior syndrome.

1.2.2.2 Contraindications of Ma Huang Tang

When the patient has dry throat, diaphoresis is prohibited.(83)

When the patient has Lin Zheng, diaphoresis is prohibited.
Otherwise, the patient will suffer from hematuria.(84)

When the patient has skin sores, even he has aching body,
diaphoresis is prohibited. Otherwise, the patient will suffer
from spasm. (85)

When the patient has bleeding, diaphoresis is prohibited.
Otherwise, the patient will suffer from tense, protruding
veins on the forehead, with staring eyeball, and insomnia.
(86)

When the patient has hemorrhage, diaphoresis is prohibited. Otherwise, the patient will suffer from trebling and shivering with chills. (87)

When the patient has sweating, diaphoresis is prohibited. Otherwise, the patient will suffer from illusive, and urodynia. Yi Yu Liang Wan. (88)

When the patient has stomach deficient cold, diaphoresis is prohibited. Otherwise, it will cause the stomach colder, which will ascarides out. (89)

.....When the patient has palpitation with sweating, diaphoresis is prohibited.(49)

In the present clinic, this formula is commonly applied to exogenous attack, influenza , chronic bronchitis and bronchial asthma pertaining to the exterior excessive syndrome due to wind and cold.

1.2.2.2 The accompanying with symptoms of Ma Huang Tang.

Accompanying with stiffness in neck and back (31):
Ge Gen Tang: Gui Zhi Tang + Ma Huang, Ge Gen.

Accompanying with Exogenous attack of wind and cold marked by both heavy fever and chill, pain of body, absence of sweat, fidgets, floating tight pulse.
Da Qing Long Tang (38,)

☀ Major Blue Dragon Decoction (da qing long tang)

- ☀ Ma Huang(Ephedra) 12g,
- ☀ Gui Zhi(cassia twig) 4g,
- ☀ Gan Cao(Roasted licorice) 5g,
- ☀ Xing Ren (bitter apricot kernel) 6g ,
- ☀ Shi Gao(gypsum) 12g,
- ☀ Sheng Jiang(fresh ginger)9g,
- ☀ Da Zhao(Chinese date) 3 pcs.

da qing long tang points

+ PC6, St36 for clearing interior heat.

- ☀ Function:

- ☀ It induces perspiration to relieve the exterior and clears away heat to relieve fidgets.

- ☀ Indications :

- ☀ Exogenous attack of wind and cold marked by both heavy fever and chill, pain of body ,absence of sweat, fidgets, floating tight pulse.

Accompanying with attack of wind and cold on the exterior with internal fluid-retention manifested by chill, fever, absence of sweat, asthma and cough with abundant thin expectoration; or cough due fluid retention accompanied by difficulty in lying position; or heaviness and pain of body with edema of face and limbs, white and slippery coating, floating pulse. Xiao Qing Long Tang. (40,41)

Xiao qing long tang(Minor Blue Green Dragon)

INGREDIENTS :

- ☀ Ma Huang(Ephedra) 9g Cassia twig(Gui Zhi) 6g
 - ☀ Bai Shao(White peony root) 9g Asarum herb 3g (xi xin)
 - ☀ Gan Jiang(Dry ginger) 3g Roasted licorice(Gan Cao) 6g
 - ☀ Pinellia tuber(Ban Xia(Rhizoma Pinelliae Ternae) 9g
Schizandra fruit (wu wei zi) 3g
- ☀ DIRECTIONS: Decoct ephedra first. After getting rid of the floating foam. put in the other herbs.

Xiao qing long tang points formula

Du 14, SI 3, LU 7 similar to Gui Zhi, Ma Huang Gan Cao

Lu7, Ding Chuan, UB13 to Xi Xin, Gan jiang, Bai Shao, Wu Wei Zi

Ren 12 to Ban Xia

EFFECTS: Relieving the exterior and resolve fluid-retention to alleviate cough and asthma.

ANALYSIS OF FORMULA: This is a common formula for expelling cold to relieve the exterior and warming lung to resolve fluid-retention.

- 1.As the main herb, ephedra is to induce perspiration for relieving the exterior, to disperse the lung for relieving asthma ,and to excretes water for alleviating edema.
- 2.Being pungent and sweet flavors and warm nature ,cassia twig act as the assistant herb to help ephedra relieve the exterior as well as to warm yang to promote the transformative function of qi. According to the principle that "diseases pertaining to fluid-retention should be treated with warm-natured herbs " Dry

ginger warms the spleen and lung; Ban Xia(Rhizoma Pinelliae Ternae) dries dampness, resolves phlegm and lowers the turbidness; both Xi Xin and Wu Wei Zi strengthen the effect of warming the lung and resolving fluid-retention and can prevent consuming the lung-qi for relieving cough and asthma; white peony root cooperates cassia twig to harmonize the nutrient and defensive qi and cooperates schizandra fruit to prevent over-dispersing of ephedra and cassia twig. All the five herbs act as adjuvans.

3.As the dispatcher herb, Roasted licorice harmonizes all the components.

☀ In the present clinic, this formula is commonly applied to bronchial asthma, chronic bronchitis, senile emphysema ,and acute attack of chronic bronchitis due to external cold with internal fluid-retention.

1.3 The transformed syndrome of Tai Yang syndrome

1.3.1 The heat syndrome

Zhi Zi Duo Chi Tang(76)

Du14, LI11, SJ5 similar to Zhi Zi

PC6, Ren12 similar to Du Chi

If abdominal fullness, Zhi Zi Huo Po Tang(79)

Ma xing gan shi tang (63)

After the adoption of a diaphoretic, Gui zhi Tang can not be served again. Asthma with sweating, without high fever. Using Ma Huang Xin Ren Gan Cao Shi Gao tang(63).

Ephedra, Apricot, Licorice and Gypsum Decoction

☀ (ma xing shi gan tang)

INGREDIENTS :

- ☀ Ephedra 6g
- ☀ Bitter apricot kernel 9g
- ☀ Roasted licorice 6g
- ☀ Gypsum 18g
- ☀ DIRECTIONS: Decoct ephedra first. After removing the foam, put in the other herbs to decoct continuously for oral administration.
- ☀ EFFECTS: Expelling evil by its pungent-coolness herbs and clearing the lung for relieving asthma

☀ INDICATIONS : Exogenous attack of wind evil manifested by persistent fever, cough with dyspnea or nares flaring, thirst, sweating or absence of sweat, thin and white or yellow coating, slippery rapid pulse.

☀ ANALYSIS OF FORMULA: This is a heavy pungent-cool formula for clearing away the lung-heat.

Monarch: Being pungent and sweet flavors and extremely cold nature, gypsum as the main herb acts on the Lung and Stomach Meridians to clear heat and promote production of body fluid.

Minister: Ephedra is the assistant herb to disperse the lung for relieving asthma and expel the exterior evil. In clinic, for asthma with sweating, gypsum should be five times the dosage of ephedra ;for asthma without sweating, gypsum should be three times the dosage of ephedra. In a word, dosage of pungent cold herb must be larger than that of pungent-warm herb, then it is possible to form the pungent-cool formula.

Assistant: bitter apricot kernel is to assist ephedra for strengthening power of lowering qi to relieve asthma.

Gan cao: acts as the dispatcher herb to harmonize all components of the formula.

This formula is commonly applied to acute bronchitis and pneumonia due to exuberance of the lung-heat.

Bai Hu Jia Ren Shen Tang (26)

After taking Gui Zhi Tang, and having heavy sweating, the patient still has thirsty, and full pulse, using Bai Hu Jia Ren Shen Tang (26)

- ✦ Ginseng plus White Tiger Decoction (bai hu jia ren shen tang): bai hu tang +ren shen
- ✦ Effects: clearing heat and reinforcing qi to promote generation of body fluid.
- ✦ Indications: syndrome of both injury of qi and body fluid due to exuberant heat in the qi stage or summer-heat disease manif. by profuse sweating with slight chill of the back, fever, thirst, large but feeble pulse.

Ge Gen Huang qin Huang Lian Tang(34) (Ge Gen Qin Lian Tang.
Kudzu, coptis, and scutellaria decoction)

Tai Yang syndrome with manifestations of Gui Zhi Tang, a doctor treats the patient with draining incorrectly, which causes severe diarrhea. If the patient has rapid pulse, indicating he still has exterior syndrome, and he has asthma with sweating, using Ge Gen Huang qin Huang Lian Tang(34)

Ge gen(Kudzu) 15g

☀ Huang qin(coptis root) 9g

☀ Scutellaria root(Huang Lian) 9g

☀ Zhi gan cao 6g

☀ Used for: incompletely resolved exterior with ex. Heat
☀ in interior.

- ✿ Action: release the exterior & clear heat
- ✿ Indication: fever with foul diarrhea, burning sensation in the anus, irritable feverish sensation of chest & epigastrium, dry mouth & thirst, and yellow coating and rapid pulse.

1.3.2 The cold syndrome

Yang deficiency of heart:

Gui Zhi Gan Cao Tang(64)

Gui Zhi jia Long Gu Mu Li Tang(118)

Used for anxiety due to Yang deficiency of heart.

Yang deficiency with water retention: Ling Gui
Zhu Gan Tang(67)

Ling
Gui
Zhu
Gan
Tang

Cause and Pathology: Shang Han is treated incorrectly, spleen
Yang deficiency causing water retention.

syndromes {
fullness in epigastric
qi moving up, hit the heart
dizziness after standing up
deep, tight pulse

treatment: warm spleen Yang, promote water

formular:

Du20, Du14, St36 similar to Gui Zhi, Gan Chao
PC6, Ren12, Sp4 similar to Fu Ling, Bai Zhu

Spleen deficiency: Xiao Jian Zhong Tang(102)

Xiao
Jian
Zhong
Tang(
102)

Cause and Pathology: heart and spleen deficiency and suffer
Shang Han, qi & blood deficiency

syndromes {
palpitation
deficient pain in abdomen
pale face
deep, weak pulse

treatment: warm spleen, harmonize qi & blood

formular: Yi Tang, Bai Shao, Gui Zhi, Shen Jiang, Da Zhao

Gan Cao

Du14,Gb20, St36

UB20, UB21

Modification: + Huang qi—Huang Qi Jian Zhong Tang
+ Dang Gui—Dang Gui Jian Zhong Tang

Kidney Yang deficiency: Zhen Wu tang(82)

Cause and Pathology: promote sweating after TaiYang incorrectly,
water retention due to yang deficiency.

still fever

syndromes {
palpitation under heart
dizziness
spasm of muscles,
deep, weak pulse

treatment: warm Yang, steam qi, promote water

Zen
Wu
Tang

formular:

{
Fu Zi, sheng jiang—warm yang

Bai Shao—nourish yin

Bai Zhu, Fu ling—tonify spleen, transform water

Ren12, St36, Lu7—similar to Fu ling, bai zhu, baishao

UB23, UB52—to Fu Zi, Sheng jiang

Both deficiency of Yin and yang:

Shao Yao Gan Cao Tang (29)

For spasm of leg muscles due to Yin & Yang deficiency

Zhi Gan Cao Tang (177)

Shang Han, Jie & Dai pulse, palpitation, Zhi Gan Cao
Tang(177)

Tonify qi, nourish blood, warm yang, regulate heart beat.

Used for Yin & Yang deficiency of heart.

Heart yin & yang deficiency: Zhi Gan Cao Tang(102)

Zhi
gan
Cao
Tang

Cause and Pathology: heart Yinyang,qi & blood deficiency

syndromes { palpitation-Ht qi weak.
Knotted, intermittent pulse

treatment: warm and nourish Ht yang & yin, blood, regulate pulse

formular: Zhi Gan Cao, Gui Zhi, Shen Jiang, Da Zhao, Huo Ma
Ren , Sheng Di Huang, E Jiao, Mai Meng Dong, Ren
Shen.

Water retention: Wu Ling San (71,72, 74)

Water Retention of Taiyang Disease

Cause and Pathology: evil with water stagnation in urination,
dysfunction of urine bladder.

Wu
ling
San

syndromes { anxiety, insomnia, thirsty-stomach yin deficiency due
to promote sweating
floating pulse, slight fever-evils in Taiyang.
difficulty in urine-water in UB, qi disorder.
Thirsty-water fails to be ascent.

treatment: warm yang, promote urine.

formular { Wu Ling San

Zhu Ling, Fu Ling

Ze Xie

Bai Zhu

Gui Zhi

{ Du14 Lu7 similar to Gui Zhi
St36 similar to Bai Zhu
Lu7 similar to Zhu Ling, Fu Ling, Ze Xie.

Blood stasis(Xu Xue Zheng): Tao He Cheng Qi Tang(106),

Cause and Pathology: Evil in Taiyang, heat with
blood stagnation in UB.

symptoms { person is as if manic, normal urine
bleeding
tense abdomen

treatment: clear heat and remove blood stasis.

formular: Tao He Cheng Qi Tang

Du14 similar to Gui Zhi

St40, Ht7 similar to Xiao, Huang

UB40 similar to Tao Ren, Da Huang

Di Dang Tang (124, 125, 126).

Xu Xue

★ Chapter 2 Yang Ming Syndrome

Yang Ming Syndrome:

★ Yang Ming channel syndrome __ clearing

★ Yang Ming Fu-organ syndrome ____ purging

★ 2. 1 Principle of the Yang Ming syndrome

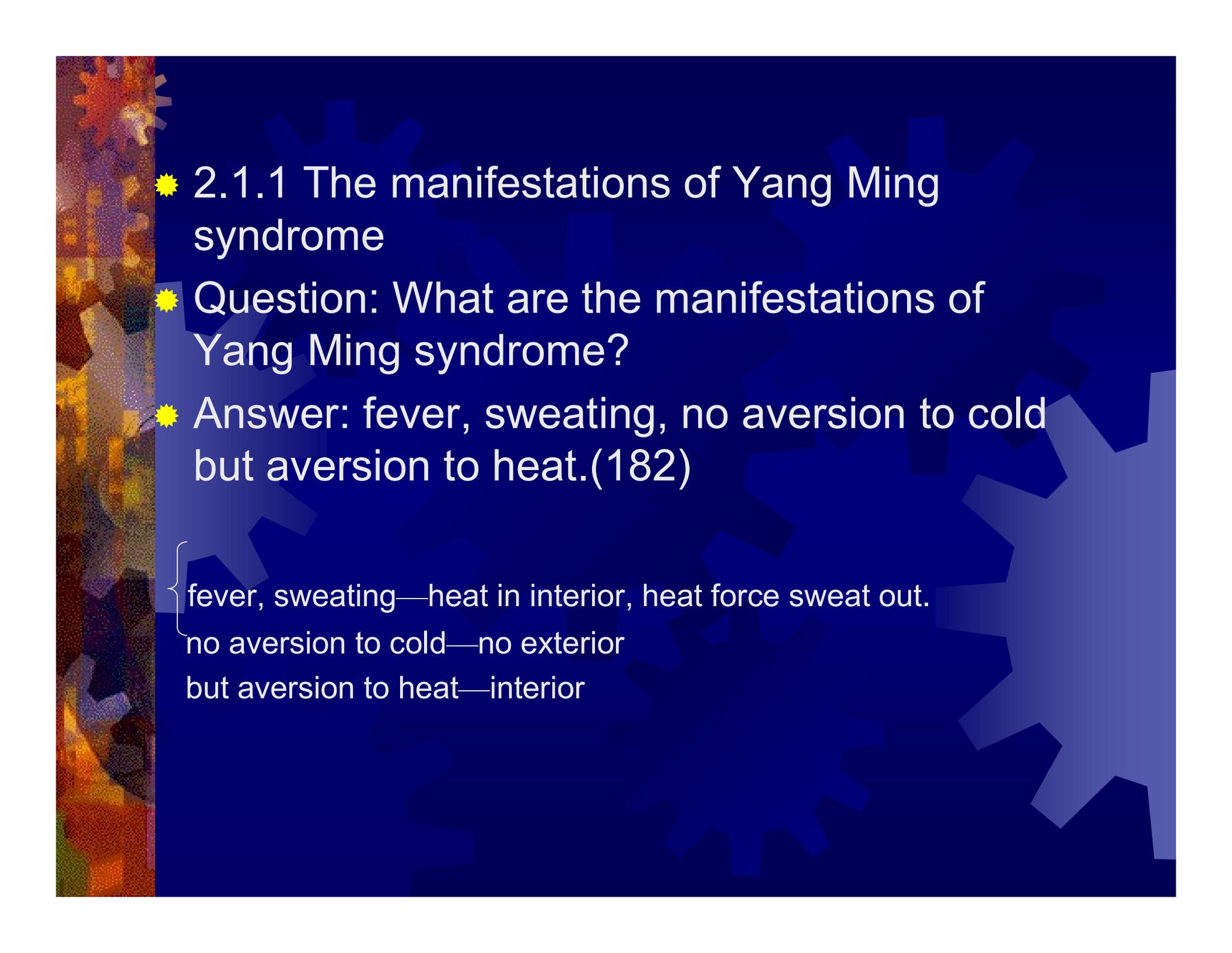
★ The cause of Yang Ming syndrome is stomach excess.(180)

Excess—Evils Excess

in LI

Yangming channel syndrome __ heat in all body

Yangming Fu syndrome __ heat in St with waste(feces)



2.1.1 The manifestations of Yang Ming syndrome

Question: What are the manifestations of Yang Ming syndrome?

Answer: fever, sweating, no aversion to cold but aversion to heat.(182)

{ fever, sweating—heat in interior, heat force sweat out.

no aversion to cold—no exterior

but aversion to heat—interior

2.2. Primary syndromes of Yang Ming

2.2.1 Yang Ming Channel syndromes

Zhi Zi Chi Tang(221): for heat in chest.

- ★ Du14, LI11, SJ5 similar to Zhi Zi
- ★ PC6, Ren12 similar to Dan Dou Chi

Bai Hu tang(176):

- ★ EFFECTS: Clearing heat and promoting generation of body fluid.
- ★ INDICATIONS: Exuberant heat in the qi stage of Yangming manif. By ex. fever, flushed face, irritable thirst with desire for drinking, profuse sweating , aversion to heat, surging, large and forceful pulse or slippery rapid pulse.

Du14, PC6, Shi Xuan—similar to Shi Gao
Ki6, LI11, St44—Zhi MU
St36, --Gan Cao, Geng Mi

Bai Hu Jia Ren Shen Tang(170):

Shan Han by sweating, vomiting—body fluid injured.

having symptoms for 7 to 8 days—disease goes deep, heat in interior.

both hot in exterior and interior—severe heat interior.

thirsty, dry tongue and anxiety, drink a lot water—heat interior, injures fluid

Formula—Bai Fu Jia Ren Shen Tang—clear interior heat, generate fluid.

Zhu Ling Tang(223):

- ★ Ze xie (Rhizoma Alismatis Orientalis) 9g
- ★ Fu ling (Sclerotium Poriae) 9g
- ★ Zhu ling (Sclerotium Polipori Umbellati) 9g
- ★ Hua Shi(Talcum) 9g
- ★ E Jiao(Gelatinum Corii Asini) 9g

Actions: diuresis, clear away heat and nourish yin.

Indications:

Retention of water and heat with yin deficiency.

Accumulation of water and heat with impairment of yin-fluid marked by disturbance in micturition, fever and thirst with a desire to drink.

Du14 PC6 Ki6—nourish yin clear heat

2.2.2 Yang Ming Fu syndromes

Tiao Wei Cheng Qi Tang(248)

Used for: Yangming disease manifested by constipation, thirst, fever, abdominal distending with tenderness, yellow coating and slippery rapid pulse. Fullness of abdomen is not severe.

St25, UB25—similar to Da Huang

SJ6, GB34—to Mang Xiao

Ren12, St36

Xiao Cheng Qi Tang(213):

- ★ The Minor Purgative Decoction is a moderate purgative formula to treating the light syndrome of heat accumulation of Yangming only including the stuffiness, fullness and excessiveness.

UB25, St25, St39—Da Huang

SJ6, GB34—Zhi Shi, Hou Po



Da Cheng Qi Tang(220, 212,241, 253,254, 255,256, 215,217, 238).

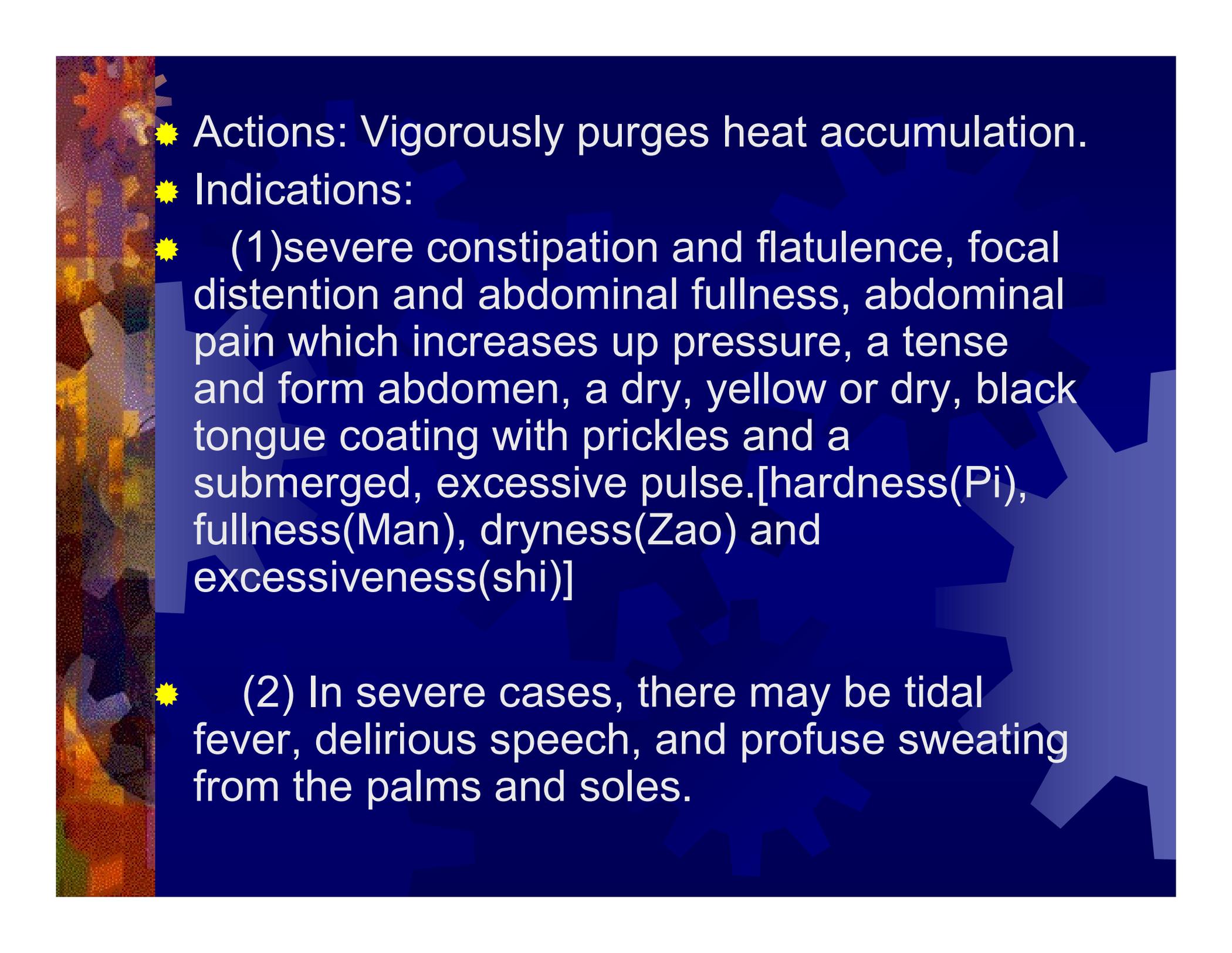
- ★ Da Huang(Radix et Rhizoma Rhei,rhubarb) 12g
- ★ Mang Xiao(Mirabilite)9g
- ★ Hou Po(magnolia) 12g
- ★ Zhi Shi(Fructus Immaturus Citri Aurantii, unripened bitter orange) 9g

Ren13, Ren12, Ren10, St25, St36—similar to Da Huang

Ren6, PC6—to Zhi Shi, Hou Po

SJ6, BG34,UB25—to Mang Xiao

- ★ Used for:
- ★ Yang Ming organ disorder with dry stool in the intestines.

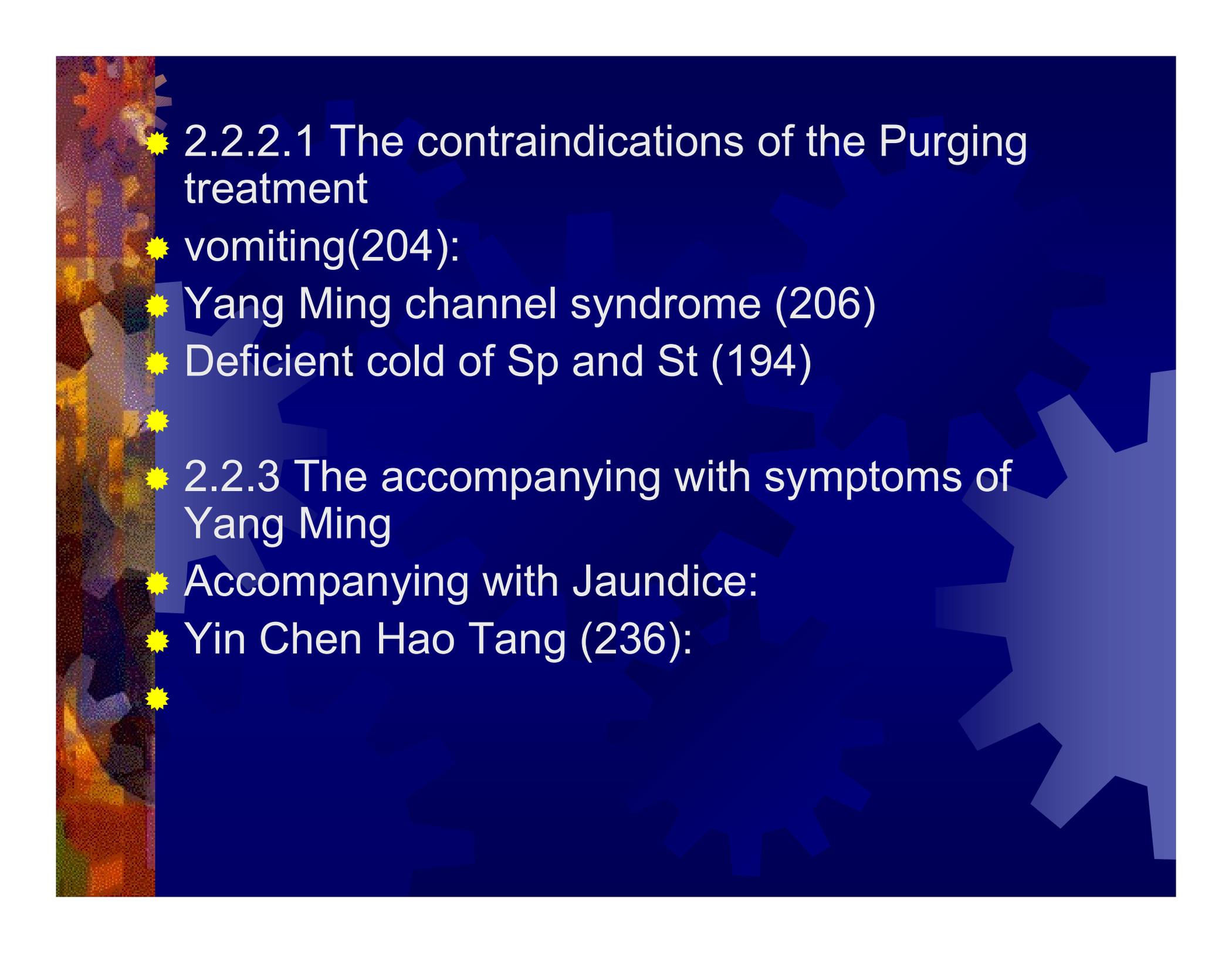


- ★ Actions: Vigorously purges heat accumulation.

- ★ Indications:

- ★ (1) severe constipation and flatulence, focal distention and abdominal fullness, abdominal pain which increases up pressure, a tense and firm abdomen, a dry, yellow or dry, black tongue coating with prickles and a submerged, excessive pulse.[hardness(Pi), fullness(Man), dryness(Zao) and excessiveness(shi)]

- ★ (2) In severe cases, there may be tidal fever, delirious speech, and profuse sweating from the palms and soles.



- ★ 2.2.2.1 The contraindications of the Purging treatment

- ★ vomiting(204):

- ★ Yang Ming channel syndrome (206)

- ★ Deficient cold of Sp and St (194)



- ★ 2.2.3 The accompanying with symptoms of Yang Ming

- ★ Accompanying with Jaundice:

- ★ Yin Chen Hao Tang (236):



symptoms

sweat upper of neck—heat in interior couldn't move out.
difficulty in urine—damp heat is in the body.
thirsty like drink—heat worse in body
jaundice—damp heat force bile out.

formula

Yin Chen Hao Tang—clear heat and expel dampness, treat jaundice.

Yin Chen—

Zhi Zi—

Da Huang—

UB19, Ren16, Sp6—Yin Chen

PC6—Zhi Zi

St25, Ren6, St37—Da Huang



★ Zhi Zi Bai Pi Tang(261):

Zhi Zi

Huang Bai

Gan Cao

Function: clear heat, expel Jaundice.

Symptom—Shan Han jaundice, fever—heat in stomach, damp heat stagnates in GB.

Zhi Zi Bai Pi Tang—clear heat, expel dampness.

Ma Huang Lian Qiao Chi Xiao Dou Tang(262):

Ma huang

Lian Qiao

Xin Ren

Chi Xiao Dou

Sang Bai Pi

Sheng Jiang

Gan Cao

Da Zao

Function: expel exterior, clear heat and Jaundice

SI3, St36, Ding Chuan—Ma huang, Xin Ren, Gan Cao.

Ren12, UB19—Sheng Jiang, Da Zao.

PC6, Sp6, Sp9--Lian Qiao, Chi Xiao Dou, Sang Bai Pi.



Jaundice

Yin Jaundice

→ Cold dampness in Tai Yin

Yang Jaundice

Damp heat in Fu—fullness of abdomen

Yin Chen Hao Tang

Damp heat in San Jiao

Zhi Zi Bai Pi Tang

Damp heat—accompanying exterior syndrome

Ma Huang Liang Qiao Chi Xiao Duo Tang

Chapter 3 Shao Yang Syndrome

Shao yang syndrome is due to Shao Yang is attacked by pathogens, flaming of the heat of gallbladder, qi stagnation, affecting spleen and stomach, as a result, manifested by alternate chill and fever, chest distress and hypochondriac fullness, depression with poor appetite, vexation with liability of vomiting, oral bitter taste, dryness of throat, vertigo, thin and white coating, and wiry pulse.

The treatment for Shao Yang syndrome is harmonizing. All of the promoting sweating, purging, and vomiting are contraindication.

3.1 Principle of the Shao Yang syndrome

Shao Yang syndrome, oral bitter taste, dryness of throat, vertigo(263, 264, 265)

Principle of Shaoyang disease—pathogen in both half exterior & interior

oral bitter taste—flam of GB fire

dryness of throat—heat injure yin

vertigo—flaming of Liver yang

pathogen in hyperchondric,
head is disturbed by pathogen

3.2 Primary syndromes of Shao Yang

3.2.1 Xiao Chai Hu Tang (96, 97, 266, 99, 100, 101, 229, 230, 148).

When in Shan Han five or six days, or wind strike, alternating chills and fever, suffers fullness in the chest & rib side, taciturnity with no desire for food or drink, heart vexation and frequent retching, or possible vexation in chest and no retching, or thirst or pain in the abdomen, or a hard glomus under the rib side, or palpitation below the heart with inhibited urination, or absence of thirst with mild generalized heat, or cough. Xiao Chai Hu Tang (96)

Shan Han five or six days—evil into Shao yang
wind strike—into Shao yang
alternating chills and fever—evil in both half exterior & interior
suffers fullness in the chest & rib side—Shao yang channel is blocked
taciturnity with no desire for food or drink—evil affects stomach
heart vexation and frequent retching—heat disturbs heart & stomach
possible vexation in chest
Thirst—evil injure fluid
pain in the abdomen, a hard glomus under the rib side—shao yang qi
stagnation
palpitation below the heart with inhibited urination—water under heart.
absence of thirst with mild generalized heat—evil still in exterior
Cough—lung qi affected.

Xiao Chai Hu Tang (Minor Bupleurum Decoction)

Chai Hu (Radix Bupleuri) 12g

Huang Qin (scutellaria root) 9g

Ginseng (Ren Shen) 6g

Banxia (pinellia tuber) 9g

Zhi Gan cao (Fired Roasted licorice) 9g

Sheng jiang (Fresh ginger) 9g

Da Zhao (Chinese date) 4pcs

SJ 6

Liv 13

GB 34

St 36

Ren 12

PC 6



★ Modification

- ★ 1. exterior severe+Gui Zhi, Jing Jie, Bai Zhi, Qiang huo, Fang Feng(Radix Ledebouriellae Divaricatae).
- ★ 2. heat severe+Gypsum, Zhi Mu, Zhi Zi, Xia Ku Cao(heat in Yangming meridian). If heat in Yangming Fu-organ:+
- ★ 3. chest distress and hypochondriac fullness+ Zhi Ke, Hou Po
- ★ 4. depression with poor appetite, vexation with liability of vomiting, Vertigo +Huo Xiang, Su Ye, Fu Ling(Slerotium Poria Cocos)
- ★ 5. oral bitter taste: Xia Ku cao, Long Dan Cao
- ★ 6. dryness of throat: Pi Pa Ye, Niu Bang Zi, She Gan.
- ★ 7. Headache:+
- ★ 8. Qi deficiency+ Si Jun Zi Tang
- ★ 9. Blood deficiency+ Si Wu Tang



- ★ 3.3 The transition syndrome of Shao Yang syndrome

- ★ Cha Hu Gui Zhi Tang (146).

When Shan Han for six or seven days, this is heat effusion, mild aversion to cold, vexing pain of the limb joints, mild retching, propping bind below the heart, and the exterior syndrome is still present, Cha Hu Gui Zhi Tang (Xiao Chai Hu Tang add Gui Zhi) .

- ★ Da Chai Hu Tang (103, 165. Major Bupleurum Decoction)

Chai Hu (Radix Bupleuri) 9g

- ★ Huang Qin (scutellaria root) 9g

- ★ Ban Xia (Rhizoma Pinelliae Ternae, pinellia tuber) 9g

- ★ Fresh ginger 9g

- ★ Chinese date 4pcs

- 
- ★ Shao Yao (Radix Paeoniae Lactiflorae) 9g
 - ★ Zhi Shi (Fructus Immaturus Citri Aurantii) 9g
 - ★ Da Huang (Radix et Rhizoma Rhei) 6g

- ★ Actions:

- ★ expelling evil in Shao Yang exteriorly and purging heat accumulation interior
- ★ Indications: combination of Shaoyang and Yangming diseases manifested by alternate chill and fever, chest distress and hypochondriac fullness, oral bitter taste, nausea, continuous vomiting, hard focal distention or fullness and pain in the epigastrium, burning diarrhea or no bowel movements, constipation, yellow coating, and wiry and forceful pulse.

- ★ SJ7, GB34, Liv13, Ren12, St36
- ★ St25, Ren6,--Da Huang, Zhi Shi
- ★ Sp9—Bai Shao
- ★ Chai Hu Jia long Gu Mu Li Tang (107)
- ★ Heat invading the blood-compartment of female (143, 144)

Chapter 4 Tai Yin syndrome

- ✦
- ✦ 4. 1 Principle of the Tai Yin syndrome
- ✦ The manifestations of Tai Yin Syndrome are abdominal distention and vomiting, poor
- ✦ Appetite, diarrhea which is becoming more acute with occasional abdominal pain. if a purgative is given, hardness and fullness in the epigastrium will result. (273)





Tai yin syndrome—interior, deficiency, cold. Caused by evil directly or

transited invades, or incorrect treatment.
abdominal distention—deficient cold stagnates in abdomen.

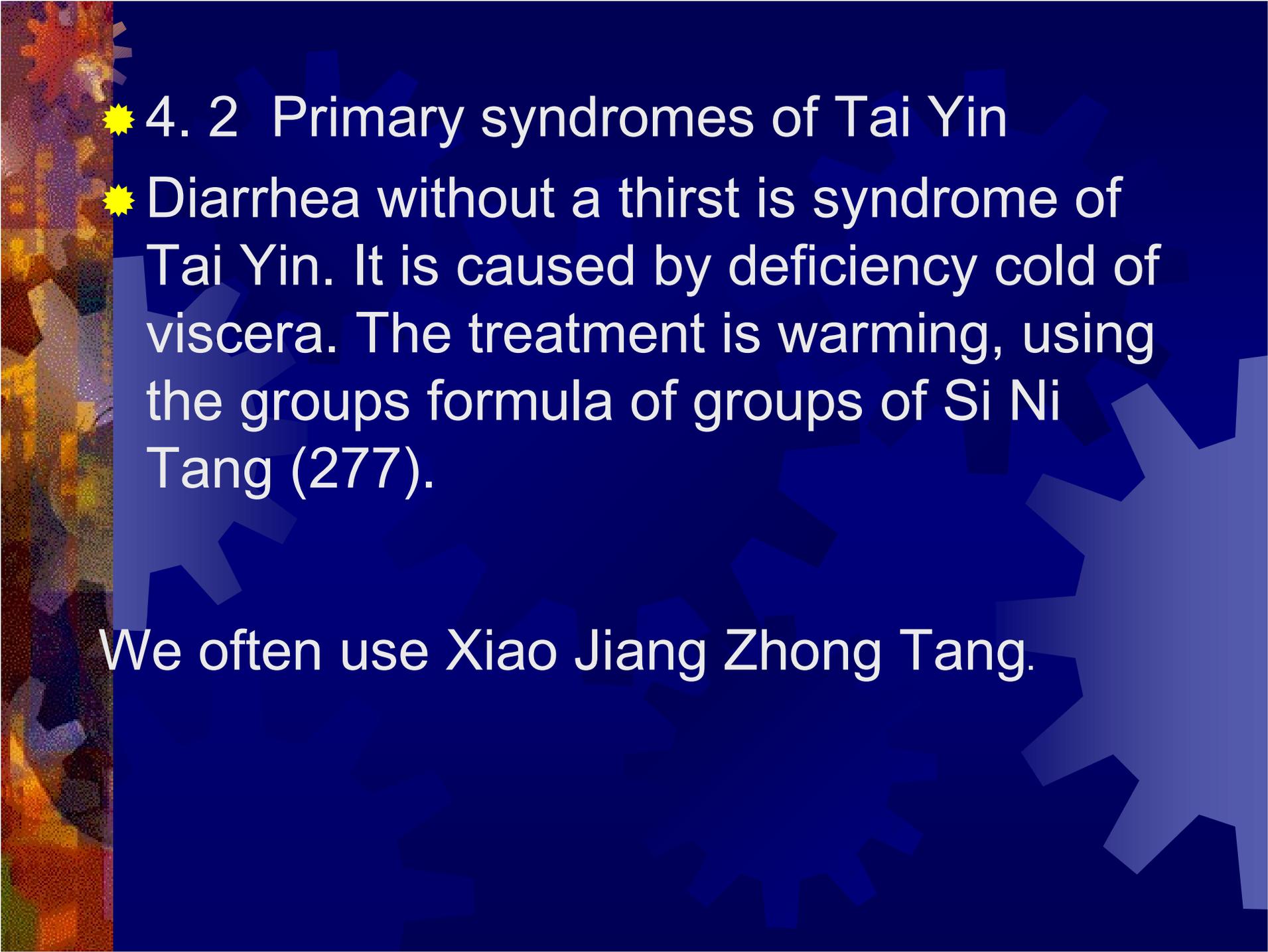
vomiting—sp deficiency fails to descend.

poor appetite, diarrhea—sp deficiency fails to transformation

occasional abdominal pain—deficient cold with qi stagnation

a purgative given, hardness and fullness in the epigastrium will result—

incorrect purging injures sp yang.



★ 4. 2 Primary syndromes of Tai Yin

- ★ Diarrhea without a thirst is syndrome of Tai Yin. It is caused by deficiency cold of viscera. The treatment is warming, using the groups formula of groups of Si Ni Tang (277).

We often use Xiao Jiang Zhong Tang.



★ 4.2.1 The accompanying with symptoms of Tai Yin Syndrome



★ Accompanying with exterior: used Gui Zhi Tang (276)

★ The Tai Yin syndrome with floating pulse, the patient can be treated by diaphoresis. Using Gui Zhi Tang(276).



- ★ Accompanying with abdominal pain

- ★ Gui Zhi Jia Shao Yao Tang(279).

- ★ Gui Zhi Jiao Da Huang Tang(279)

- ★

- ★

- ★ Accompanying with Yang qi deficiency

- ★

- ★

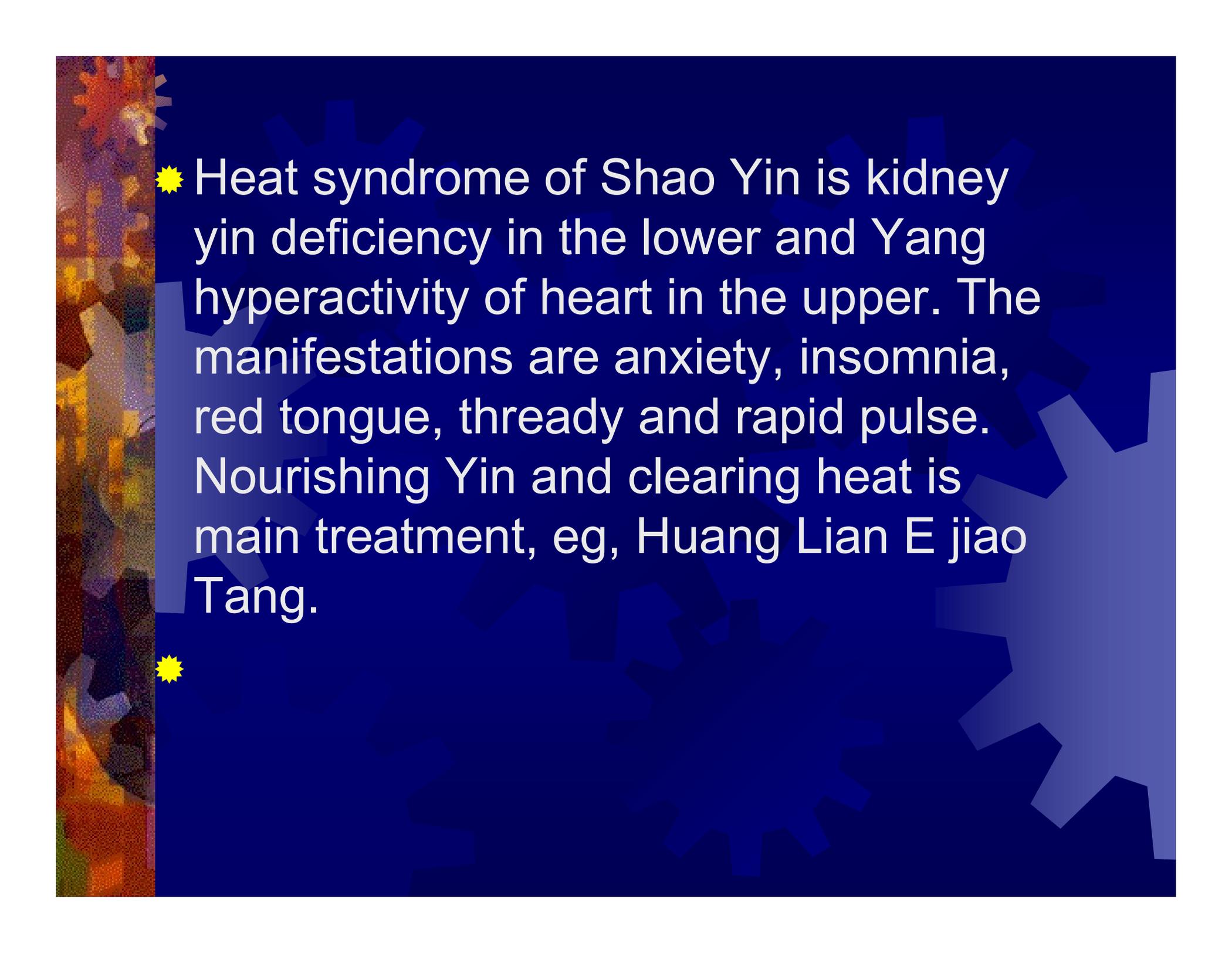
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Chapter 5 Shao Yin syndrome

- ✦ Shao Yin includes the heart of hand Shao Yin and kidney of foot Shao Yin. It is the critic stage if pathogens attacks the Shao Yin. There are transited heat syndromes and transited cold syndrome, according to the constitution of patients. The Tai Yang Syndromes are easy to transit to Shao Yin because they have exterior and interior relations.

- 
- ★ Cold syndrome of Shao Yin is Yang deficiency of heart and kidney, and yin cold is excess interior. The manifestations are feeble and weak pulse, tendency to fall asleep, chill without fever, tongue stiffness, vomiting, diarrhea with cold, clear and complete indigestion, cold extremities, clear and long urinary, pale tongue with white coating. The „,, patient will have true cold and false heat that are reddish face, no chill. Warm Yang is the treatment, eg, Si Ni Tang.



- ★ Heat syndrome of Shao Yin is kidney yin deficiency in the lower and Yang hyperactivity of heart in the upper. The manifestations are anxiety, insomnia, red tongue, thready and rapid pulse. Nourishing Yin and clearing heat is main treatment, eg, Huang Lian E jiao Tang.



5. 1 Principle of the Shao Yin syndrome

Shao Yin Syndrome, the manifestations are feeble and weak pulse, tendency to fall asleep(281).

Causes & pathology: constitution is deficiency of heart & kidney, qi & blood,

suffers cold

feeble and weak pulse—deficiency of qi, blood, yin and yang

tendency to fall asleep—deficiency of yin & yang.

Shao Yin syndrome

5.2 Primary syndromes of Shao Yin

- ★ 5.2.1 Cold syndrome of Shao Yin
- ★ Si Ni Tang
- ★ Shao Yin Syndrome with deep pulse, warming urgently, Si Ni Tang(323). (324)

Fu Zi—Ren12(warm), GB34

Gan Jiang—Ren8, Ren6(warm)

Gan Cao—St36, PC6

Function: Warm Yang, recuperating the depleted yang & rescuing the patient from danger.

Used for: the syndrome of depleted yang, and Shao Yin disease.

Tong Mai Si Ni Tang(317)

Bai Tong Tang and Bai Tong Jia Zhu Dan Zhi Tang(314, 315)



★ Zen Wu Tang(316)



★ Fu Zi Tang(304, 305)



★ Fu Zi 12g—UB21,UB23(warm),



★ Fu Ling 9g—Sp9, Ren4



★ Ren Shen 6g—Lu7



★ Bai Zhu 12g—St36



★ Bai Shao 9g—Sp6

Function: Warm yang, promote urine.



- ★ Wu Zhu Yu Tang(309)

- ★ Wu zhu yu—(warm)Ren12, Needing Liv13

- ★ Ren shen, Da zao—St 36, Ren 10

- ★ Sheng jiang—PC6, Liv3

Function: Warm & Descend Liv., & St., For vomiting, headache.

Tao Hua Tang(306, 307)

- ★ Chi Shi Zhi 30g—St25, UB25(warm)

- ★ Gan Jiang 3g—Warm St36 & Ren6
geng mi

- ★ Function: Warm Middle and stop diarrhea.

- ★ Acupuncture(308, 292, 325)

5.2.1 Heat syndrome of Shao Yin



Huang Liang E Jiao Tang



Shao Yin Syndrome, after two or three days, anxiety, insomnia, Huang Liang E Jiao Tang(303).



Huang Lian



Huang Qin



Bai Shao



Ji Zi Huang



E Jiao



Ying Tang



Ht7, Ki6



St36, Sp6

Function: Nourish yin, descend fire, balance ht & Ki



★ Zhu Ling Tang(319)



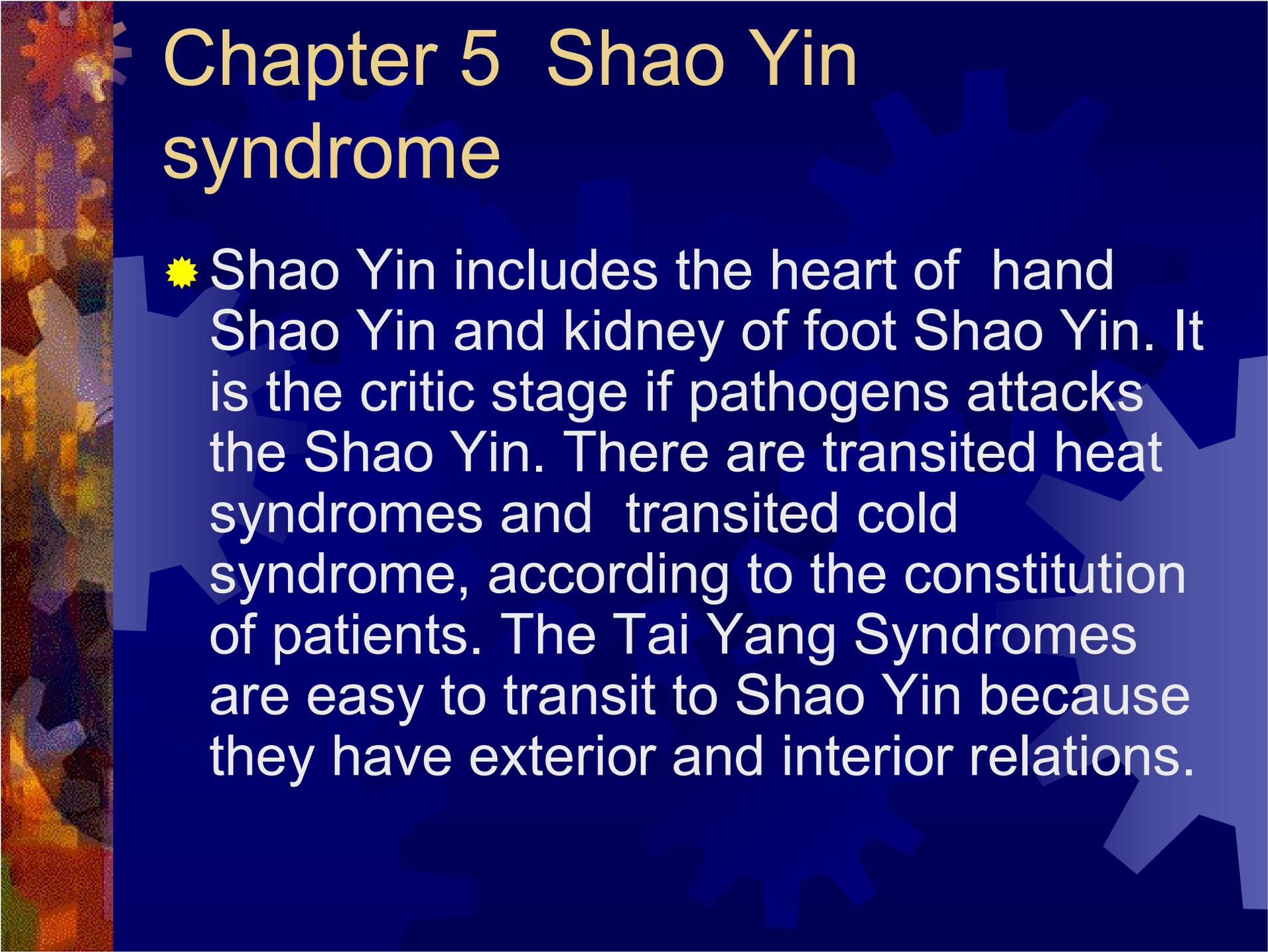
★ 5.3 The transition syndrome of Shao Yin syndrome



Ma Huang Xi Xin Fu Zi Tang(301)



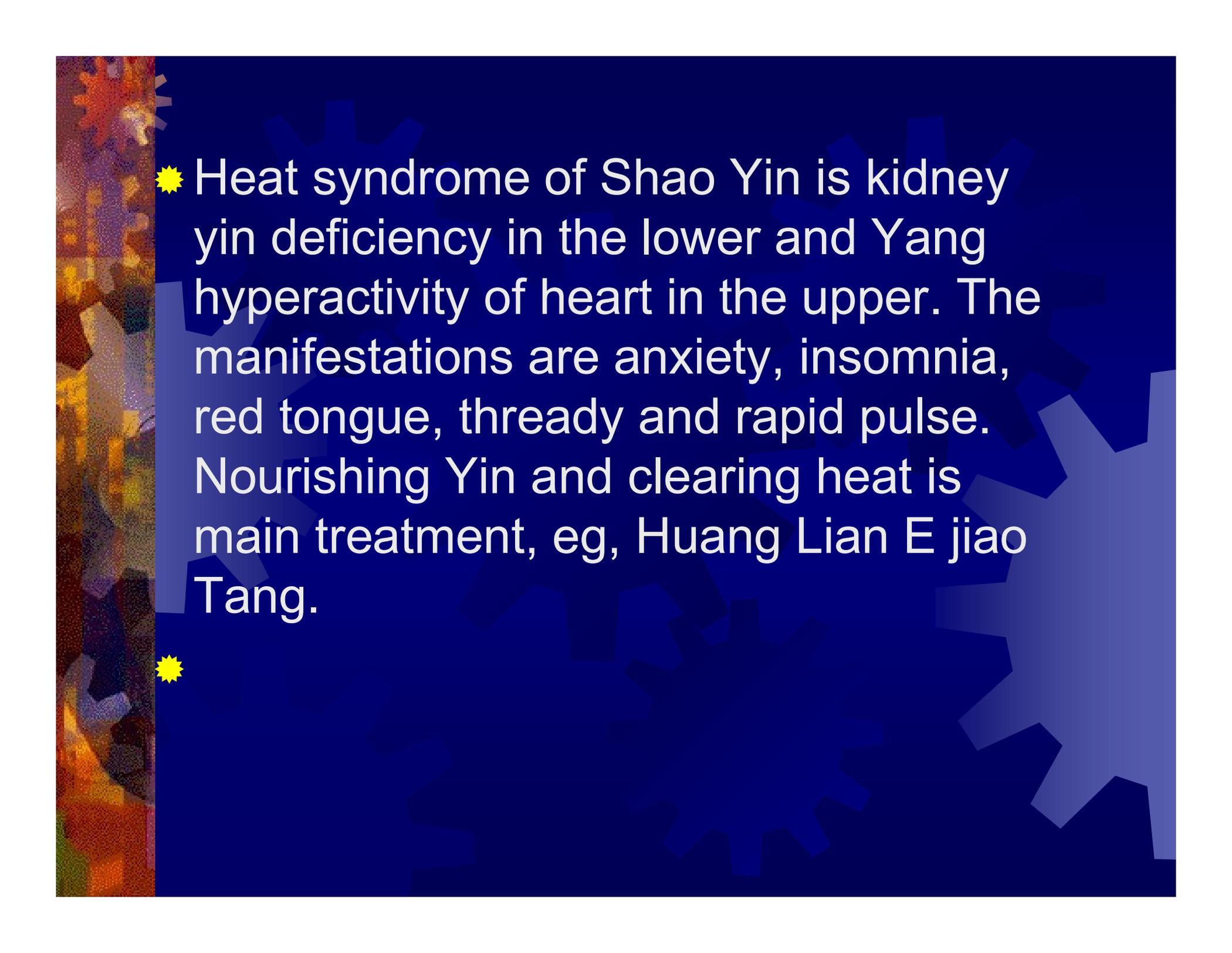
Si Ni San(318)



Chapter 5 Shao Yin syndrome

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geng mi

★ Function: Warm Middle and stop diarrhea.

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5.2.1 Heat syndrome of Shao Yin



Huang Liang E Jiao Tang



Shao Yin Syndrome, after two or three days, anxiety, insomnia, Huang Liang E Jiao Tang(303).



Huang Lian



Huang Qin



Bai Shao



Ji Zi Huang



E Jiao



Ying Tang



Ht7, Ki6



St36, Sp6

Function: Nourish yin, descend fire, balance ht & Ki



★ Zhu Ling Tang(319)



★ 5.3 The transition syndrome of Shao Yin syndrome



Ma Huang Xi Xin Fu Zi Tang(301)



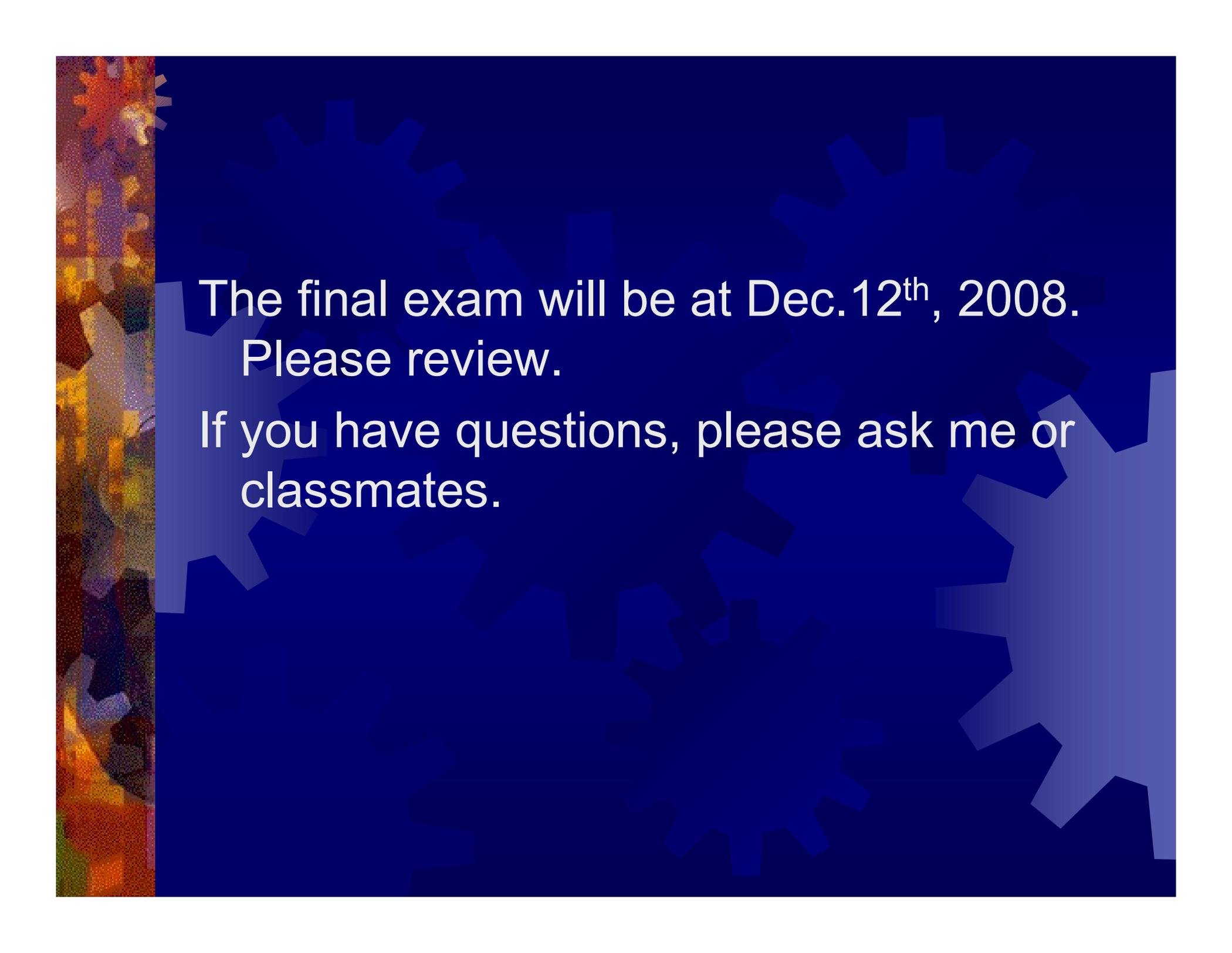
Si Ni San(318)

Chapter 6 Jue Yin Bing

- ✿ 6. 1 Principle of the Jue Yin syndrome
- ✿ Jue Yin Syndrome, the manifestations are great thirst, an uncomfortable feeling of ascending air rushing up from below the epigastrium, a hot and painful feeling in the stomach, and hunger without being able to take in food. Once food is taken, ascariids will be vomiting up. If a purgative is given, there will be continuous diarrhea(326).

Jueyin, heat & cold disorder

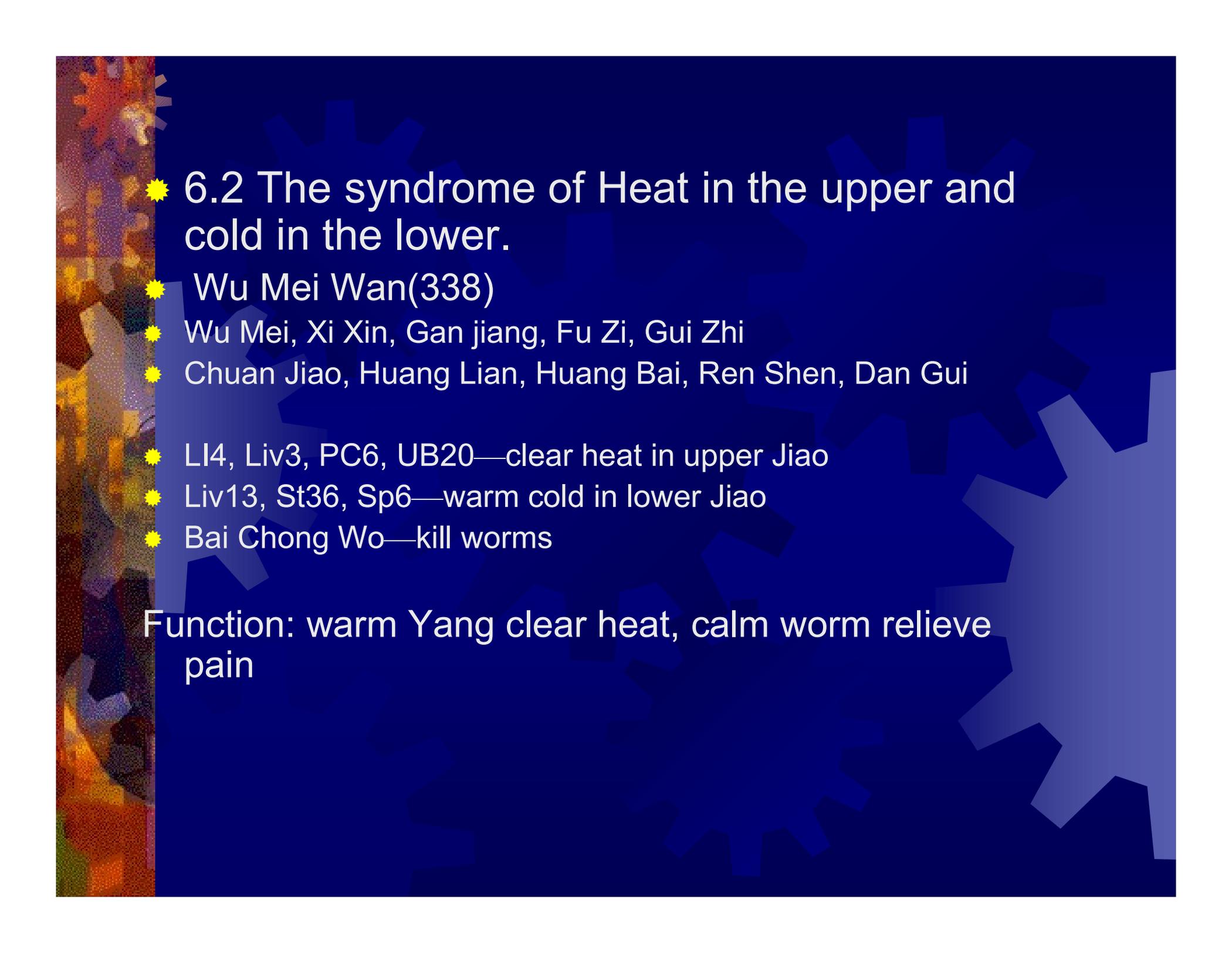
heat in upper—great thirst, an uncomfortable feeling of ascending
hot and air rushing up from below the epigastrium, a painful feeling in the stomach
cold in lower—hunger without being able to take in food, Once food is taken, ascariidws will be vomiting
up
purging yang
in lower-----If a purgative is given, there will be continuous diarrhea



The final exam will be at Dec.12th, 2008.

Please review.

If you have questions, please ask me or
classmates.



6.2 The syndrome of Heat in the upper and cold in the lower.

Wu Mei Wan(338)

Wu Mei, Xi Xin, Gan jiang, Fu Zi, Gui Zhi

Chuan Jiao, Huang Lian, Huang Bai, Ren Shen, Dan Gui

LI4, Liv3, PC6, UB20—clear heat in upper Jiao

Liv13, St36, Sp6—warm cold in lower Jiao

Bai Chong Wo—kill worms

Function: warm Yang clear heat, calm worm relieve pain

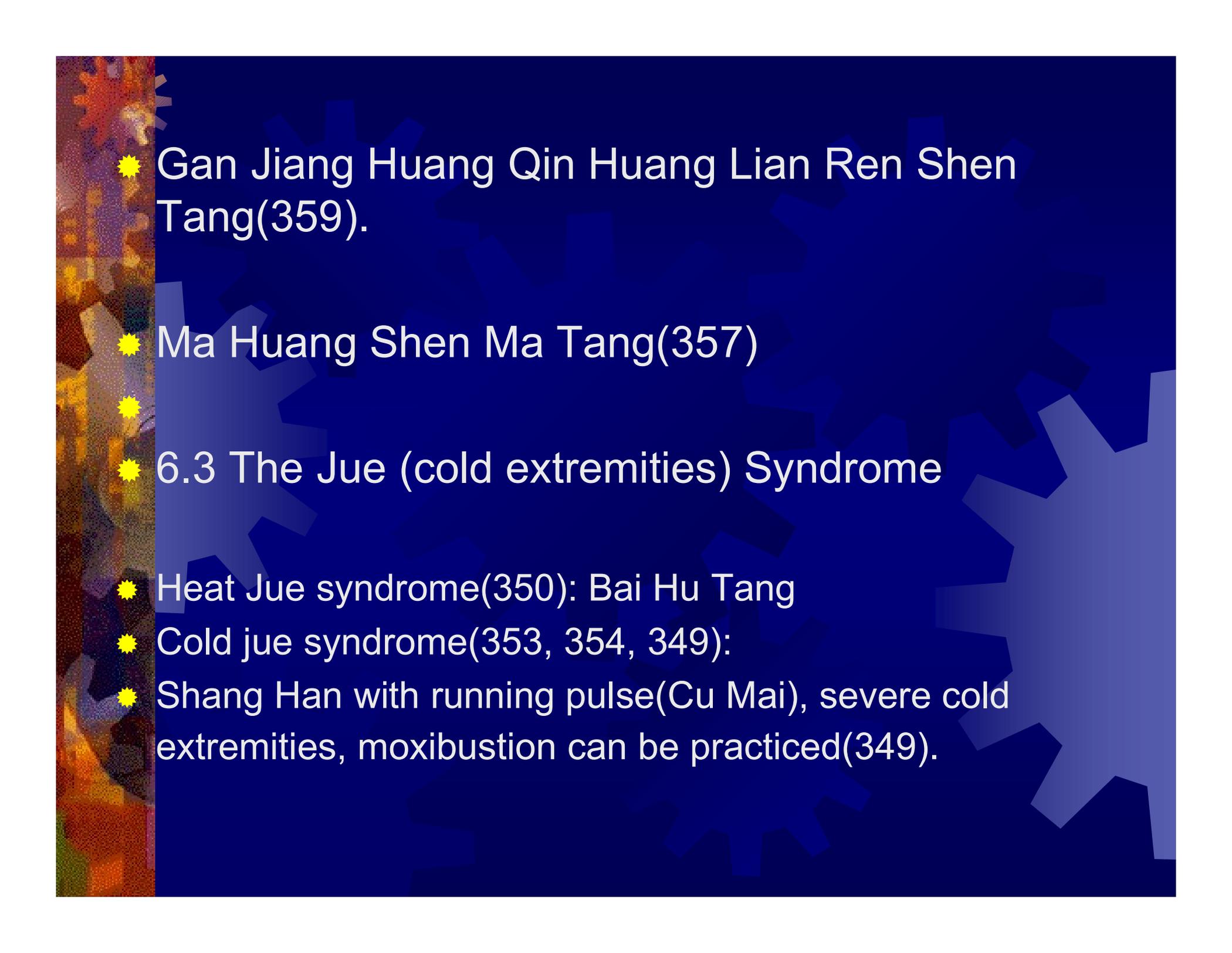


Shang Han pulse weak, cold extremities—yang deficiency
cold skin until seven or eight days—yang weak
Zang reversal (Jue)—Zang cold extremely
Roundworm Jue—cold in stomach leading to abnormal activity.

☀ Wu Mei Wan

☀ Xi Xin, Gan jiang, Fu Zi, Gui Zhi—warm yang, expel cold.
☀ Wu Mei, Chuan Jiao—calm stomach, expel roundworm.
Huang Lian, Huang Bai—clear heat, dry dampness, expel worm
Ren Shen, Dang Gui—tonify qi and blood.

☀ LI4, UB18, PC6, St20—clear heat in upper
☀ Liv13, Ren12, St36, Sp6—warm cold in lower
☀ Bai Cong Wo—expel worm



- ★ Gan Jiang Huang Qin Huang Lian Ren Shen Tang(359).

- ★ Ma Huang Shen Ma Tang(357)



- ★ 6.3 The Jue (cold extremities) Syndrome

- ★ Heat Jue syndrome(350): Bai Hu Tang

- ★ Cold jue syndrome(353, 354, 349):

- ★ Shang Han with running pulse(Cu Mai), severe cold extremities, moxibustion can be practiced(349).



★ Si Ni Tang

★ Dang Gui Si Ni Tang(351)

Dang Gui

Gui Zhi

Bai Shao

Xi Xin

Gan Cao

Tong Cao

Da Zao

Function: tonify blood, warm & expel cold,
unblock channels.

★ 6.4 Vomiting due to liver cold

Wu Zhu Yu Tang(379)