

Gong Xie Xue Pai
Gong Xie Doctrine 攻邪学派

Daoshing Ni

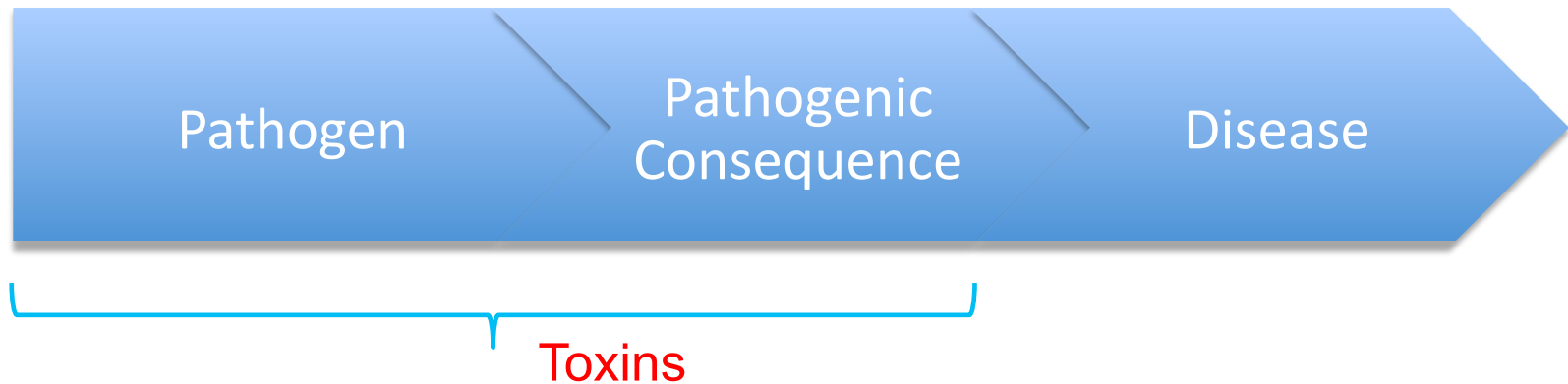
Translation

- Gong 攻 – to attack, to eliminate, to invade
- Xie 邪 – evils, pathogens, toxins
- Gong Xie Xue Pai – The School of Pathogen-Attacking Method. Detoxification Doctrine
- Central Premise: By eliminate the pathogens, the body will restore itself. The focus should always be on attacking the pathogens instead of restore the body's functions.
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Definition of Detoxification

- 1. The process of detoxifying.
- 2. The state or condition of being detoxified.
- 3. Physiology. The metabolic process by which the toxic qualities of a poison or toxin are reduced by the body.
- 4. A medically supervised treatment program for alcohol or drug addiction designed to purge the body of intoxicating or addictive substances. Such a program is used as a first step in overcoming physiological or psychological addiction.

The Truth of Detoxification



- Pathogen and its progressive consequences in the body creates a disease phenomenon. This is toxic to our body.
- The focus is on rid of the toxins.

Detoxification

Obvious Disease progression

- Eliminate Pathogen
- Cleanse byproducts of pathogenic invasion

No disease progression

- Detoxification
- Restore body's function
- Strengthen body's function

Gong Xue Doctrine

Summary

- Representing physician:
 - Dr. Zhang, Cong Zheng 张从正 (Zhang, Zi He 张子和)
- Central Doctrine:
 - Attacking (heat) toxins with cool and cold herbs
- Publication:
 - Ru Men Shi Qin 儒门事亲
- Supporting physicians:
 - Chang De 常德
- Supporting publications:
 - Shang Han Xin Jin 伤寒心镜

Founding Environment

- Similar as He Jian Xue Pai
 - Wartime
 - Song, Jin Dynasties
 - Frequent epidemics and febrile diseases
 - Began in the same province with similar climate and patient conditions
 - Began in the same time period
 - As an antidote to Tai Ping Hui Min Ju Fang 太平惠民局方

The Trend of the Day

Favors tonification, dislike sedation; favors warming, dislike cooling; Da Huang, Meng Xiao are snakes and scorpions; dry ginger and aconite are sweet as malt sugar...

Even with the push by Liu Wan Su of focusing on Fire-Heat, it is still difficult to change things overnight...

Inferior physician knows only to tonify
Deficiencies, afraid of treating Excess condition,
people called this the “safe way”.

Origination of Detoxification Doctrine

- Neijing and Shang Han Lun
- Strong agreement with “Xie Zhi Suo Cou, Qi Qi Bi Xu” 邪之所凑, 其气必虚, Neijing
 - Congealment of pathogens will weaken the Qi
 - Weakness of Qi will invite congealment of pathogens
- Strong alignment with Zhang, Zhong Jing 张仲景 in the use of Han (Sweating) 汗, Tu (Emesis) 吐, Xia (Purge) 下 treatment methods in Shang Han Lun

Additional Influences

- As a disciple of Zhang, Wan Su 张完素, the father of He Jian Xue Pai, he has adopted his ways of using cooling and cold herbs by further using cold bitter herbs to attack.

Original Concept

- The formation of disease, regardless of Nei Shang 内伤 (Endogenous Injury) or Wai Xie 外邪 (Exogenous Pathogen), all are due to pathogens.
- These pathogens are not normal in the body and needs to be rid of. Once the pathogens are gone, Yuan Qi 元气 will recover on its own.
- The use of Han, Tu, Xia are the most frequent methods of Zhang, Cong, Zheng

Detoxification's Human Cast

- Zhang, Cong Zheng 张从正 – the initiator
- Ma, Jiu Chou 麻九畴, Chang, De 常德, Li, Zi Fan 李子范 – the supporting physicians
- Ma, Jiu Chou 麻九畴 – Dr. Zhang's student that may have written most of Ru Men Shi Qin 儒门事亲
- Chang, De 常德 has written Zhang Zi He Xin Jin 张子和心镜 (Dr. Zhang's Zi He's Mirror of the Heart)

Future Influences

- Established foundation for later Web Bing Xue Pai (Warmth Disease Doctrine)
- Established foundation for the initial treatment of plague
- Established foundation for later treatment of cancer, tumors and miscellaneous endogenous diseases
- Qu Xie Fu Zheng 祛邪扶正 (Rid of Pathogen to Support the Anti-pathogenic Qi)

The Work of Zhang Cong Zheng

张从正

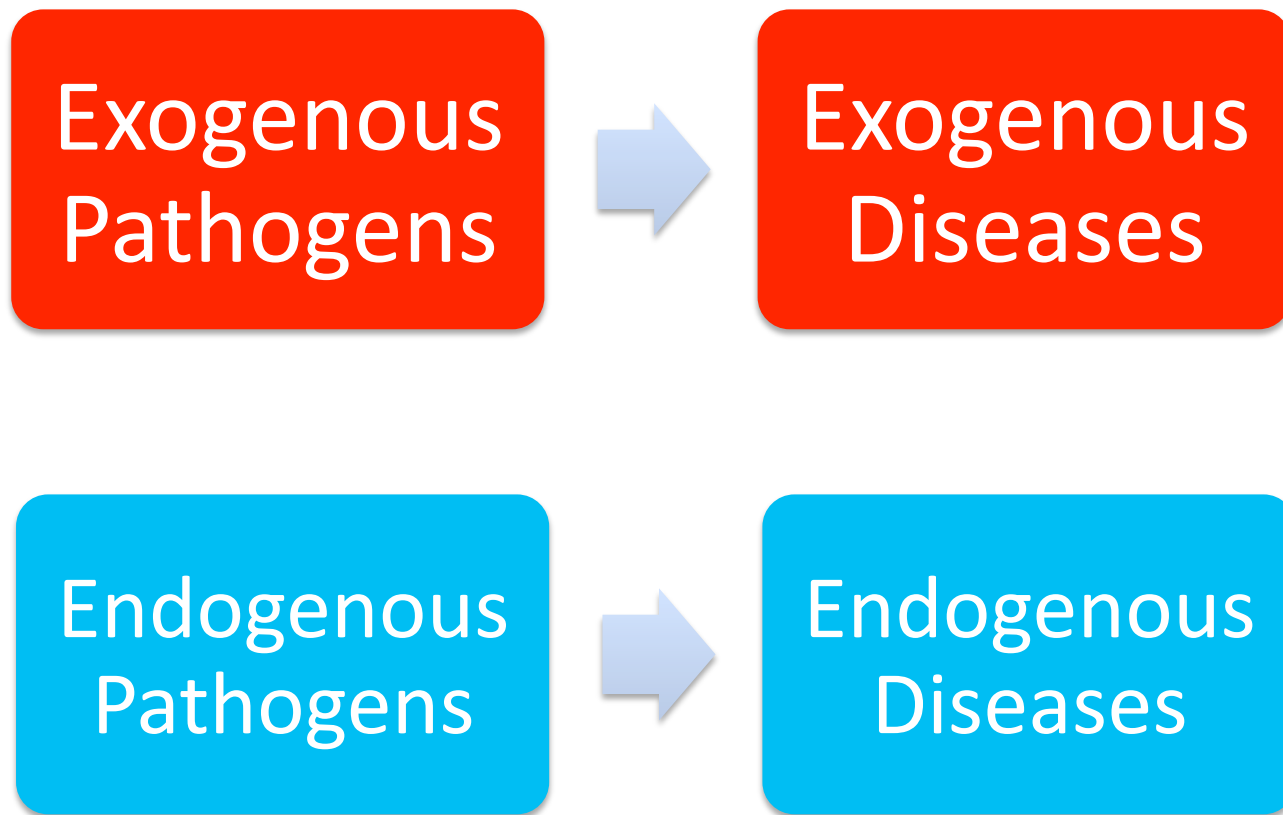
Zhang, Cong Zheng 张从正

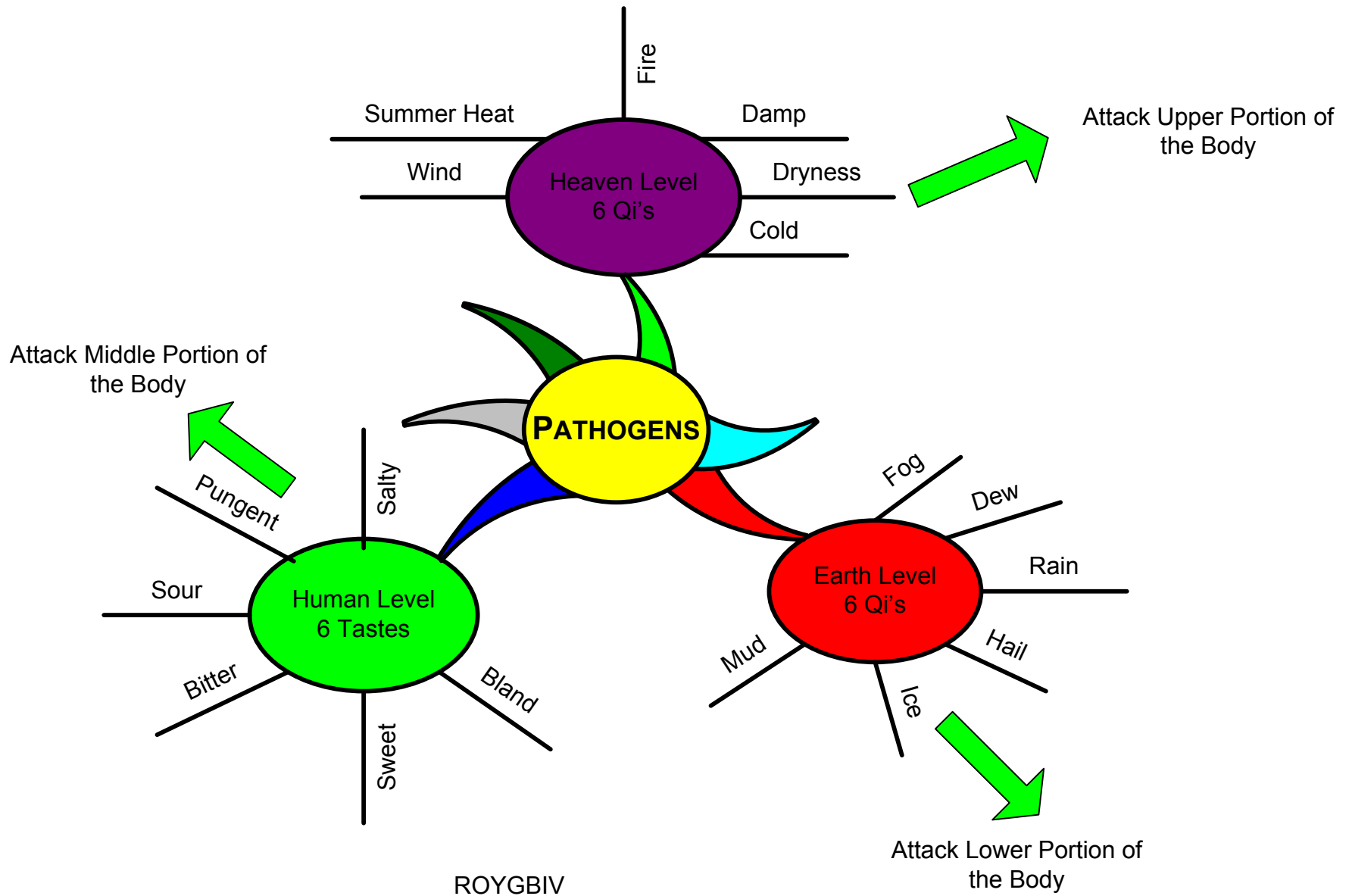
- Other name: Zhang, Zi He 张子和
- Born in Song Jin 宋金 Dynasties
- 1156-1228 AD
- Written Ru Men Shi Qin 儒门事亲
- It is a compilation of 10 plus different publications of Zhang, Cong Zheng
- 15 chapters

Distinct Features of Zhang Cong Zheng 张从正

1. All disease is from Pathogen
2. Attack Pathogen to Rid of Disease
3. Three Methods of Detoxification
 - a. Han 汗 diaphoresis
 - b. Tu 吐 emesis
 - c. Xia 下 purgation
4. Bloodletting Therapy

1. All Disease Is From Pathogen(s)





Qi and Xue must be flowing and not stagnant...any stagnancy will invite pathogenic invasion...

2. Attack Pathogen to Rid of Disease

- All diseases are from pathogens
- All treatments begin with attacking pathogens
- The attack must be quick and swift
- Sooner the pathogens are gone, sooner the Yuan Qi returns
- Emphasizes attack with medicine such as herbs...nourishment with food...

*When nourish life, use food...when treat
disease, use medicine...*

Yang Sheng Shi Bu, Zhi Bing Yao Gong
养生食补，治病药攻

*Han, Xia, Tu methods use Herbs; Tonification
uses grain, meat, fruits and vegetables.*

how to let patient take in five grains to tonify

1. Rice
2. Proso Millet
3. Foxtail Millet
4. Wheat
5. Soy Bean



If one uses minerals and herbs to tonify, the pathogens will be tonified and will cause death

That's why Dr. Zhang, Cong Zheng proposed "Attack first, tonify later"

All herbs contain certain imbalances; thus they have curative and toxic properties simultaneously.

Prolonged use of tonics will cause accumulations of small imbalances into larger imbalances such as the use of Gan Cao and Ren Sheng.

3. Three Methods of Detoxification- Han 汗, Tu 吐, Xia 下

- Diaphoresis, emesis, purgation (cartharsis) are the three main methods of treatment used by Dr. Zhang, Cong Zheng.
- By using these three methods of treatment, he is able to treat all diseases. For him, these three methods encompasses all the other methods of treatment.

Diaphoresis – Han Fa 汗法 (Sweating Method)

- Pungent Warm
- Cool-Cold
- Moxa, steam, wash, bath, iron, branding, acupuncture, stone needle, Daoyin, massage can all cause diaphoresis. Any methods that can relieve biao would be considered Han Fa.
- For all conditions where the pathogen attacked only the Biao and the tissues.

Han Fa – Diaphoresis Method

- *“Wind Cold pathogen stagnates in the tissues, hides in the Jing Luo creating pain, numbness or extremity swelling, itchiness, stiffness and spasm. Use Han Fa to bring it out.”*
- *“Wind, Cold, Damp, Summer Heat enter the tissue but yet to enter deeper. To speedily get rid of pathogen would be to sweat it out.”*

Han Fa

- Incessant diarrhea, indigestion, pulse floating large and long, feverish with Biao Re symptoms can all use Han Fa or combined with Tu Fa and Xia Fa.
- Tetanus, seizures, manic, alcohol poisoning, bi syndrome etc. can all use emesis first and follow up by Han method, or combined simultaneously.

Formulary

- Favored the pungent warming herbal formulas used by Zhang, Zhong Jing such as Ma Huang Tang and Gui Zhi Tang.
- Pungent cooling:
 - Fang Feng Tong Sheng San 防风通圣散
 - Shuang Jie San 双解散

Fang Feng Tong Sheng San

防风通圣散

- Fang Feng, Chuan Xiong, Dang Gui, Shao Yao, Da Huang, Mang Xiao, Lian Qiao, Bo He, Ma Huang, Shi Gao, Jie Geng, Huang Qin, Bai Zhu, Zhi Zi, Jing Jie, Hua Shi, Gan Cao, Sheng Jiang.
- 防风，川芎，当归，芍药，大黄，芒硝，连翘，薄荷，麻黄，石膏，桔梗，黄芩，白术，栀子，荆芥，滑石，甘草，生姜。
- Disperse wind relieve biao, cleanse heat and purge.

Fang Feng Tong Sheng San 防风通圣散

- Migraine Headaches
- Hyperlipidemia
- Obesity
- Skin conditions
- Acute Conjunctivitis
- Acute Allergic Reactions
- Alopecia
- Acne
- Sinusitis

Shuang Jie San 双解散

- Tian Shui San + Fang Feng Tong Sheng San
- Measles, Biao Li Excess

Tian Shui San 天水散

- Liu Yi San六一散, Yi Yuan San益元散, Tai Bai San太白散。
- Hua Shi 6, Zhi Gan Cao 1, honey
- 滑石6，炙甘草1
- Summer damp with fever, restlessness, thirst, sluggish urination with pain, San Jiao damp heat.

Tian Shui San 天水散

- Infantile Diarrhea
- Whooping cough
- Summer heat
- Heat stroke
- Cholera
- UTI
- Urinary stones

Han Fa – Diaphoretic Method

- *Southern area has more heat, pungent cool is more suitable; northern area has more cold, pungent warm is more suitable; summer months has more summer heat, pungent cool is more suitable; winter months has more cold, pungent warm is more suitable; younger stronger constitution more suitable with pungent cooling, older weaker constitution more suitable with pungent warming; irritated emotions need pungent cooling, relaxed emotions need pungent warming; pulse floating large needs pungent cooling, pulse slow needs pungent warming.*

	Pungent Cooling	Pungent Warming
Southern Area	✓	
Northern Area		✓
Summer Months	✓	
Winter Months		✓
Strong/Young	✓	
Weak/Old		✓
Irritability	✓	
Relaxed Mood		✓
P Floating Large	✓	
P Retarded		✓

Han Fa – Diaphoretic Method

- Always differentiate Yin-Yang, Biao-Li, Xu-Shi, once sweated and healed, no need to continue the herbs.

Tu Fa – Emetic Method

- *People are frequently afraid and unhappy with vomiting, they rather allow things to go downward and coming out the other end.*
- *But emetic method when done appropriately, the effectiveness tends to be immediate.*
- *Contraindicated in irritability, moodiness, bleeding, old, weak, dangerous, and bulimic conditions.*
- *Always begin with small dose of formula and increase gradually.*

Tu Fa

Shang Han Headache – Gua Di San

- Gua Di 75 pieces, Chi Xiao Dou 75 pieces, Ren Shen 5 Qian, Gan Cao 5 Qian
- 瓜蒂，赤小豆，人参，甘草。
- Grind into powder, take 1 Qian at a time until emesis

Gua Di 瓜蒂

- Cucumis melo (Muskmelon) is a species of melon that has been developed into many cultivated varieties.
- These include smooth-skinned varieties such as honeydew, Crenshaw, and casaba, and different netted cultivars (cantaloupe, Persian melon, and Santa Claus or Christmas melon).



Gua Di 瓜蒂

- The cultivation of the Melon in Asia is of very ancient date. It was grown by the Egyptians, and the Romans and Greeks were familiar with it.
- The Common Melon was commonly known as the Musk Melon.
- The root of the Common Melon is purgative, and in large doses (7 to 10 grains) is said to be a certain emetic, the active and bitter principle having been called Melon-emetin.



Gua Di 瓜蒂

- Carpopodium (Stalk) of Cucumis melo
- Bitter, Cold
- Emetic, Rid of Jaundice
- Indigestion, food poisoning, epileptic seizure
- Acute hepatitis, liver cirrhosis
- 2-5 fen in powder, take orally to use as an emetic
- Caution for patient with heart conditions and weakened state.



Tu Fa

Za Bing Headache

- Cong Bai and Dou Chi
- 葱白，豆豉。
- Once vomited use Chuan Xiong, Bo He.
- 川芎，薄荷。

Xia Fa – Catharsis Method (Purging Method)

- Neijing has pointed out that the patency flow of Qi and Xue is paramount. When there are pathogens retaining inside causing stagnancy, Xia Fa is necessary. To purge at this time is to tonify.
- Xia Fa besides the obvious catharsis, it also included promoting labor, promoting lactation, breaking up tumor, purging fluid, breaking channel, and breaking Qi.
- This method is especially suited for Spleen/Stomach disorders.

Spleen governs transformation and stomach governs dissolving and grinding down food source. The characteristic of these actions is most importantly – free flowing. If there is any stagnancy in this process, any symptoms and conditions will begin to form. The only way to resolve this is to attack and bring stagnancy downward to dissolve this blockage.

Stagnancy of Earth requires Da Cheng Qi Tang 大承气汤.

Da Huang 大黄 bitter and cold, opens up nine orifices, small and large conveniences, rid of stagnant heat of five Zang and six Fu;

Mang Xiao 芒硝 salty and cold, breaks up phlegm and disperses heat, moistens intestines and stomach.

Zhi Shi 枳实 bitter cold is an adjunctive and guiding herb, disperses stagnant Qi, dissolve

Xia Fa - Contraindications

- When the condition is not Shi-Excess type
- Diarrhea with weak pulse
- Bleeding conditions with weak pulse

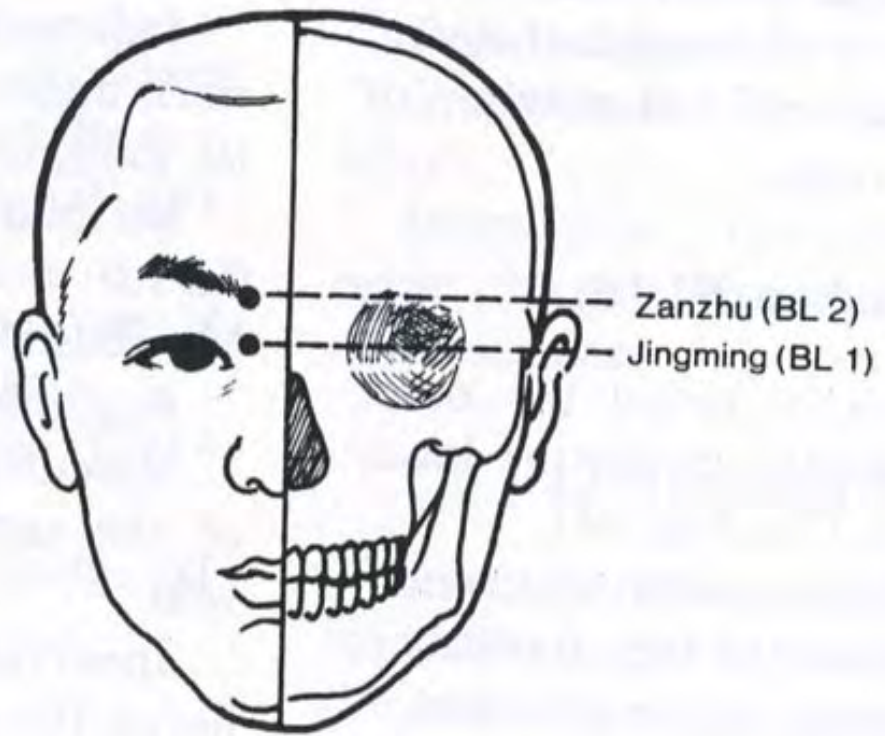
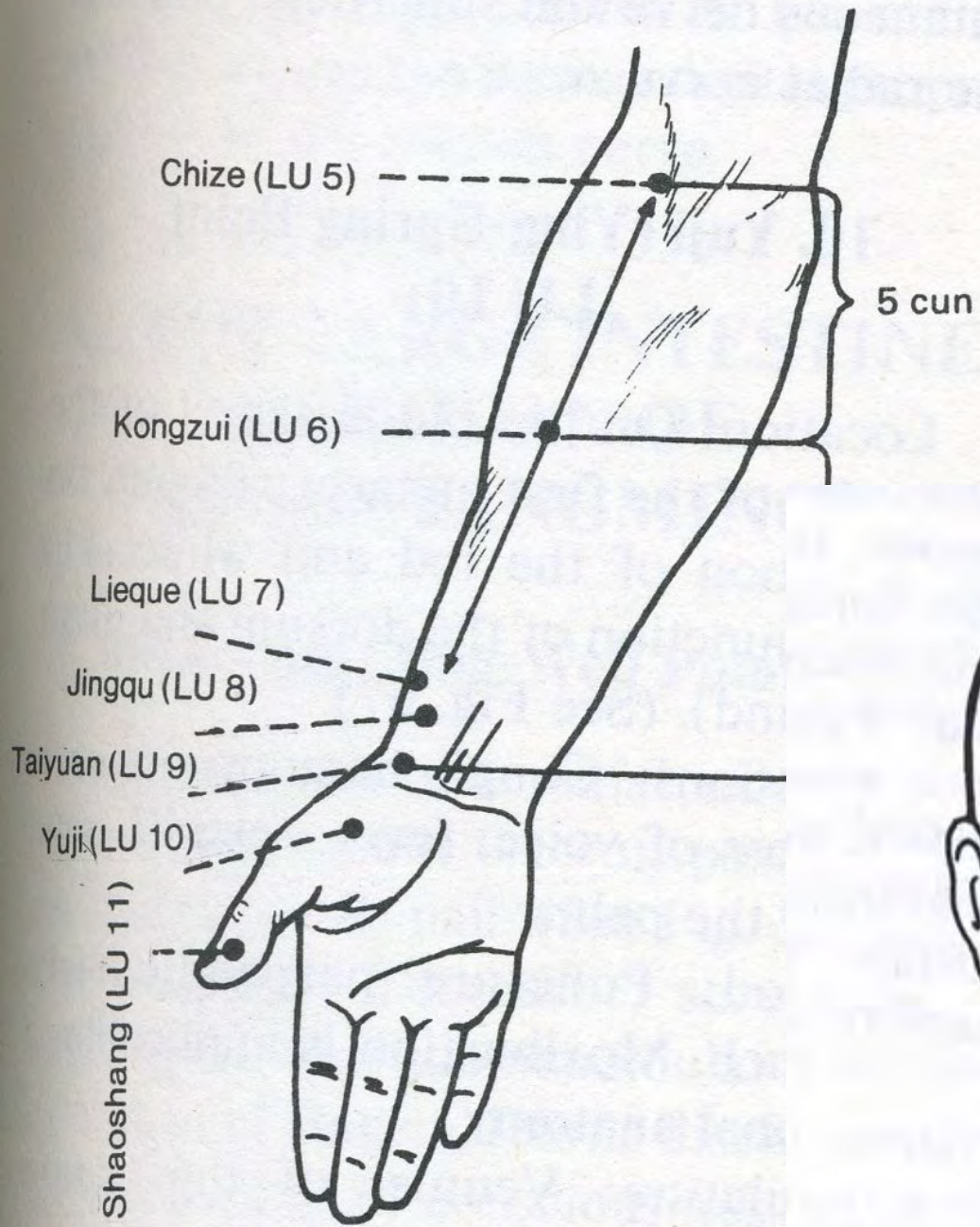
4. Ci Xue Liao Fa 刺血疗法 Bloodletting Therapy Method

- Letting go of blood when it is stagnant is actually nourish blood. Because when blood is stagnant, it becomes old. When it is old, the new blood cannot be formed. This creates a blood stagnancy and deficiency condition at the same time. Therefore letting go of old blood is nourishing.
- Bloodletting is synonymous with Han Fa. Their principles and therapeutic intent are the same.

Example

- Sore throat, where the Han Fa is not the most effective, the bleeding method is better.

<p>Bing Ming 病名 Disease Name</p>	<p>Zheng Zhuang 症 状 Symptoms</p>	<p>Ci Fa 刺法 Puncture Method</p>
<p>Acute Blindness</p>	<p>Sudden blurry vision</p>	<p>Bi Zhong 鼻中, Zan Zhu 攒竹, Tou Ding 头顶</p>
<p>Throat Pain</p>	<p>Throat pain, swelling with difficulty speech</p>	<p>Shao Shang 少商</p>
<p>Seizure</p>	<p>Spasms and loss of consciousness</p>	<p>Bai Hui 百会</p>



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