

Shang Han Lun: Watch this video course by Dr. Daoshing Ni

Shang Han Xue Pai 伤寒学派 (Cold Injury Doctrine)

Dr. Daoshing Ni
CEU Video Course



Shang Han Za Bing Lun

伤寒杂病论

- Author: Zhang, Zhong Jing 张仲景 (Zhang, Ji 张机), 150-219 AD
- Born and raised in Henan Province, as reputable as Hua Tuo 华佗.
- Incorporating his clinical experience and established
 - six channel differentiation for injury by cold pathogens. (Liu Jing Bian Zheng 六经辨证)
 - Zang fu differentiation for miscellaneous conditions.



Shang Han Za Bing Lun 伤寒杂病论

- An authoritative publication, a must read for all practitioners of TCM.
- It was lost through wartime, republished and revised in the Song Dynasty
- Two portions:
 - Shang Han Lun 伤寒论
 - Jin Kui Yao Lue 金匮要略



Shang Han Lun 伤寒论

Publication Overview

- 10 sections, 22 chapters, 113 formulas.
- Section 1 pulse diagnosis of Shang Han
- Section 2 etiopathology, progression, a analysis of Wen and Summer Heat diseases
- Section 3 to 6 six channel differentiation and treatment
- Section 7 to 10 cholera, recovery care



Shang Han Lun 伤寒论

Content Overview

- Based on Suwen chapter 31 Discussion of Febrile Disease – six channel differentiation
- Classified febrile diseases into six stages:
 - Taiyang Bing 太阳病
 - Yangming Bing 阳明病
 - Shaoyang Bing 少阳病
 - Taiyin Bing 太阴病
 - Shaoyin Bing 少阴病
 - Jueyin Bing 厥阴病



Discussion of Febrile Disease 熱論

Chapter 31 Huang Di Nei Jing

- Huang Di inquired, “What we know of febrile disease today belong to Shang Han category. Some died and some recovered from it. The ones that die usually occur within 6 to 7 days from the onset of the disease. The ones that lived usually takes more than 10 days to recover. Why is this?”



Discussion of Febrile Disease 熱論

Chapter 31 Huang Di Nei Jing

- Qi Bo replied, “Giant Yang (Ju Yang)(Tai Yang) connects with all six Yang Channels. Its channel branches to DU16 Feng Fu, therefore it is the representing channel of Biao Qi (Exterior Qi).”
- “When a person is attacked by a Cold pathogen, the person will exhibit febrile diseases. Most of the time, even though the fever can be severe, but the person will eventually recover and will not die. But if both Yang and Yin channels are simultaneously attacked by Cold pathogen, death is inevitable.”



Discussion of Febrile Disease 熱論

Chapter 31 Huang Di Nei Jing

- Huang Di inquired, "I would like to know more about the disease progression."
- Qi Bo replied, "On the first day of Shang Han, Ju Yang (Tai Yang) is attacked exhibiting headache, neck pain, back pain with stiffness. On the second day, Yang Ming is attacked. Yang Ming masters over flesh and tissues and its channel runs parallel to the nose and branches into the eyes. It exhibits fever, eye pain, dry nose, and difficulty lying down. On the third day, Shao Yang is attacked. Shao Yang masters over Gall Bladder, its channel traverses through hypochondria and branches to the ears. It exhibits symptoms of rib pains and hearing loss."



Discussion of Febrile Disease 熱論

Chapter 31 Huang Di Nei Jing

- “At this point, all three Yang channels have been attacked but has yet to enter the Zang organs. Proper diaphoretic treatment methods can dispel the disease.”
- “On the fourth day, Tai Yin is attacked. Tai Yin channel traverses through the stomach region and branches to the throat, therefore symptoms of abdominal fullness and dry throat. On the fifth day, Shao Yin is attacked. Shao Yin channel traverses through the kidneys and branches into the lung and the root of tongue., therefore symptoms of dry mouth, dry tongue, and thirst.”



Discussion of Febrile Disease 熱論

Chapter 31 Huang Di Nei Jing

- “On the sixth day, Jue Yin is attacked. Jue Yin traverses through the genitalia and branches to the Liver, therefore restlessness and scrotum shrinkage. At this point, all three Yin and Yang channels, five Zang and six Fu organs are all diseased. Ying Wei stopped flowing and functioning. Five Zang are stagnant, death is inevitable.



Discussion of Febrile Disease 熱論

Chapter 31 Huang Di Nei Jing

- “But if the Cold pathogen did not attack both Yin and Yang channels, on the seventh day, Tai Yang disease decreases and the headaches are better. On the eighth day, Yang Ming disease decreases, and the fever is better. On the ninth day, Shao Yang disease decreases, and the hearing is returning. On the tenth day, Tai Yin disease decreases, and the abdominal fullness is down and the appetite is back.”



Discussion of Febrile Disease 熱論

Chapter 31 Huang Di Nei Jing

- “On the eleventh day, Shao Yin disease decreases, thirst and dry throat abated. The person is able to sneeze. On the twelfth day, Jue Yin disease decreases, testicles relax, pelvic soothed, pathogenic influences are gone and the person is recovered.”
- This is most likely influenza commonly known as the flu.



Shang Han Lun 伤寒论

Differentiation and Treatment Principles

- Incorporated Zang Fu differentiation
- Elaborated upon channel and Zang Fu progressions
- Established eight methods of treatment.
 - Han 汗 Diaphoresis
 - Tu 吐 Emesis
 - Xia 下 Purgation
 - Qing 清 Cleansing
 - He 和 Harmonization
 - Wen 温 Warming
 - Bu 补 Tonification
 - Xiao 消 Dissolution



Shang Han Za Bing Lun 伤寒杂病论

Publication History

- Published around three kingdom era.
 - Lost during wartime
- Re-published in sections of Dr. Sun, Si Mao's Qian Jin Fang 千金方 (Thousand Golden Formulas) and Dr. Wang, Shu He's Mai Jing 脉经 (The Classics of Pulse)



Shang Han Lun 伤寒论

Types and Players

- Related publications and physicians 600+
- Two types
 - Translation/elucidation
 - Specific topic discussions



Jin Kui Yao Lue 金匱要略

Overview

- Other names
 - Jin Kui 金匱
 - Jin Kui Yao Lue Fang Lun 金匱要略方論
- 3 sections, 25 chapters based on disease types, 262 formulas.
- Includes diseases in internal medicine, gynecology, external medicine, emergency care, and dietary guidance.
- Based on Neijing Suwen's Zang Fu theories.



Jin Kui 金匱

Publication History, Types and Players

- Lost until Song Dynasty.
- Two Types:
 - Translation/elucidation
 - Specific topic discussions
- 100+ physicians and publications



“Book Cover” Definition

Shang Han

- “Today’s febrile diseases all belong to the classifications of Shang Han”
 - Suwen Chapter 31 Discussion of Febrile Diseases
- All diseases are due to Wind Cold Invasion
- Shang Han is about discussion of wind cold invasion and miscellaneous diseases



Shang Han Lun and her focus

- Singular Shang Han condition occurs less compared to combined with miscellaneous diseases, therefore discussion of both Shang Han and miscellaneous diseases together is logical.
- Constitutions, disease progression, etiologies, pathologies differ from person to person; therefore discussion of only Shang Han is not comprehensive.



Therefore six channel differentiation
incorporates the understanding of both
Shang Han and Za Bing



Shang Han Lun elaborated upon the conditions due to pathogenic Wind Cold through the characteristics of six channels. The essence of Shang Han is the Six Channel Differentiation.



Liu Jing Bian Zheng 六经辨证

Six channel differentiation is based on
the physiological and pathological
expressions of Zang Fu 脏腑 and Jing
Luo 经络



Therefore, the essence of Shang Han Lun
is Six Channel Differentiation and not
wind-cold invasion



True Definition

- Shang Han Lun is the study of Six Channel Differentiation (SCD) and how SCD is applied to all diseases including infectious diseases and miscellaneous diseases regardless the nature of the pathogens.



*Physicians who diagnose well will first
inspect color and palpate pulse to
differentiate yin and yang*

Suwen, Neijing



*All diagnostic methods in TCM originates
from differentiating yin and yang*



Ba Gang Bian Zheng 八纲辩证

Eight Principles of Differentiation (EPD)

Nature of Imbalance

- Yin
- Yang

Nature of Pathogen

- Cold
- Heat

Nature of Anti-pathogenic Factor

- Deficiency
- Excess

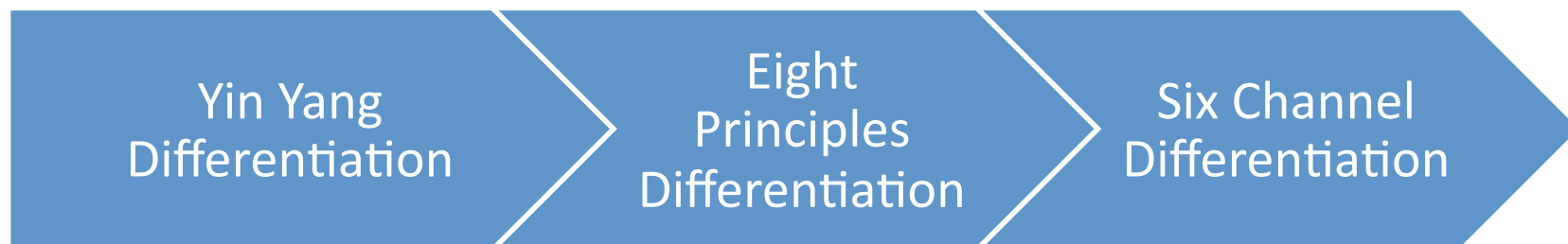
Location of Disease

- Exterior
- Interior



Differentiation Process

From Two Dimensions to Three Dimensions



If Differentiation is like pinpointing a location; YYD would be to fine the neighborhood; EPD is like finding the street; SCD is like finding the house on the street.

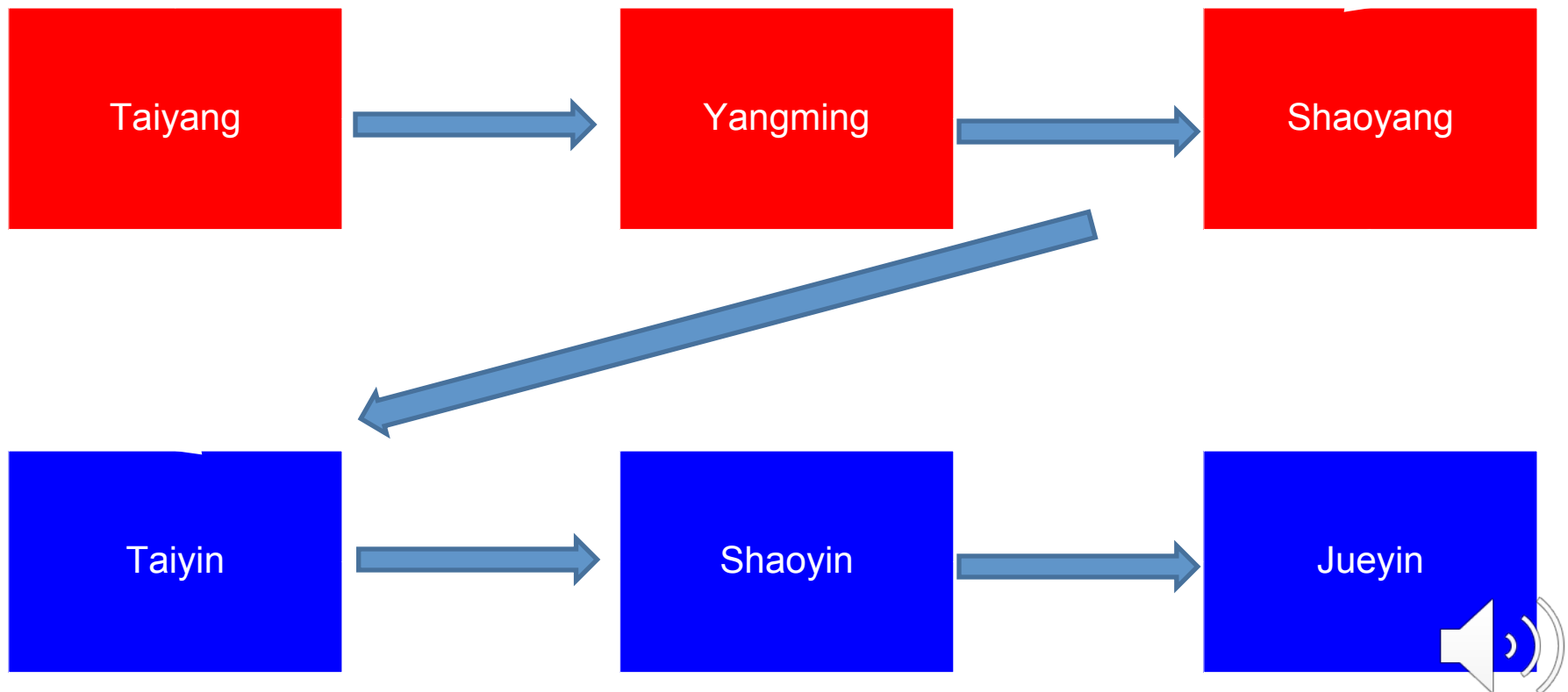


Six Channel Differentiation Positional Relationship



Six Channel Differentiation

Normal Channel Progression



SCD

- Taiyang Bing denotes pathogenic invasion of the Foot Urinary Bladder Channel
- Yangming Bing denotes pathogenic invasion of the Foot Stomach Channel
- Shaoyang Bing denotes pathogenic invasion of the Foot Gall Bladder Channel
- Taiyin Bing denotes pathogenic invasion of the Foot Spleen Channel
- Shaoyin Bing denotes pathogenic invasion of the Foot Kidney Channel
- Jueyin Bing denotes pathogenic invasion of the Foot Liver Channel



Pecking Order

- Foot Channels are the main channels due to their direct connection to the associated Zang Fu
- Hand Channels are the secondary channels due to their indirect connection to the associated Zang Fu



SCD

| | Primary | Secondary |
|---------------|---------------------|----------------------|
| Taiyang Bing | F – Urinary Bladder | H – Small Intestines |
| Yangming Bing | F – Stomach | H – Large Intestines |
| Shaoyang Bing | F – Gall Bladder | H – Sanjiao |
| Taiyin Bing | F – Spleen | H – Lung |
| Shaoyin Bing | F – Kidney | H - Pericardium |
| Jueyin Bing | F - Liver | H – Heart |



Main Symptoms of SCD

- Taiyang Bing – occipital headache or neck stiffness
- Yangming Bing – facial flushing, forehead pain, dryness of nose
- Shaoyang Bing – hearing loss, chest and hypochondriac distension, bitter taste
- Taiyin Bing – abdominal distension
- Shaoyin Bing – sore throat
- Jueyin – vertex headache, emesis of mucus



Disease Transmission

Three Common Occurrences

- Regular Transmission (Yi Ban Chuan Jing 一般传经)
- Biao-Li Transmission (Biao Li Chuan Jing 表里传经)
- Overreach Progression (Yue Jing Chuan 越经传)



Regular Progression Transmission (Yi Ban Chuan Jing 一般传经)

Tai Yang Stage



Yang Ming Stage

Shao Yang Stage



Biao-Li Transmission

(Biao Li Chuan Jing 表里传经)

Taiyang
Bing



Shaoyin
Bing

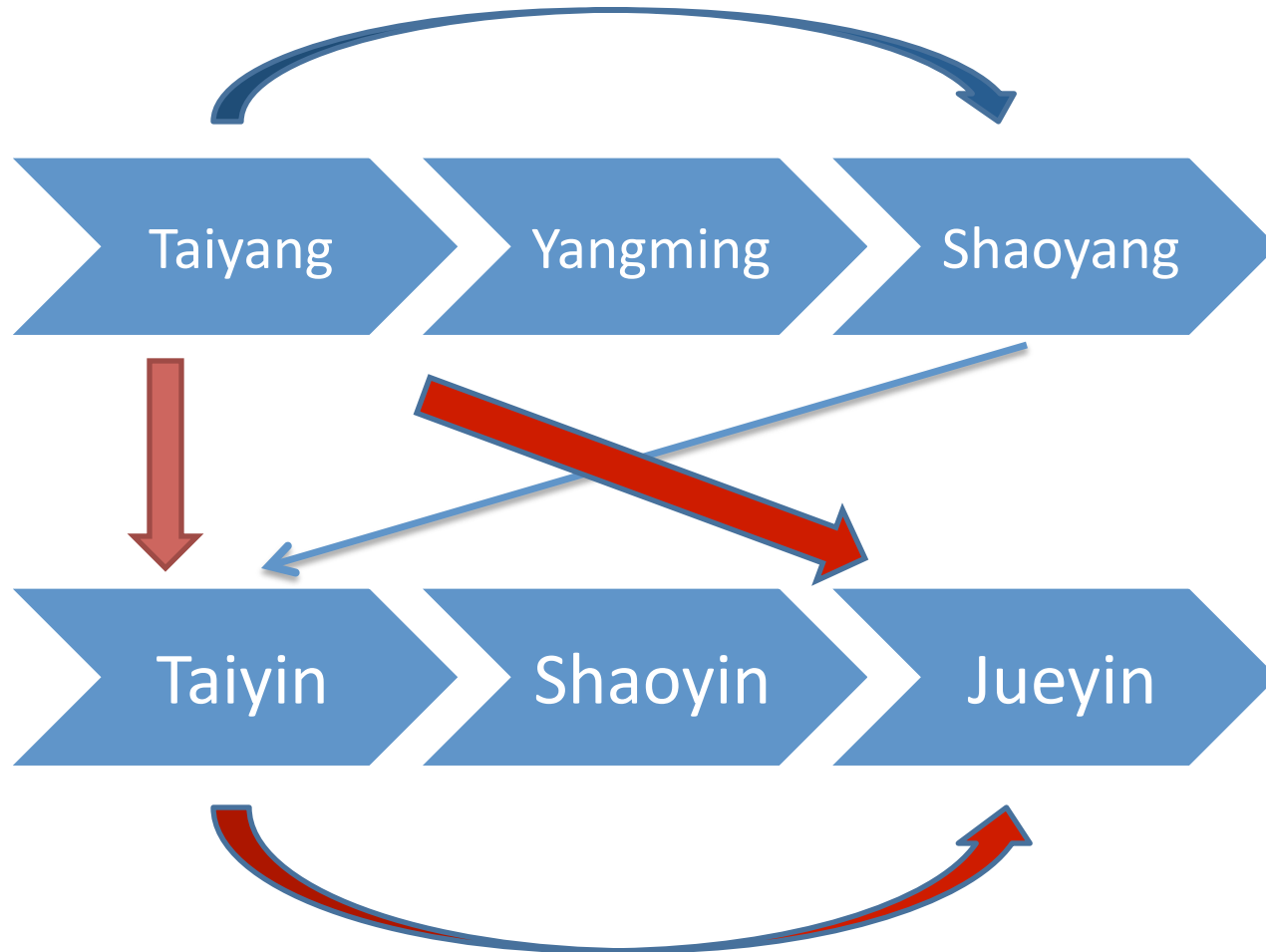
Shaoyang
Bing



Jueyin
Bing



Overreach Transmission (Yue Jing Chuan 越经传)

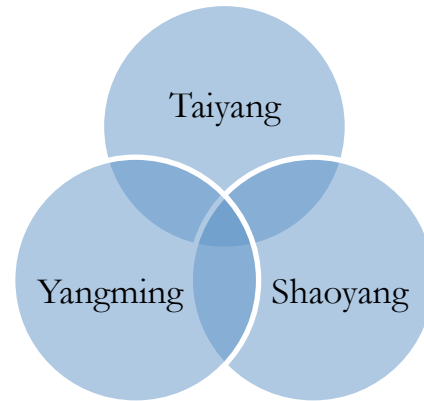
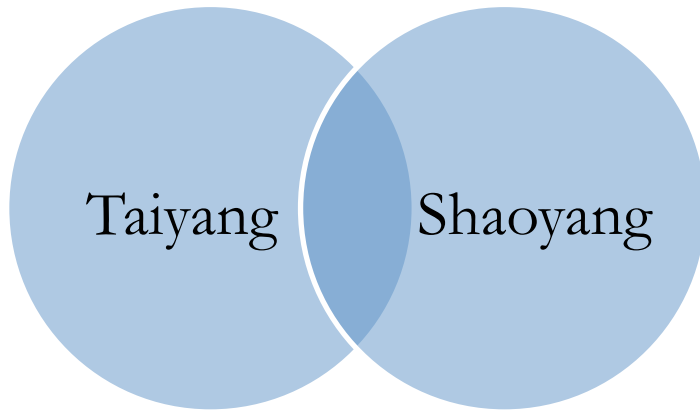
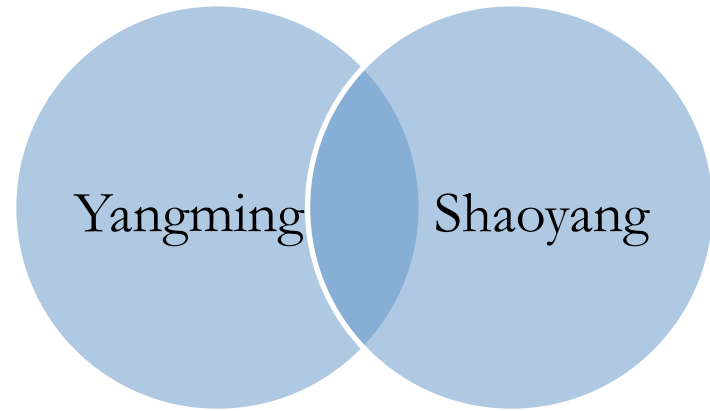
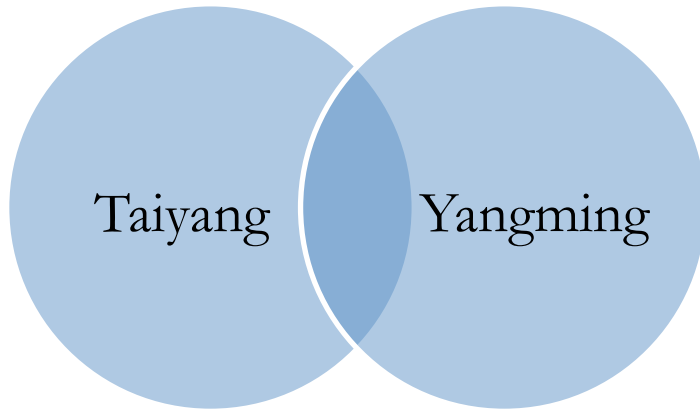


Disease Types

- He Bing 和病 – Simultaneous Combination Disease
- Bing Bing 并病 – Ordered Combination Disease



He Bing 和病 – Simultaneous Combination Disease – Four Kinds



Bing Bing 并病 – Ordered Combination Disease – Two Kinds



SCD – Treatment Principles

- First Order
 - Yin Yang Self Regulation
 - Protect Stomach Qi, Save Jin Ye – Body Fluids 津液
- Second Order
 - Eight Methods of Treatments



Eight Methods of Treatments

Zhi Liao Ba Fang 治疗八法

- Han 汗 Diaphoresis – Relieve of pathogens through Sweating
- Tu 吐 Emesis – Relieve of pathogens through vomiting
- Xia 下 Purgation – Relieve of pathogens through bowel movements and urination
- Qing 清 Cleansing – Relieve of HEAT pathogens through internal dissipation
- He 和 Harmonization – Neutralize pathogens
- Wen 温 Warming – Warming up Yang Qi
- Bu 补 Tonification – Tonifying Body
- Xiao 消 Dissolution – Dissolve and Shrinking Pathogens



SCD Formulary

Uniqueness of Shang Han Lun

- Established Eight Methods of Treatment
- Simple and tight formulation
- Formula and Syndrome (Fang-Zheng 方证) direct correspondences
- Flexible Modifications



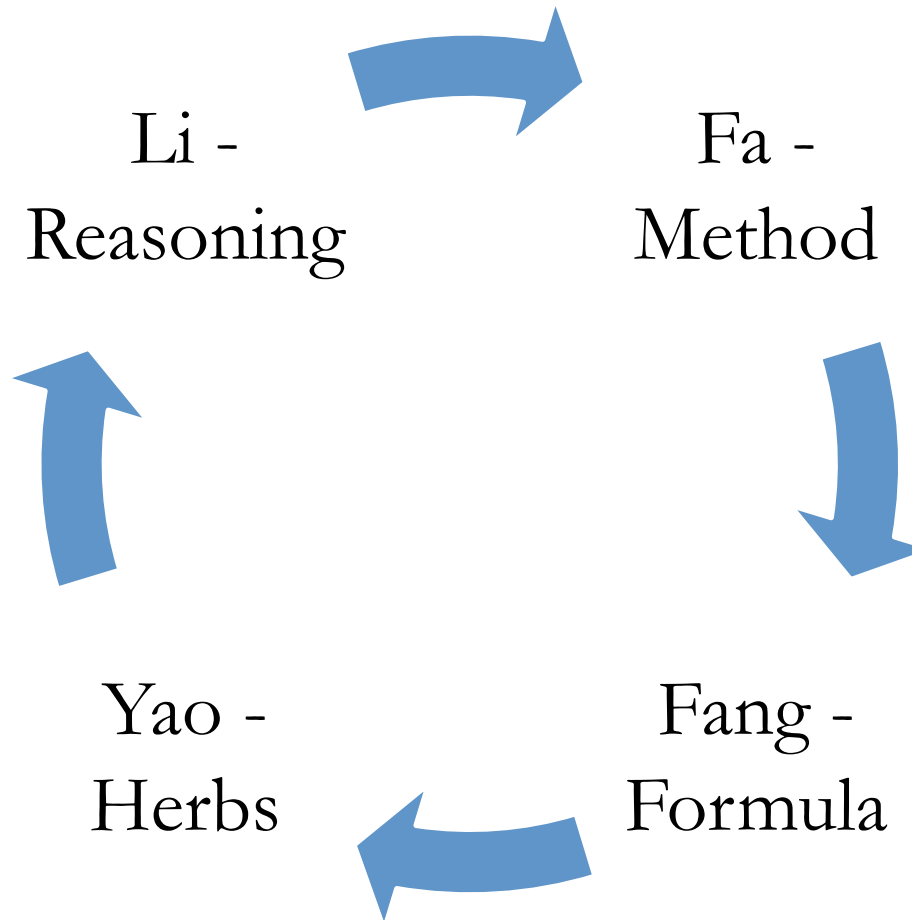
Formulary from Shang Han Lun

12 categories 113 formulas

1. Gui Zhi Tang 桂枝汤
2. Ma Huang Tang 麻黄汤
3. Xiao Chai Hu Tang 小柴胡汤
4. Zhi Zi Gu Tang 栀子鼓汤
5. Xie Xin Tang 泻心汤
6. Bai Hu Tang 白虎汤
7. Cheng Qi Tang 承气汤
8. Li Zhong Tang 理中汤
9. Zhen Wu Tang 真武汤
10. Si Ni Tang 四逆汤
11. Wu Ling San 五苓汤
12. Miscellaneous 其他杂方



First Union of Li Fa Fang Yao 理法方药



Learning Shang Han Lun

- Yin Yang
- Zang Fu and Channels
- Etiopathology in Six Channels
- Symptoms and signs
- Appropriate use, right dosage, and decoction methods of formulas
- Carefully analyze each verse



Contents of Shang Han Lun

- 398 total verses
 - Taiyang Bing – 178 verses (1-178)
 - Yangming Bing – 84 verses (179-262)
 - Shaoyang Bing – 10 verses (263-272)
 - Taiyin Bing – 8 verses (273-280)
 - Shaoyin Bing -45 verses (281-325)
 - Jueyin Bing – 56 verses (326-381)
 - Cholera – 10 verses (382-391)
 - Miscellaneous and Recovery – 7 verses (392-398)



Summary

- Shan Han is a study of disease progression due to pathogenic Wind-Cold invasions in a narrow definition
- Shan Han is a study of disease progression due to pathogenic invasion in a broader definition
- Key Learning:
 - Six Channel Differentiations
 - Disease Transmission, Movement and Management

