Yi Shui Doctrine
Yi Shui Xue Pai
易水学派
Daoshing Ni
Main Concept

Exploration of Zang Fu Pathologies, Differentiation of Syndromes and Treatments
Initiator

Dr Zhang, Yuan Su
Founding Environment

- Song, Jin, Yuan Dynasties
- Wartime
- Lost of many great medical texts on miscellaneous diseases
Infectious Diseases

War, Famine, Migration
Great Migration to the South
How do Endogenous Diseases come about?

There was no systemic understanding
Need further deepening and development
All Endogenous Diseases relate to Zang Fu dysfunction
Source of Zang Fu Pathology

• Originates from Neijing, but not in an organized fashion.

• Appeared in Nanjing 难经, Shang Han Za Bing Lun 伤寒杂病论, Zhong Zang Jing 中藏经, Qian Jin Fang 千金方, Xiao Er Yao Zheng Zhi Jue 小儿药证直诀.

• by the time, when Song dynasty rolls around, we are using old formula for new Zang Fu conditions
Dr Zhang, Yuan Su

• Born in Jin Dynasty
• Yi Shui County, He Bei Province
• Elaborated upon the etiology of endogenous diseases are due to dysfunction of Zang Fu
• Focused on Zang Fu theories, differentiation of syndromes, and treatments.
Dr Zhang Yuan Su
张元素

- Able to heal Dr. Liu, Wan Su’s Shang Han disease.

- Li Dong Yuan, Wang Hao Gu are his students 李东垣, 王好古。

- ”Beginning Source of Medicine” (Yi Xue Qi Yuan 医学启源), “Minaudière of Pearls” (Zhen Zhu Nang 珍珠囊)

- Other publications unfortunately lost.
“Beginning Source of Medicine”

- Yi Xue Qi Yuan 医学启源
- Most chapters are written by Li Ming 李明, his disciple
- based on Neijing and Zhong Zang Jing
“Beginning Source of Medicine”

• 3 sections
• First section focused on Zang Fu, channel theories, and treatments of symptoms
• Second section focused on diseases of Wu Yun Liu Qi (five cycles and six qi’s)
• Third section focused on the use of herbs and nature of herbs
His Contributions

Zhang, Yuan Su

张元素
Zhang, Yuan Su
Contributions

• Zang Fu Differentiation of Syndromes
• Herbal Categorization
• New Formulations and classifications
Example of Zang Fu Differentiation - Liver

- Liver normal physiology
- Liver abnormal pulses
- Liver symptoms
- Liver disease progression and prognosis
- Liver disease treatment
Liver Disease

- Pulse rapid emphasized, irritable speech;
- slightly rapid, qi congestion in hypochondria;
- slow emphasized, vomiting and reversals;
- slightly slow, water retention;
- large emphasized, Nei Yong 内痈, hematemesis;
- slightly large, tendon pain;
- small emphasized, excessive Yin 饮;
- slightly small, Bi syndrome;
- slippery emphasized, hernia;
- slightly slippery, urinary incontinence;
- sluggish emphasized, Liu Yin 流饮;
Herbal Categorization

• Clarified tastes and directional energies
• Clarified tastes, temperatures and Zang Fu treatments
• Deepened the concept of channel entering
• Clarified herbs according to Zang Fu
<table>
<thead>
<tr>
<th>Zang Fu</th>
<th>Five Taste Bu-Xie</th>
<th>Four Qi Bu-Xie</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Taste-Bu</td>
<td>Qi-Bu</td>
</tr>
<tr>
<td></td>
<td>Taste-Xie</td>
<td>Qi-Xie</td>
</tr>
<tr>
<td>LV/GB</td>
<td>Pungent</td>
<td>Cool</td>
</tr>
<tr>
<td>HT/SI</td>
<td>Salty</td>
<td>Cold</td>
</tr>
<tr>
<td>SP/ST</td>
<td>Sweet</td>
<td>Warm/Hot</td>
</tr>
<tr>
<td>LU/LI</td>
<td>Sour</td>
<td>Warm</td>
</tr>
<tr>
<td>KD/UB</td>
<td>Bitter</td>
<td>Hot</td>
</tr>
</tbody>
</table>
New Formulations

• Create new formulations from old formulas
• Classified herbal formulas according to Wind, Summer Heat, Damp, Dryness, and Cold.
Liver

**Xu-Shi Deficiency - Excess**

- Sedate the Excess
  - Collect Wind: Qiang Huo, Jing Jie, Bo He, Huai Zi, Man Jing Zi, Bai Hua She, Du Huo, Zao Jia, Wu Tou, Fang Feng, Bai Fu Zi, Jiang Can, Chan Tui.
  - Sedate the Son: Gan Cao
  - Calms Seizures: Xiong Huang, Jin Bo, Tie Luo, Zhen Zhu, Dai Zhe Shi, Ye Ming Sa, Hu Fen, Yin Bo, Qian Dan, Long Gu, Shi Jie Ming
  - Disperse Heat Manifestations
  - Circulate Qi: Xiang Fu, Chuang Xiong, Qu Mai, Qian Niu, Qin Pi
  - Circulate Blood: Hong Hua, Bie Jia, Tao Ren, Er Zhu, San Leng, Chuan Shan Jia, Da Huang, Shui Zhi, Meng Cao, Su Mu, Dan Pi
  - Cools Heat Source
  - Tonify Mother: Gou Ji Zi, Du Zhong, Gou Ji, Shou Di, Ku Shen, Bei Xie, A Jiao, Tu Si Zi.
  - Tonify Blood: Dang Gui, Niu Xi, Xu Duan, Bai Shao, Xue Jie, Mo Yao, Chuan Xiong.
  - Tonify Qi: Tian Ma, Bo Zi Ren, Bai Zhu, Ju Hua, Xi Xin, Mi Meng Hua, Jue Ming, Gu Jing Cao, Sheng Jiang.

**Biao-Ben Manifestation - Source**

- Cools Heat Source
  - Sedate Wood: Shao Yao, Wu Mei, Ze Xie
  - Sedate Fire: Huang Lian, Long Dan Cao, Huang Qin, Ku Cha, Zhu Dan.
  - Attack Li: Da Huang

- Disperse Heat Manifestations
  - Harmonize Relieve: Chai Hu, Ban Xia
  - Relieve Muscle (Tissue): Gui Zhi, Ma Huang
<table>
<thead>
<tr>
<th>Tissues</th>
<th>Tonification</th>
<th>Sedation</th>
</tr>
</thead>
<tbody>
<tr>
<td>LV/GB</td>
<td>pungent</td>
<td>sour</td>
</tr>
<tr>
<td>HT/SI</td>
<td>salty</td>
<td>sweet</td>
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<tr>
<td>SP/ST</td>
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<td>pungent</td>
</tr>
<tr>
<td>KD/UB</td>
<td>bitter</td>
<td>salty</td>
</tr>
</tbody>
</table>
Fire Sedating Herbs

- Huang Lian - HT CH - Sedate Heart Fire
- Huang Qin - LU CH - Sedate Lung Fire
- Bai Shao - LV CH - Sedate Liver Fire
- Zhi Mu - KD CH - Sedate Kidney Fire
- Mu Tong - SI CH - Sedate Small Intestine Fire
- Huang Qin - LI CH - Sedate Large Intestine Fire
- Shi Gou - ST CH - Sedate Stomach Fire
- Chai Hu - SJ CH - Sedate San Jiao Fire - Assisted by Huang Qin
- Chai Hu - LV/GB CH - Sedate Liver and Gall Bladder Channels - Assisted by Huang Lian
- Huang Bo - UB CH - Sedate UB Fire
<table>
<thead>
<tr>
<th>Taste</th>
<th>Element</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sour</td>
<td>Wood</td>
<td>Warm</td>
</tr>
<tr>
<td>Suan 酸</td>
<td>Mu 木</td>
<td>Wen 温</td>
</tr>
<tr>
<td>Bitter</td>
<td>Fire</td>
<td>Hot</td>
</tr>
<tr>
<td>Ku 苦</td>
<td>Huo 火</td>
<td>Re 热</td>
</tr>
<tr>
<td>Sweet, Bland</td>
<td>Earth</td>
<td>Neutral</td>
</tr>
<tr>
<td>Gan 甘, Dan 淡</td>
<td>Tu 土</td>
<td>Ping He 平和</td>
</tr>
<tr>
<td>Pungent</td>
<td>Metal</td>
<td>Cool</td>
</tr>
<tr>
<td>Xin 辛</td>
<td>Jin 金</td>
<td>Liang 凉</td>
</tr>
<tr>
<td>Salty</td>
<td>Water</td>
<td>Cold</td>
</tr>
<tr>
<td>Xian 咸</td>
<td>Shui 水</td>
<td>Han 寒</td>
</tr>
<tr>
<td>The Qi</td>
<td>Main Treatment</td>
<td>Assisting Treatment</td>
</tr>
<tr>
<td>------------</td>
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<td>---------------------</td>
</tr>
<tr>
<td>Wind Control</td>
<td>Pungent Cool</td>
<td>Bitter Pungent</td>
</tr>
<tr>
<td>Summer Heat Control</td>
<td>Salty Cold</td>
<td>Sweet Bitter</td>
</tr>
<tr>
<td>Damp Control</td>
<td>Bitter Hot</td>
<td>Salty Bland</td>
</tr>
<tr>
<td>Dryness Control</td>
<td>Bitter Warm</td>
<td>Sweet Pungent</td>
</tr>
<tr>
<td>Cold Control</td>
<td>Sweet Hot</td>
<td>Bitter Pungent</td>
</tr>
</tbody>
</table>
Two Types of Channel Diseases

• Reactionary Disease – exogenous pathogen invades the channel, disease occurs with reaction to this pathogen. (Qi disease) 是动病

• Original Disease – endogenous, self created disease due to channel weakness or imbalance and not caused by exogenous pathogens. (Xue disease) 所生病
Li Dong Yuan
Li, Dong Yuan

- 李杲 Li Gao, 李明之 Li Ming Zhi, Li Jun 李君
- 1180 – 1251 AD
- He Bei Province, Bao Ding City
- Jin, Yuan Dynasties
- Hunger, famine, wartime, fear, fright, diseases
- Much damage to the spleen and stomach.
- “Stomach Qi is the source of human body”, “who has the grain flourishes, who has not diminishes.”, “Five Zang Six Fu all obtain their Qi from the Stomach”…Neijing
- Established “Internal injury to Spleen-Stomach, hundred diseases arise” concept
Publications

- Pi Wei Lun 脾胃论 3 chapters
- Nei Wai Shang Bian Huo Lun 内外伤辨惑论 3 chapters
- Lan Shi Mi Zang 兰室秘藏 3 chapters
- Mai Jue Zi Zhang 脉诀指掌病式图说 1 chapter
- Huo Fa Ji Yao 活法机要 1 chapter
- Yi Xue Fa Ming 医学发明 1 chapter
- Dong Yuan Shi Xiao Fang 东垣试效方 9 chapters
- Shang Han Hui Yao 伤寒会要
- Shang Han Zhi Fa Ju Yao 伤寒治法举要
- Wan Yu Fang 万愈方
Contributions and features

• Expansion on SP-ST physiology
  • Spleen and Stomach is the source of Yuan Qi
  • Spleen and Stomach is the central switch or regulator of ascend and descend movements throughout the body.
• Expansion on etiopathology of Nei Shang 内伤 (Endogenous “Injuries” Disease)
• Expansion on the differentiation of endogenous and exogenous conditions.
Expansion on SP-ST physiology

- Yuan Qi 元气 Source Qi = Zhen Qi 真气 True Qi
- It is the source energy for the human body to function.
- Yuan Qi, Gu Qi, Ying Qi, Wei Qi are one of the same denoting Stomach Qi.
- The strength of Yuan Qi is determined by the strength of the Stomach Qi.
Strong Stomach Qi → Strong Yuan Qi → Health

Weak Stomach Qi → Weak Yuan Qi → Sickness
Ascend and Descend

- The nature of universal energy is ascending and descending; changing and transforming.
- The human body has similar activity and movement. This is regulated by the Spleen and Stomach.
Body Functions

- Breathing
- Reception of Food
- Distribution of Food Essence and Qi
- Discharge of Food Waste
Raise Stomach Qi

Lower Yin Fire (Ministerial Fire)
Expansion on Nei Shang – Endogenous Injuries

- Congenital Weakness
- Food Irregularity (Nutrition)
- Seven Emotions
- Stress Strain (Life Style)
- Endogenous Diseases
Pathology Expansion

- Relationship of Yuan Qi and Yin Fire
- Yin Fire is Ministerial Fire
- Ministerial Fire is caused by
  - Sp/St Qi Xu
  - Irregular food intake
  - Stress and strain
  - Emotional congestion
- Yin Fire rising creates fever, flushing, asthma, restlessness, pulse large and flooding, headache, and insatiable thirst.
Upper Jiao

Heart Fire

Middle Jiao

Liver

Ministerial Fire

Lower Jiao

Mingmen Fire

Kidneys

Gall Bladder

King Fire

Jun Huo

Ministerial Fire

Xiang Huo
Irregular Food Intake

Stress and Strain

Emotional Congestion

Ministerial Fire Rising

fever, asthma, restlessness, insatiable thirst, pulse large and flooding, headache

Bu Zhong Yi Qi Tang

MF Invades Stomach

Gu Qi stagnant

Clear Qi will not rise, Gu Qi flows out of the body

All nine orifices are dysfunctional
Differentiation of Endogenous and Exogenous Diseases

Li, Gao
Exogenous Qi

Acute/Fast

Ren Ying 人迎 > Cun Kou 寸口

fever, chill, nasal congestion, dyspnea, hoarse voice

Endogenous

Food/Strain/Emotions

Chronic/Slow

Ren Ying 人迎 < Cun Kou 寸口

Alt fever-chill, relieves by warmth, feeble voice
Exogenous

Dorsal heat
Nasal congestion
Persistent headache
extremities strong pains

Endogenous

Palmer heat
Poor appetite, no nasal congestion
Intermittent headache
extremities heaviness and soreness
Exogenous

- Ren Ying 人迎 > Cun Kou 寸口
  - Left cun and Ren Ying pulse floating tight, when pressed flooding and quick

Cold Attack

- Right Cun Kou pulse twice as strong as the Ren Yin pulse

Food Attack

- Right Cun Kou pulse slow but twice or more as strong as the Cun Kou pulse

Wind Attack

- Ren Ying pulse slow but twice or more as strong as the Cun Kou pulse

Overstraining

- Right Cun quick gigantic hesitated rapid, intermittently

Endogenous
## Summary: Exogenous Disease versus Endogenous Disease

<table>
<thead>
<tr>
<th>Categories</th>
<th>Exogenous</th>
<th>Endogenous</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Etiology</strong></td>
<td>Exogenous Qi</td>
<td>Food/Strain/Emotions</td>
</tr>
<tr>
<td><strong>Onset</strong></td>
<td>Acute</td>
<td>Slow/Chronic</td>
</tr>
<tr>
<td><strong>Pulse</strong></td>
<td>Ren Ying 人迎&gt; Cun Kou 寸口 Left Cun floating tight, pressing flooding, tight, rapid</td>
<td>Ren Ying 人迎&lt; Cun Kou 寸口 Right Cun rapid</td>
</tr>
<tr>
<td><strong>Han/Re</strong></td>
<td>Fever, chill, nasal congestion, dyspnea, hoarse voice</td>
<td>Intermittent fever and chill, feeble voice, fever/chill relieves with warmth</td>
</tr>
<tr>
<td><strong>Hands</strong></td>
<td>Palm not hot, dorsum hot</td>
<td>Palm hot, dorsum not hot</td>
</tr>
<tr>
<td><strong>Nose/Mouth</strong></td>
<td>Nasal congest</td>
<td>Poor appetite, no nasal congestion</td>
</tr>
<tr>
<td><strong>Headache</strong></td>
<td>Persistent headache</td>
<td>Intermittent headache</td>
</tr>
<tr>
<td><strong>Extremities</strong></td>
<td>Extreme pains</td>
<td>lethargic and heaviness</td>
</tr>
</tbody>
</table>
Bu Zhong Yi Qi Tang
补中益气汤
Tonify Middle Benefit Qi Tea/Soup
Composition

- 黄芪，甘草，人参，当归，陈皮，升麻，柴胡，白术。

- Huang Qi, Gan Cao, Ren Shen, Dang Gui, Chen Pi, Sheng Ma, Chai Hu, Bai Zhu.
Bu Zhong Yi Qi Tang
补中益气汤

- Tonify Middle Benefit Qi, Raise Yang Lift Prolapsed
- Sp/St Qi Xu: poor appetite, fatigue and tired limbs, quiet with limited speech, pale face, loose stools, pulse deficient large and soft.
- Qi Xu Prolapsed Condition: uterine or other organ prolapses, chronic diarrhea, chronic dysentery, Beng Lou 崩漏, dyspnea, pale tongue and weak pulse
- Qi Xu Fever Condition: fever, spontaneous sweating, thirst with desire for warm drinks, fatigue, dyspnea, pale tongue, pulse forceless
Bu Zhong Yi Qi Tang
Conditions Used - I

- Gastroptosis
- Rectal Prolapse
- Post-surgical fever
- Post-surgical intestinal dysfunction
- Myasthenia Gravis
- Gastritis
- Leukocytosis
- Meniere Disease
- Functional uterine bleeding
- Pre-eclampsia
Bu Zhong Yi Qi Tang
Conditions Used - 2

- UTI
- Hypertension
- Tinnitus
- Chronic hepatitis
- BPH
- Rhinitis
- Oral ulcerations
- Glaucoma
- Hernia
- Diarrhea
- Urinary incontinence
- Constipation
Ending Summary

Yi Shui Doctrine
Initiation

• focused on endogenous disease through deeper understanding of Zang Fu pathologies via differentiation of syndromes

• Initiator: Zhang, Wan Su

• Main Publication:
  • “Beginning Source to Medicine” (Yi Xue Zi Qi 医学自启)
  • Minaudiére of Pearls” (Zhen Zhu Nang 珍珠囊)
Supporting Publications
Earth School

• Discussion of Spleen and Stomach (Pi Wei Lun 脾胃论) - Li, Dong Yuan

• Discussion on Differentiation and Clarification of Exogenous and Endogenous Diseases (Nei Wai Shang Bian Huo Lun 内外伤辨惑论) - Li, Gao
Supporting Physicians

• Li, Dong Yuan - Earth School
• Wang, Hao Gu - Three Yin Syndromes
• Luo, Yuan Yi - Sanjiao Syndromes
• Zhang, Bi - Son of Zhang Yuan Su
Supporting Publications

Others

• Illustrated Principles of Yin Syndromes (Yin Zheng Lue Li 阴证略例) - Wang, Hao Gu

• Treasured Rectification of Life Nourishment (Wei Sheng Bao Jian 卫生宝鉴) - Luo, Yuan Yi