

He Jian Xue Pai  
He Jian Doctrine 河間學派

Daoshing Ni



Medical Classics, Taoist Medicine, Formulary, and Shang Han Doctrines initiated are considered *Classical Doctrines* while the doctrines that were developed during Song Dynasty onward are considered *Contemporary Doctrines*. They are

He Jian Doctrine (Fire-Heat Pathology)

Yi Shui Doctrine (Zang-Fu Differentiation)

Gong Xie Doctrine (Pathogen Attacking)

Dan Xi Doctrine (Excess Yang Deficient Yin)

Ming Men Doctrine (Gate of Life)

Wen Bing Doctrine (Warmth Disease)

While the last 100 years, the Integrated Medicine Doctrine is considered *Modern Doctrine*.





Life during the North Song Era 960-1127 AD





**Mongolian Tribes**

**West Xia**

**Liao**

**Tibetan Tribes**

**Song**



**宋朝疆域圖**  
(政和元年, 1111年)

● 都城 ● 京 ● 路治 ● 州府治

宋四京:	北京	東京
	大名府	開封府
	河南府	南京
		應天府



# Introduction

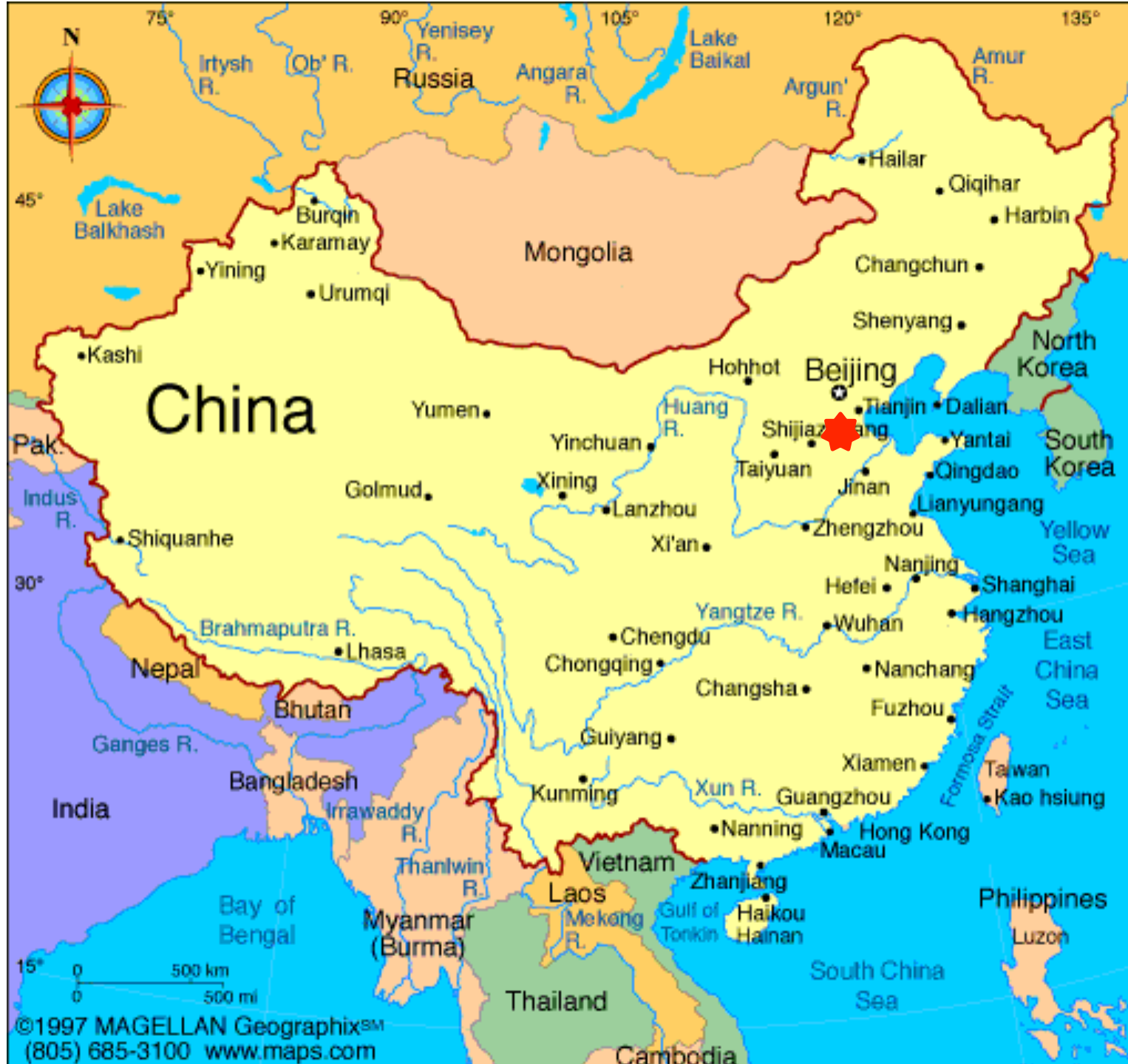
## Time Environment

- Song – Jin –Yuan Dynasties, 960-1368 AD
- Establishment of specialties such as pediatrics and gynecology
- Establishment of special topics or approach to diseases









# Jin Yuan Four Major Physicians

## 金元四大医家

Liu, Wan Su 刘完素	He Jian Xue Pai He Jian Doctrine
Zhang, Cong Zheng 张从正	Gong Xie Xue Pai Detoxification Doctrine
Li, Gao (Li, Dong Yuan) 李杲 (李东垣)	Pi Wei Xue Pai Spleen-Stomach Doctrine Part of Yi Shui Xue Pai
Zhu, Zhen Heng (Zhu, Dan Xi) 朱震亨 (朱丹溪)	Dan Xi Xue Pai Dan Xi Doctrine





# Specific Time and Place

- Song Jin Dynasties 宋金时代
- Wartime
- Dr. Liu, Wan Su 刘完素
- Born 1,110 AD, He Jian county c  
Province
- Northern China,



# The founding environment

- Centered around Fire-Heat Pathology
- Dry Climate and tough weather
- Intake of Beef, lamb, wheat, alcohol.
- Tough terrain, tough people.
- Even with wind-cold, frequently transforms into heat or dryness.
- During Song Dynasty – Tai Ping Hui Min He Ji Ju Fang  
太平惠民和剂局方 – mostly warming and tonifying,  
cannot be used well in heat conditions.



# The founding environment

- At Song Dynasty, emphasis was on formulas and less on the understanding of pathogenesis.
- Dr. Liu, Wan Su, based on the foundations from Neijing and spent 35 years perfecting the Fire-Heat theories.





# Eight Distinct Features or Contributions of Liu, Wan Su

1. Frequency of Fire-Heat Pathology 火热广泛
2. “Six Qi can all transform to Fire” Doctrine 六气皆能化火
3. Extreme of Five Emotions create Heat 五志过极皆为热
4. Treatment of Fire-Heat Pathology 火热病的治法
5. Yang Qi Stagnancy 阳气怫郁
6. Wu Yun Liu Qi Pathology 五运六气病机
7. Kang Hai Cheng Zhi Discussion 亢害承制论
8. Elaboration of Za Bing 杂病的发挥



# 1. Frequency of Fire-Heat Pathology

- Originates from chapter 74 of Neijing Suwen Essentials of Disease and Therapy
- Neijing 19 Etiologies (Neijing Bing Ji Shi Jiu Tiao 内经病机十九条)



Huang Di inquired, “Can you please describe the pathology for each organ system and its connection with the atmospheric influences?”

Qi Bo responded, “Symptoms of tremors and shaking of the limbs, dizziness, and vertigo are usually caused by wind and associated with liver. Many conditions of contraction and spasms are usually due to cold and associated with the kidneys.” .....





Wu Zang Bi Ji – Five Zang Etiology  
Wu Yun Bing Ji – Five Cycles Etiology

All Wind Vertigo	Liver
All Cold contractures	Kidney
All Qi asthma/congestion	Lung
All Damp swelling fullness	Spleen
All pain, itch, rash	Heart



# Neijing Suwen

## Nineteen Etiologies

- Fainting and seizure, lockjaw and shivers, acute vomiting, manic and restlessness, edema and pain are due to fire. (5)
- Abdominal distension and swelling, borborygmus and tympani, vomiting of foul matter and acid regurgitation and acute dysentery with bloody stools, body torsion and turbid secretions are usually due to heat (4)
- 5 belongs to zang, 1 wind, 1 damp, 1 cold, 1 upper, 1 lower



# Fire-Heat Pathology Expansion

- Eventually expanded to 56 types of Fire-Heat Etiology occupying 80% of all etiologies.





# 56 types of Fire-Heat Pathology

- Asthma, vomiting, acid regurgitation, acute diarrhea, body torsion, turbid urination, ascites with tympani, rash, hives, open sores, tumor, nodules, fainting, swelling, nasal congestion, epistaxis, hematemesis, bloody stools, fever and chill, shivers, fright, confusion, sadness, manic, restlessness, throat pain, tinnitus, hearing loss, blurry vision, sneezing, acute disorders, delirium, etc.

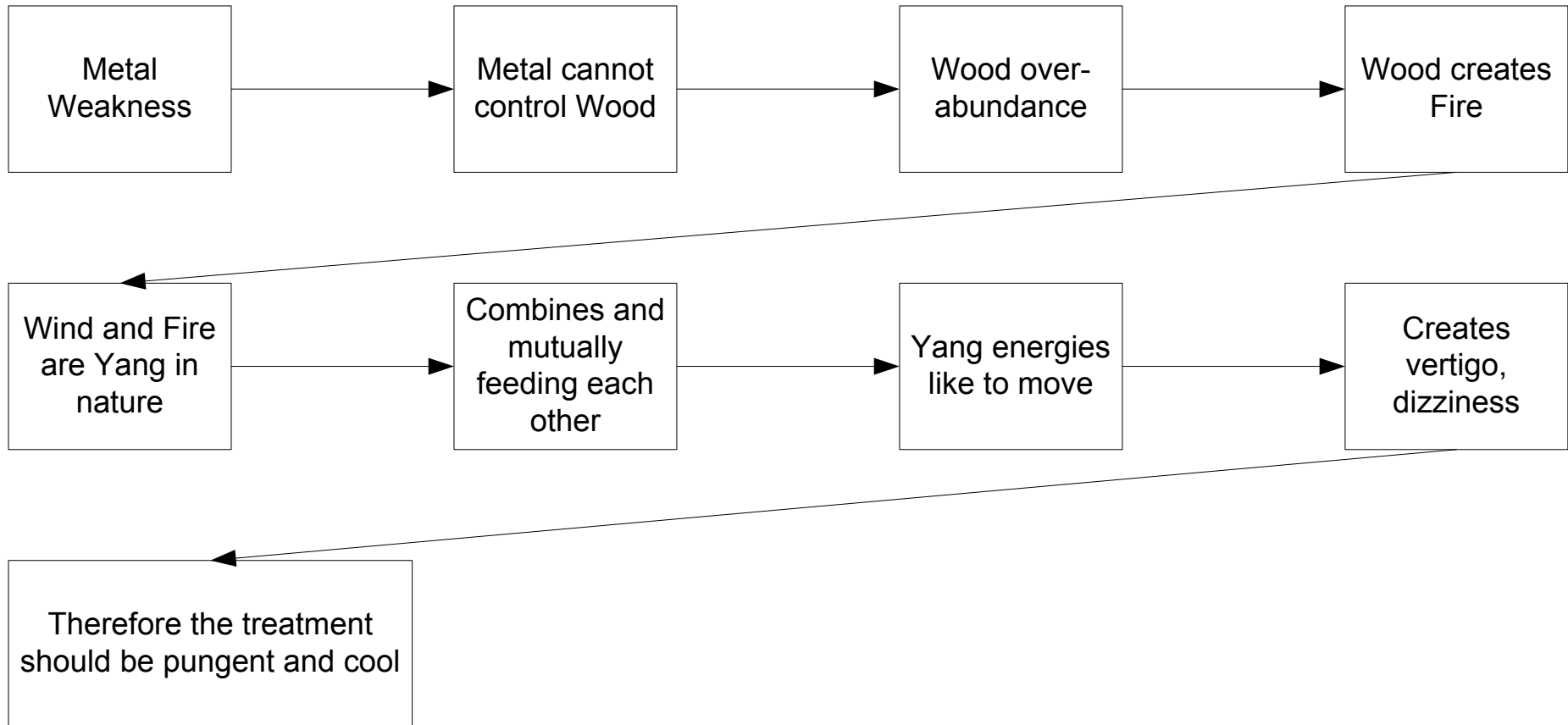


## 2. Six Qi can all transform to Fire

- Wind, damp, dryness, and cold can all transform to fire.
- Wind originates from heat, heat is ben 本 and wind is biao 标, wind cannot exist without heat.
- In general pathology, wind tends to combine with heat.



# In the case of Vertigo



# Damp and Fire-Heat

- Damp disease does not occur on its own.
- It is due to fire-heat stagnancy causing body fluid to stagnant creating water-damp
- Most clinical manifestations are swelling.
- Most swelling is due to damp-heat combination creating sluggish urination.
- The herbs should be pungent bitter and cold



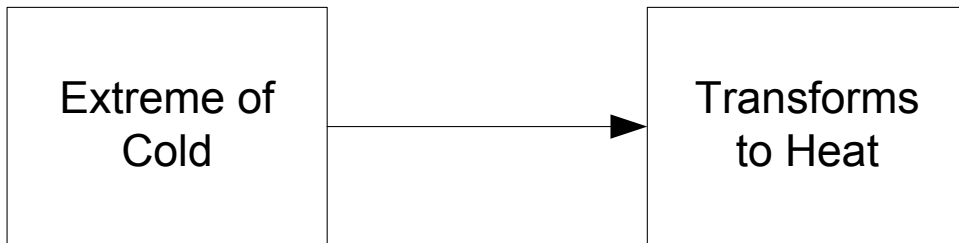
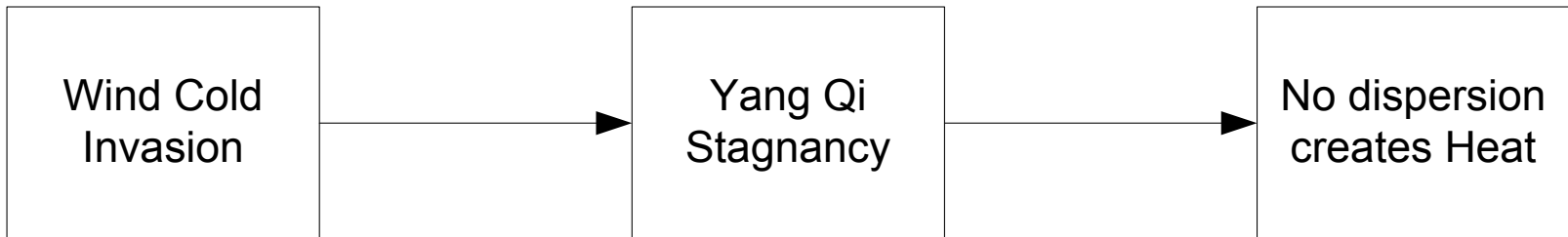
# Dryness and Fire-Heat

- Dryness consumes yin fluid and frequently transforms to fire-heat.
- Body fluid deficiency, blood deficiency, yin deficiency can all cause hyperactivity of yang creating internal heat.
- Winter is cold and contracting and stagnant in nature. There is actually more dryness than Summer months.
- Nourish yin to cool heat



# Cold and Fire-heat

- Excluding yang deficiency (interior cold)
- Two possible scenarios

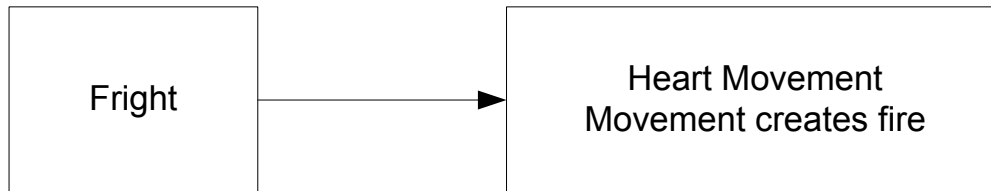
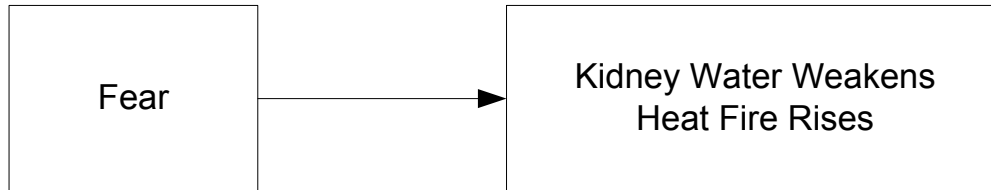
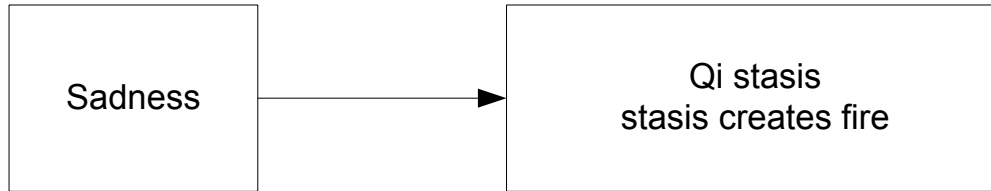
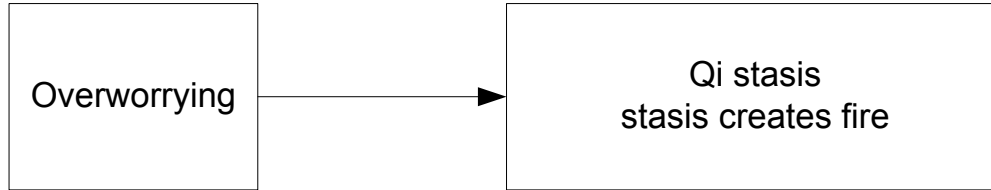
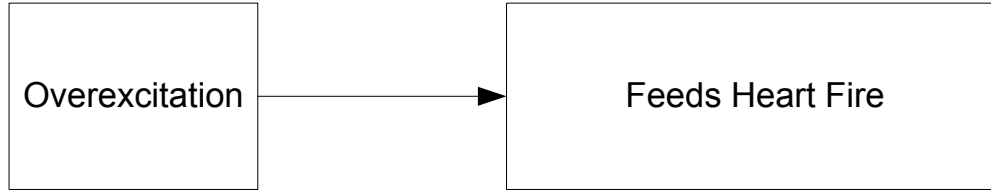
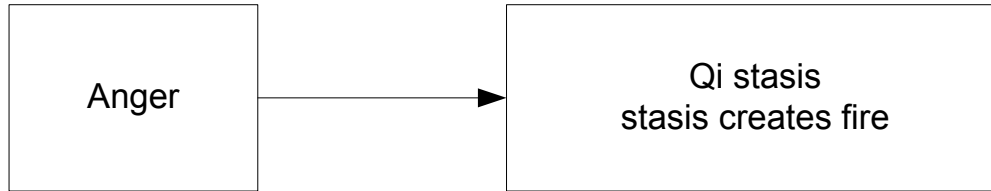




# Extreme of Five Emotions creates Heat 五志过极皆为热

- Liu, Wan Su is recognized of his work in exogenous fire-heat discussions, but
- He has also did some work in understandings of internal heat through the “extreme of five emotions creat heat”.
- Five emotional imbalances can cause heat and heat can cause five emotional imbalances.





## 4. Treatment of Fire-Heat Pathology 火热病的治法

- Biao Zheng 表证
- Li Zheng 里证



# Biao Zheng 表证

- Pungent cooling or sweet cold
- Ma Huang and Gui Zhi are not suitable
- Frequently use Gan Cao 甘草, Hua Shi 滑石, Cong Bai 葱白, Dou Chi 豆豉.
- Biao Zheng with Nei Re, use Fang Feng Tong Sheng San 防风通圣散, Shuang Jie San 双解散.
- Or use Tian Shui San 天水散 + Liang Ge San 凉膈散



# 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.



# 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.



# Liang Ge San (Cool Diaphragm)

## 凉膈散

- Lian Qiao, Da Huang, Mang Xiao, Zhi Zi, Huang Qin, Bo He, Gan Cao. 连翘，大黄，芒硝，栀子，黄芩，薄荷，甘草。
- Cook with Zhu Ye 竹叶 and Honey.
- Clear Upper and Middle Jiao heat.
- Heart Fire, restlessness, thirst, red eyes, vertigo, dry mouth, canker sores, cracked lips, hematemesis, epistaxis, constipation, sluggish urination, infantile seizure.



# Li Zheng 里证

- Purgation of Fire-Heat
- Three Scenarios
  - Biao Zheng gone, Nei Re with abdominal distention, restlessness, pulse deep excess.
  - Deep heat toxin creating dry throat, asthma, abdominal pains, pulse deep thready.
  - Damp heat.
- Da Cheng Qi Tang 大承气汤 or San Yi Cheng Qi Tang 三一承气汤
- Huang Lian Jie Du San 黄连解毒散
- Small dose of Huang Lian Jie Du San 黄连解毒散 or Liang Ge San 凉膈散



# Da Cheng Qi Tang 大承气汤

- Da Huang, Hou Pu, Zhi Shi, Mang Xiao.
- 大黄，厚朴，枳实，芒硝。
- Constipation, fever, wiry pulse, delirium, asthma; shanghan constipation for 5-6 days.
- Acute appendicitis, acute intestinal obstruction, acute cholecystitis.



# San Yi Cheng Qi Tang 三一承气汤

- Da Huang, Hou Pu, Zhi Shi, Mang Xiao, Gan Cao, Sheng Jiang.
- 大黄，厚朴，枳实，芒硝，甘草，生姜。
- Biao and Li Fire-Heat Pathology.



# Huang Lian Jie Du Tang

## 黄连解毒汤

- Huang Lian, Huang Bo, Huang Qin, Zhi Zi
- Action: clear heat, relieve toxin, reduce swelling.
- All Fire-Heat pathology, Both Biao and Li Fire-Heat, manic, restlessness, dry throat, dry mouth, dry heaves, insomnia, hematemesis or epistaxis.





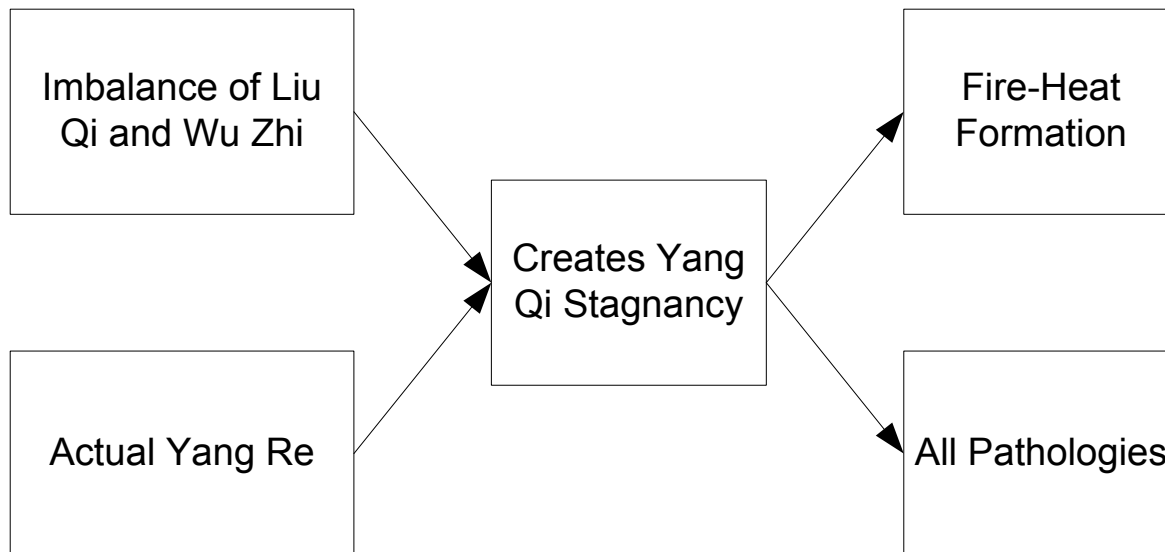
## 5. Yang Qi Stagnancy 阳气怫郁

- Liu, Wan Su's focus is not only on Fire-Heat pathology, but also the patency flow of Qi.
- The great Dao has no shape or form. Without Qi, no life can exist; transformation of Qi gives birth of all lives; changes of Qi create changes in lives; abundance of Qi strengthens the organism; deficiency of Qi weakens the organism; normal Qi promotes harmonious lives; deranged Qi creates diseases; termination of Qi causes the death of life.



# 5. Yang Qi Stagnancy 阳气怫郁

- If Yang Qi is stagnant, Fire-Heat develops creating many different pathologies.
- Two definitions.



# Treatment of Yang Qi Stagnancy

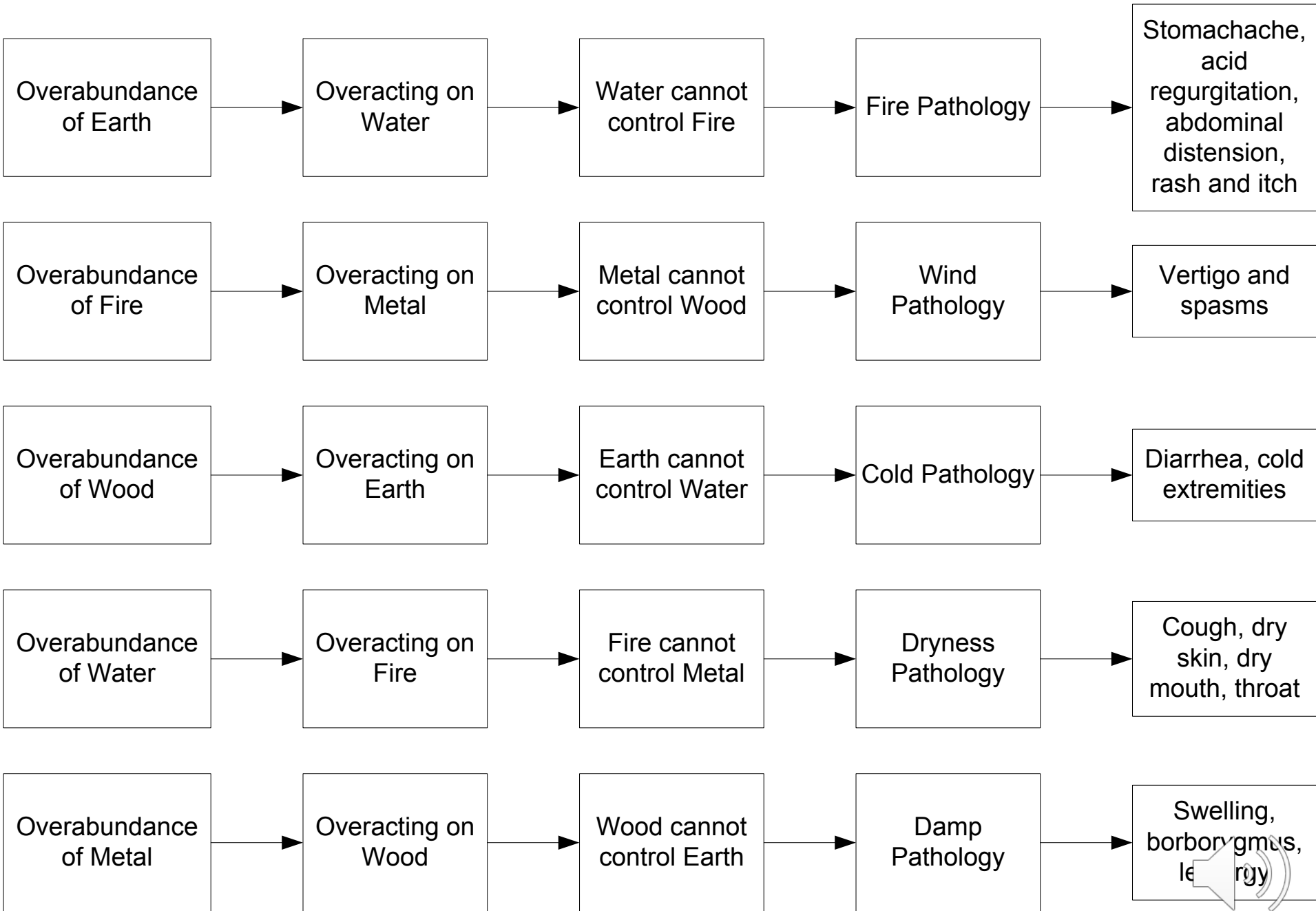
- Xuan, Qing, Tong 宣清通三法
- Disperse, Cleanse, Open methodologies
- Pungent, Bitter, Cold Herbs
  - Xuan – to clear biao, not sweating, to clear stagnancy – pungent cool herbs
  - Qing – to clear stagnant heat – bitter cold herbs
  - Tong – mainly purging – pungent, bitter, cold herbs



## 6. Wu Yun Liu Qi Bing Ji Xue Shuo Five Cycles, Six Qi Pathology

- Even though human beings can master their environment and creates a micro-climate for herself, climate, weather, and environmental changes are still very influential in causing or triggering diseases and imbalances.
- Five Cycles – five elemental or five zang influences





# 7. Kang Hai Cheng Zhi Discussion 亢害 承制论

- Wu Yun Liu Qi inter-supporting and inter-controlling.
- To ensure seeking for balance in constant imbalance.



Ben Qi 本气 Original Qi	Huo Qi 火气 Fire Qi	Zao Qi 燥气 Dryness Qi	Han Qi 寒气 Cold Qi	Feng Qi 风气 Wind Qi	Re Qi 热气 Heat Qi	Shi Qi 湿气 Damp Qi
Zhong Qi 中气 Middle Qi	Jueyin 厥阴 LV	Taiyin 太阴 SP	Shaoyin 少阴 HT	Shaoyang 少阳 GB	Taiyang 太阳 UB	Yangming 阳明 ST
Biao Qi 标气 Manifestation Qi	Shaoyang 少阳 GB	Yangming 阳明 ST	Taiyang 太阳 UB	Jueyin 厥阴 LV	Shaoyin 少阴 HT	Taiyin 太阴 SP



## 8. Further elaboration on miscellaneous diseases

- Huang Di Su Wen Xuan Ming Lun Fang
  - Also known as Xuan Ming Lun Fang
- 黄帝素问宣明论方
- 1172 AD
- 15 chapters, 348 formularies
- Fang Feng Tong Sheng San 防风通圣散
- Di Huang Yin Zi 地黄饮子
- Gui Ling Gan Lu Yin 桂苓甘露饮
- 66% combination of warming and cooling herbs
- 21% warming, 13% cooling





# Di Huang Yin Zi

## 地黃飲子

- 生地 Sheng Di 3 liang
- 巴戟天 Ba Ji Tian 1 liang
- 山茱萸 Shan Zhu Yu 1 liang
- 肉蓯蓉 Rou Cong Rong 1 liang
- 石斛 Shi Hu 1 liang
- 炮附子 Fu Zi 1 liang
- 茯苓 Fu Ling 1 liang
- 石菖蒲 Shi Chang Pu 1 liang
- 遠志 Yuan Zhi 1 liang
- 肉桂 Rou Gui 1 liang
- 麥冬 Mai Dong 1 liang
- 五味子 Wu Wei Zi .5 liang
- 生薑 Sheng Jiang
- 大棗 Da Zao
- 薄荷 Bo He



# Di Huang Yin Zi

## 地黃飲子

- Tonify Kidney Benefit Essence
- Nourish Heart Open Orifice
- Stroke, Loss of Speech, especially Kidney Yin and Kidney Yang Deficiency types
- Locomotor Ataxia - syphilis of the spinal cord characterized by degeneration of sensory neurons and stabbing pains in the trunk and legs and unsteady gait and incontinence and impotence
- Meniere's Syndrome
- Hyperthyroidism
- Neurasthenia



# Gui Ling Gan Lu Yin

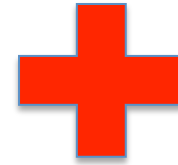
## 桂苓甘露飲

Liu Yi San + Wu Ling San + Han Shui Shi, Shi Gao  
六一散 + 五苓散 + 寒水石，石膏

- Liu Yi San  
六一散
  - Hua Shi 滑石
  - Gan Cao 甘草



- Wu Ling San  
五苓散
  - Gui Zhi 桂枝
  - Fu Ling 茯苓
  - Ze Xie 澤瀉
  - Zhu Ling 豬苓
  - Bai Zhu 白朮



- Han Shui Shi 寒水石
- Shi Gao 石膏



# He Jian Xue Pai

- Established foundations for
  - Pathogen Attacking Doctrine
  - Dan Xi Doctrine
  - Warmth Disease Doctrine



# Fever

- An adaptive mechanism, fever is the body's reaction to pathogens; it attempts to raise core body temperature to levels which will denature, debilitate, or kill the pathogen. Most fevers are caused by infections and almost all infectious diseases can cause fever. When a patient has or is suspected of having a fever, that person's body temperature is measured using a thermometer. If successful in ridding the body of an invasive pathogen, fever is an important protective immune



# infection

- An infection is the detrimental colonization of a host organism by a foreign species. An infection is, in effect, a war in which the infecting organism seeks to utilize the host's resources in order to multiply at the expense of the host. The infecting organism, or pathogen, interferes with the normal functioning and perhaps the survival of the host. Colloquially, a pathogen is usually considered a microscopic organism though the definition is broader including bacteria



# Inflammation

- Inflammation is the first response of the immune system to infection or irritation and may be referred to as the innate cascade. Inflammation is characterized by the following quintet: redness (rubor), heat (calor), swelling (tumor), pain (dolor) and dysfunction of the organs involved (functio laesa).



### **Viral infectious diseases**

AIDS – AIDS Related Complex – Chickenpox or Varicella – Common cold – Cytomegalovirus Infection – Colorado tick fever – Dengue fever – Ebola haemorrhagic fever – Epidemic parotitis – Flu – Hand, foot and mouth disease – Hepatitis – Herpes zoster – Influenza – Lassa fever – Measles – Marburg haemorrhagic fever – Infectious mononucleosis – Mumps – Poliomyelitis – Progressive multifocal leukencephalopathy – Rabies – Rubella – SARS – Smallpox or variola – Viral meningitis – West Nile disease – Yellow fever

### **Bacterial infectious diseases**

Anthrax – Bacterial Meningitis – Brucellosis – Bubonic plague – Campylobacteriosis – Cat Scratch Disease – Cholera – Diphtheria – Endometriosis – Epidemic Typhus – Glanders – Gonorrhoea – Hansen's Disease – Legionellosis – Leprosy – Leptospirosis – Listeriosis – Lyme Disease – Melioidosis – MRSA infection – Nocardiosis – Pertussis – Pneumococcal pneumonia – Psittacosis – Q fever – Rocky Mountain Spotted Fever or RMSF – Salmonellosis – Scarlet Fever – Shigellosis – Syphilis – Tetanus – Trachoma – Tuberculosis – Tularemia – Typhoid Fever – Typhus – Whooping Cough

### **Parasitic infectious diseases**

African trypanosomiasis – Amebiasis – Ascariasis – Babesiosis – Chagas Disease – Clonorchiasis – Cryptosporidiosis – Cysticercosis – Diphyllbothriasis – Dracunculiasis – Echinococcosis – Enterobiasis – Fascioliasis – Fasciolopsiasis – Filariasis – Free-living amebic infection – Giardiasis – Gnathostomiasis – Hymenolepiasis – Isosporiasis – Kala-azar – Leishmaniasis – Malaria – Metagonimiasis – Myiasis – Onchocerciasis – Pediculosis – Pinworm Infection – Scabies – Schistosomiasis – Taeniasis – Toxocariasis – Toxoplasmosis – Trichinellosis – Trichinosis – Trichuriasis – Trypanosomiasis

### **Fungal infectious diseases**

Aspergillosis – Blastomycosis – Candidiasis – Coccidioidomycosis – Cryptococcosis – Histoplasmosis

### **Prion infectious diseases**

Bovine spongiform encephalopathy – Creutzfeldt-Jakob disease – Kuru





# He Jian Xue Pai

## Ending Summary

Contributed to better understanding  
of infectious diseases, inflammations  
and miscellaneous disorders

