

Five Branches Institute DAOM Program

TCM Classics and Contemporary Applications : Shanghanlun (16CEU)

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10/27/2007

- 9am-10am Introduction to TCM Classics
- 10am-11am Philosophical backgrounds of Shanghanlun
Fundamental elements of Shanghanlun
- 11am-12pm Six Stages related diagnosis and treatment issues
- 12pm-1pm Six Stages components discussions
- Lunch
- 2pm-6pm Clinic Theater

10/28/2007

- 9am-10am Six Stages components discussions, continued
- 10am-11am Six Stages components discussions, continued
- 11am-12pm Contemporary application of Shanghanlun formulas
- 12pm-1pm Conclusion
Discussion, questions and answers
- Lunch
- 2pm-6pm Clinic Theater

INTRODUCTION TO TCM CLASSICS

Classics (Jing Dian; 經典: 经典)

Jing: 經 : 经 A north-south direction path or road;
A constant or unchanged path or Tao;

Dian: 典 : 典 The book of the Five Emperors; Jing;

→ The Bible of any Tao, or field of knowledge

Lun: 論 : 论 Discussion (usually on a Jing)

Original Four TCM Classics

Sheng Nong Ben Cao Jing (The original herb book of the Shen Nong's)

Nei Jing (around from 770BC or earlier, to 220BC)

Nan Jing (around 220BC)

Shang Han Za Bing Lun (Shang Han Lun + Gold Cabinet; about 200; East Han)

Contemporary Four TCM Classics

Nei Jing

Shang Han Lun

Jin Kui Yao Lue (Gold Cabinet)

Wen Bing

→ The debate between Shang Han Lun and Wen Bing

Other Major Acupuncture Classics

Zhen Jiu Jia Yi Jing (282; Jin)

Zhen Jiu Da Cheng/Chuan (1601; Ming)

Purposes of Study of TCM Classics

Core knowledge, first hand/original/un-interpreted writings, opening your scope;

Insights, inspiration...

→ Wisdom

Background Knowledge for Advanced, In-Depth Study of TCM Classics

Chinese culture (Taoism, Confucianism and Buddhism) and history

Classic literature with traditional Chinese characters (if study with original texts)

TCM and Taoism/metaphysics background knowledge:

TCM categorized historically as metaphysics/mysticism;

One of the Five Arts/Skills (Si Ku Quan Shu, 1782; Qing);

Ontology: Singularism, wholism;

Related key application models:

Yin Yang;

Five elements;

Meridian systems;

Jing, qi, shen; human structure (physical, astral, causal); three levels of existence;

Clock/calendar and astrology;

Numerology: Map of the River, Book of Water, I-Ching;

Method of Study

Leave contradictory, unknown subjects unanswered...

Question → Why and how much can we trust TCM Classics?

Watch out for poor translations

Check out different editions if possible

Repeat, memorize and contemplate...

→ Wisdom comes as direct knowledge

SHANGHANLUN

Author Ji Zhang, style Zhongjing; later considered as Saint of Medicine

Time About 200; East Han

Extracts from the Original Preface

My family was formally large... Lamenting so many lives that could not be saved, I have diligently sought the ancient teachings, broadly collected various formulas, and referenced the Suwen, Jiujuan (The Nine Fascicles), 81 Nan (Nan Jing), Yin Yang Da Lun (The Great Discussion on Yin Yang), **Tai Lu Yao Lu (胎臚藥錄 The Fetus Lu Record of Herbs)**, and the Ping Mai Bian Zheng (The Assessment of Pulses and Identification of Patterns) to write the Shang Han Za Bing Lun, totaling sixteen fascicles. **Although this book cannot completely cure all diseases, it provides the means to understand the origin of illnesses encountered. If anyone follows the materials I have collected, one should be able to think out over half of all medical problems...**

Confucius says: Those who know naturally from birth are the greatest; those who know through learning and listening are the second. **I have always prized Taoist/medicine arts/skills (方術)**, and tried to put these words into practice.

Related Texts from Other Classics

Suwen: Chapter 31, Re Lun (On Febrile Disease)

Yellow Emperor asked: All febrile disease is of the (exterior) cold injury kind...

Nanjing: 58th Nan

...Cold injury disease has five kinds, the wind attack, cold injury, damp heat, wind heat (re bing), and febrile disease (wen bing)...

Suwen: Chapter 6, Yin Yang Li He Lun (On the Yin Yang's Separation and Joining)

The terminology definition of the three Yin and three Yang

The concepts of Yang Qi's operation through the Yin/Yang door's Kai/lock/open, Shu/hinge and He/door/close

Taiyang/Greater Yang	3 Yang	Lock
Yangming/Brighter Yang	2 Yang	Door
Shaoyang/Lesser Yang	1 Yang	Hinge
Taiyin/Greater Yin	3 Yin	Lock
Shaoyin/Lesser Yin	2 Yin	Hinge
Jueyin/Terminal Yin	1 Yin	Door

Taiyang ←→ Jueyin	Taiyang opening, Jueyin closing
Taiyin ←→ Yangming	Taiyin opening, Yangming closing

Suwen: Chapter 66-71, 74

Yun Qi (5 Yun and 6 Qi, Astrology) related topics

	<u>6 Qi/Heaven</u>	<u>5 Yun/Earth</u>
Taiyang/Greater Yang	Cold	Water
Yangming/Brighter Yang	Dry	Metal
Shaoyang/Lesser Yang	Minister	Fire
Taiyin/Greater Yin	Damp	Earth
Shaoyin/Lesser Yin	Emporer	Fire
Jueyin/Terminal Yin	Wind	Wood

Six Stages orders

Taiyang, Yangming, Shaoyang, Taiyin, Shaoyin, Jueyin

Zi@Wu/子午/11&5/23-1&11-13/Shanyin

Chou&Wei/丑未/12&6/1-3&13-15/Taiyin

Yin&Shen/寅申/1&7/3-5&15-17/ShaoYang

Mao&You/卯酉/2&8/5-7&17-19/Yangming

Chen&Xu/辰戌/3&9/7-9&19-21/Taiyang

Si&Hai/巳亥/4&10/9-11&21-23/Yueyin

Meridians/Channels related

Foot meridian as the primary, and hand as the secondary

Six Stages Related Diagnosis and Treatment Issues

Disease migration

Skin → Luo channel → meridian → Fu organ → Zang organ

Stage progression

No set orders; may have more than one stage attacked at the same time

Possible progression per Shanghanlun text: **Taiyang** **Yangming** **Shaoyang**

Taiyin

Shaoyin

Jueyin

Six Stages related Zang Fu patterns

Eight Principle implied, but not mentioned

Full and Empty concepts important

All four diagnosis methods are used; pulse diagnosis is specially important

The 3 Yang stages are considered as exterior, excess syndromes, inner most to Fu organs

Within 3 Yang stages, Yangming stage is considered as an interior heat syndrome

The 3 Yin stages are considered as interior, deficient syndromes, all in the Zang organs

Does a Six Stage pattern have to have all symptoms defined in the text?

Which Stages can cause death?

What are the major factors that might alter the disease progression in Shanghanlun?

The thousand years old debate between Shanghan and Wenbing...

Formula as the primary treatment method

Eight Methods: To sweat, vomit, drain, harmonize, warm, clear, reduce and tonify

Knowing result with 1 dosage, and disease over with 2

Formula dosage (Han dynasty's measurements vs today's measurements)

Common practice since Shizhen Li (1518-1593; Ming) has been one Qian for one Liang

According to Tianshu Li, 《成都中医中医学院内部资料》, 1983:245, referring to Chengluo Wu, 《中国度量衡史》

1 Liang = 13.9g

According to the copper "Quan" of the East Han Dynasty, discovered 1981 in China
According to 班固 (32-92), 《汉书律历志》

According to Ke Li, 《李可老中医急危重症疑难病经验转辑》, 2004; page 403

1 Jin = 16 Liang = 250g

1 Liang = 15.625g

1 Sheng = 200ml

1 Ge = 20ml

...

Measurement by pieces and estimates...

TAIYANG (GREATER YANG) DISEASE

1. Pathogenesis Summary

“In disease of the greater yang, the pulse is floating, the head and nape are stiff and painful, and there is aversion to cold.”

The location of greater yang disease is at the exterior, the characteristic is cold, and the dysfunction is at the Lock.

2. Channels and Fu Organs

Urinary bladder is the primary, and small intestine is the secondary.

3. Yun Qi

Heaven (Sitian) is Cold, and Earth (Zaiquan) is Water.

4. Time of Alleviating

Si through Wei hours; 9am through 3pm

Si through Wei months; April through June of the Chinese lunar calendar (summer)

5. Formula (Channel syndrome, cold attack)

Mahuang Tang: Mahuang 3 liang, Guizhi 2 liang, Zhigancao 1 liang, Xingren 70 pcs

6. Major Variation Patterns and formulas

Channel syndrome, wind attack Guizhi Tang

Fu organ syndrome, water accumulation Wu Ling San

Fu organ syndrome, blood accumulation Tao He Chang Qi Tang

7. Similar Zangfu Pattern

Wind cold attacking the exterior or lungs

YANGMING (BRIGHTER YANG) DISEASE

1. Pathogenesis Summary

“In disease of the brighter yang, the stomach organ family is in excess.”

The location of brighter yang disease is at the interior (within the three yang), the characteristic is hot, dry and not descending, and the dysfunction is at the Door.

2. Channels and Fu Organs

Stomach is the primary, and large intestine is the secondary.

3. Yun Qi

Heaven (Sitian) is Dryness, and Earth (Zaiquan) is Metal.

4. Time of Alleviating

Shen through Xu hours; 3pm through 9pm

Shen through Xu months; July through September of the Chinese lunar calendar (fall)

5. Formula (Fu organ syndrome)

Da Cheng Qi Tang: Dahuang 4 liang, Houpo 0.5 jin, Zhishi (fried) 5 pcs, Mangxiao 3 ge

6. Major Variation Patterns and formulas

Channel syndrome

Baihu Tang

7. Similar Zangfu Pattern

Stomach and intestines excess heat

SHAORYANG (LESSER YANG) DISEASE

1. Pathogenesis Summary

“In disease of the lesser yang, there is a bitter taste in the mouth, dry throat, and dizzy vision .”

The location of brighter yang disease is at half exterior and half interior (within the three yang), the characteristic is the warm minister fire, and the dysfunction is at the Hinge.

2. Channels and Fu Organs

Gall bladder is the primary, and san jiao is the secondary.

3. Yun Qi

Minister fire

4. Time of Alleviating

Yin through Chen hours; 3am through 9am

Yin through Chen months; January through March of the Chinese lunar calendar (spring)

5. Formula

Xiao Chaihu Tang: Chaihu 0.5 jin, Huangqin 3 liang, Renshen 3 liang, Banxia 0.5 sheng, Zhigancao 3 liang, Shengjiang 3 liang, Dazao 12 pcs

6. Major Variation Patterns and formulas

7. Similar Zangfu Pattern

Pathogen is at half exterior and half interior , or stagnation heat in GB channel

TAIYIN (GREATER YIN) DISEASE

1. Pathogenesis Summary

“In disease of the greater yin, there is abdominal fullness and vomiting, inability to get food down, diarrhea more severe, and often abdominal pain; if draining method is used, it will cause a hardness bind below the chest.”

The location of greater yin disease is at the interior (spleen and stomach), the characteristic is vomiting, diarrhea, cold and pain, and the dysfunction is at the Lock.

2. Channels and Zang Organs

Spleen is the primary, and lung is the secondary.

3. Yun Qi

Heaven (Sitian) is Dampness, and Earth (Zaiquan) is Earth.

4. Time of Alleviating

Hai through Chou hours; 9pm through 3 am

Hai through Chou months; October through December of the Chinese lunar calendar (winter)

5. Formula

Si Ni Tang (types): Zhigancao 2 liang, Ganjiang 1.5 liang, Fuzi (fresh) 1 pcs (cut to 8 slices)

Li Zhong Wan: Renshen, Ganjiang, Zhigancao, Baizhu; 3 liang each

6. Major Variation Patterns and formulas

7. Similar Zangfu Pattern

Spleen and stomach deficient cold

SHAoyin (Lesser Yin) Disease

1. Pathogenesis Summary

“In disease of the lesser yin, the pulse is minute and thin, and there is a desire only to lie down sleeping.”

The location of lesser yin disease is at the interior (kidney and heart), the characteristic is deficiency in water and fire, and the dysfunction is at the Hinge.

2. Channels and Zang Organs

Kidney is the primary, and heart is the secondary.

3. Yun Qi

Emperor fire

4. Time of Alleviating

Zi through Yin hours; 11pm through 5am

Zi through Yin months; November through January of the Chinese lunar calendar (the second month of winter through the first month of spring)

5. Formula (Cold Syndrome)

Si Ni Tang (types): Zhigancao 2 liang, Ganjiang 1.5 liang, Fuzi (fresh) 1 pcs (cut to 8 slices)

6. Major Variation Patterns and formulas

Heat syndrome Huanglian Erjiao Tang

7. Similar Zangfu Pattern

Kidney and heart (yang or yin) deficiency

JUEYIN (TERMINAL YIN) DISEASE

1. Pathogenesis Summary

“In disease of the terminal yin, there is thirsting and wasting, qi rushing upward to the heart, pain and heat in the heart, hunger with no desire to eat, vomiting roundworms after eating, and if draining method is used, there will be incessant diarrhea.”

The location of terminal yin disease is at the interior, the characteristic is Yin and Yang disharmony (such as upper heat and lower cold), and the dysfunction is at the Door.

2. Channels and Zang Organs

Liver is the primary, and pericardium is the secondary.

3. Yun Qi

Heaven (Sitian) is Wind, and Earth (Zaiquan) is Wood.

4. Time of Alleviating

Chou through Mao hours; 1am through 7am

Chou through Mao months; December through February of the Chinese lunar calendar (the third month of winter through the second month of spring)

5. Formula

Wumei Wan: Wumei 300 pcs (use vinegar to soak 1 night, then remove seeds and steam with 5 dou of rice), Xixin 6 liang, Ganjiang 10 liang, Huanglian 16 liang, Fuzi (fried) 6 liang, Danggui 4 liang, Huangbai 6 liang, Guizhi 6 liang, Renshen 6 liang, Shujiao/Chuanjiao (fried till oil effusing) 4 liang

Mix the above, add honey, pound 2000 times, and make pills the size of firmiana; first take 10 pills tid, then increase to 20 pills tid.

6. Major Variation Patterns and formulas

Jue (cold or qi reversal), Li (diarrhea), Ou (vomiting), Yue (dry vomiting or nausea), Yang Fu (yang recovering)

7. Similar Zangfu Pattern

Interior deficiency with combination of heat and cold

CONTEMPORARY APPLICATION OF THE SHANGHANLUN FORMULAS

Guizhi Tang

Xiao Chaihu Tang

Si Ni San

Si Ni Tang

Xiao/Da Qing Long Tang, Mahuang Tang, Li Zhong Wan, Bai Hu Tang, Zhen Wu Tang...

→ A lot more, and the Diagnosis is the key...

→ A big, contemporary problem, the drugs interactions and effects to the symptoms and pathogenesis...

Conclusion

Six Stages is a vertical pattern identification system. It is deeply rooted in the Yin Yang and TCM wholism theories. Together with Gold Cabinet, it represents an independent medical system that treats most diseases with herbal formul a.

Questions/Homework to Think About

1. Do you plan to use the Classic formulas in your practice at a deeper lever? How?
2. The dosage issue?
3. How do you balance the Shanghanlun and Wenbing?
4. The integrative medicine... How do you manage it?

MOST EASILY CONFUSED SYMPTONS IN YANG DEFICIENCY PATHOGENESIS

Extracted from:

Chonghan Lu, "Fu Yang Jiang Ji", p68-85; 2006

卢崇汉, 《扶阳讲记》, p68-85; 2006

- 1. Dark urine and clear urine**
- 2. Urine retention and incontinence of urine**
- 3. Diarrhea and constipation**
- 4. Sweat and no sweat**
- 5. Fearing cold and fever**
- 6. Restlessness and deficient quietness**
- 7. Thirst and no thirst**
- 8. Lethargy and insomnia**
- 9. Heavy breathing and weak breathing**
- 10. Red face and pale face**
- 11. Wet tongue coat and dry coat**
- 12. Slow pulse and fast pulse**

SI NI SAN APPLICATIONS

Si Ni San from Shanghanlun

Zhigancao, Zhishi (crushed, water soaked & fried dry), Chaihu, Baishao; 10 fen each

Shaoyang level's pathogenic Qi entered Shaoyin level

Yang Qi stagnation...

Suggested present day dosage

8-16g each for raw herbs, 5-7g bid for granule formula

GERD, stomach pain or IBS types of syndromes

Average patients use 10-12g dosage for each herb, daily dosage; two weeks per session

For very sensitive or light syndrome patients, use Zhike for Zhishi

For Spleen Qi deficiency, add Dangshen 12-25, Baizhu 10

For diarrhea/dampness, add Baizhu 10, Fuling 12-15

For stomach cold, add Shengjiang , Ganjiang or Fuzi 10

For stomach pain, increase Zhigancao and Baishao to 15g

For more GERD, combine Xuan Fu Dai Zhe Tang (Shanghanlun) +-, or add Laifuzi, Banxia, etc

For more constipation or filthy bowel, increase Zhishi, and/or add Maziren, Qingpi, etc

For more depression, add Xiangfu, Yujin, etc

For more...

Dysmenorrhea

Average patients use 10-12g dosage for each herb, daily dosage, one to two weeks before period; two to three months per session

For very sensitive or light syndrome patients, use Zhike for Zhishi

For more Qi stagnation, add Xiangfu 10-15, or Jin Ling Zi San (Chuanlianzi 9, Yanhusuo 9)

For more blood stagnation, add Chuanxiong 6-10, or Shi Xiao San (Wulingzhi 6, Puhuang 6)

For more.....

DOSAGE CONVERSION TABLE FOR SHANGHANLUN FORMULAS

Formula	Gui Zhi Tang				
Disease; Line#	Taiyang, channel, wind attack/strike; 12,13,15,24,42,44,45,53,54,56,57,95				
Ingredients	Dosage	Ratio	Gram	Special Instructions	Note
Guizhi	3 liang	1.5	15		
Baishao	3	1.5	15		
Zhigancao	2	1	10		
Shengjiang	3	1.5	15	Sliced	
Dazao	12 pcs	-	4 (pcs)	Cut open	
Contemporary Cooking/Intake Method	<ol style="list-style-type: none"> 1. Add 467cc of water, and cook to 200cc; drink the decocti on. 2. Drink 200cc of hot thin rice porridge to assist sweating. 3. May repeat the above process every 2 hours for 6 -9 times/doses, until sweating and recovering. 				

Formula	Xiao Chai Hu Tang				
Disease; Line#	Shaoyang; 96,97,98,99,100,101,148,230,266,299				
Ingredients	Dosage	Ratio	Gram	Special Instructions	Note
Chaihu	0.5 jin (8 liang)	2.7	40		
Huangqin	3 liang	1	15		
Renshen	3	1	15		
Banxia	0.5 sheng (50g)	1.1	16	Washed	
Zhigancao	3 liang	1	15		
Shengjiang	3	1	15	Sliced	
Dazao	12 pcs	-	4 (pcs)	Cut open	
Contemporary Cooking/Intake Method	<ol style="list-style-type: none"> 1. Add 800cc of water, cook to 400cc, remove the dregs, and cook again to 200cc; drink the decoction. 2. Repeat the dose three times a day. 				

Formula	Si Ni Tang				
Disease; Line#	Shaoyin; 323,324...				
Ingredients	Dosage	Ratio	Gram	Special Instructions	Note
Zhigancao	2 liang	1.5	30		
Ganjiang	1.5	1.1	22		
Fuzi (raw)	1 pcs (about 20g)	1	20/40*	Remove skin, cut to 8 slices	*
Contemporary Cooking/Intake Method	<ol style="list-style-type: none"> 1. Add 600cc of water, and cook to 240cc. 2. Drink 120cc of the warm decoction, twice a day. <p>* May double the dosage for processed fuzi; 30g is the average.</p>				