

Shang Han Lun

**Jeffrey Yuen's class
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Overview of Shang Han Lun

I) History

- 1) Zhang Zhong Jing (142 – 220 AD) developed the Shang Han Lun style, the oldest diagnostic tradition
 - He was a Confucian scholar of a noble family
 - He lived in a village of ~200 family members
 - An epidemic arose and killed nearly all of them
 - He subsequently began to study medicine (he felt he was obligated to his ancestors and humanity to do this) with Zhang Bo Zao, a renown doctor, as an apprentice
 - There are two ways of learning medicine in China:
 - A *mentorship*, where a person gives a master their life savings, and he takes them on
 - And an *apprenticeship*, where the student is recommended to the doctor, and there's no monetary exchange

- 2) Zhang Zhong Jing is attributed to having written the *Shan Han Jia Bing Lun*
 - Shan = Injury
 - Han = Cold
 - Jia = Miscellaneous
 - Bing = Diseases
 - Lun = Treatise

 - Two books were actually written – the *Shan Han Lun* and the *Jin Gui Yao Lue* (*Essentials from the Golden Chamber*), the latter book covering OB-GYN issues, pediatrics, and diseases arising from Phlegm
 - This is the first time Phlegm was posited as a pathogenic agent

 - The actual authorship is Wang Shu-He, who also wrote the *Mai Jing* (*Pulse Classic*), in which he lists the pulse positions, whom he credits to Zhang Zhong Jing
 - Zhang Zhong Jing only taught two students who did not write
 - Shan Han Lun was a very secretive style that was not widely practiced

- 3) Zhang Zhong Jing was among the first to posit that illness comes from constriction of Yang due to impinging external factors which have invaded the body – not from spirits, daemons, angry ancestors or the forces of Heaven
 - Zhang Zhong Jing said that when the body is conflicted with Shan Han (an epidemic), the Yang of the body tries to push out the Cold via the most Yang channel of the body – Tai Yang
 - Shan Han Lun style developed the principle that as an epidemic progressed in the body, it lodged itself more and more deeply, effecting apparently disparate organ systems
 - Healing, according to the system, happens in reverse of the disease's progression (called the Law of Healing)
 - Hippocrates' philosophy mirrors the Shan Han Lun on this point

 - The *Nei Jing* also developed the idea that disease is caused by external (or internal) factors, saying that disease is the result of Wind, Cold, emotions, diet and sexual overindulgence
 - The *Nan Jing* stated that if someone contracts Cold, it *must* be treated with the 5-flavors – *i.e.*, herbs

Tai Yang Stage

I) Tai Yang Overview

- 1) Onset stage... if EPF not caught early on the EPF can progress deeper into the body, leading to disease
- 2) Chief etiology: Wind (Feng) and Cold (Han)
- 3) Tai Yang = Exterior terrain:
 - Skin
 - 4 limbs
 - Orifices
 - Upper respiratory tract
 - Head
- 4) Problems that can manifest can be:
 - Dermatological
 - Musculo/skeletal
 - Acute headaches
 - Eye conditions
 - Nasal conditions
 - Cold sores in the mouth
 - Upper respiratory tract infections (bronchitis)
- 5) Wei-Qi is the primary form of Qi affected at the Tai Yang stage
 - Wei-Qi is warming, so when conflicted, person will feel feverish... or hives may manifest
 - Wei-Qi also controls the pores, so there may be sweating
 - Inflammation of the sinews may occur, as Wei-Qi moves through the skin and sinews
- 6) Wei-Qi is highly dependent on Ying and Yang-Qi
 - Ying-Qi is an aspect of Yuan-Qi
- 7) Wei-Qi relates to *Gan* – feelings (in Chinese)
 - From an emotional point of view, Wei-Qi relates to how one feels about the world
 - It is autonomic and reflexive
 - It has no intelligence
 - Ex.: getting “bad vibes” is a Wei-Qi reaction
 - Ying-Qi on the other hand is related to the emotions, or *Qing*, which means “target”
 - Anger
 - Sadness... &tc.
 - Feelings that are indiscriminant and which you cannot really describe
 - Yuan-Qi is related to temperament, *Xing*
 - *Xing* is one’s over-all nature which determines one’s over-all feeling disposition
 - One’s temperament cannot be changed
 - Trying to alter a person’s or animal’s temperament leads to disease

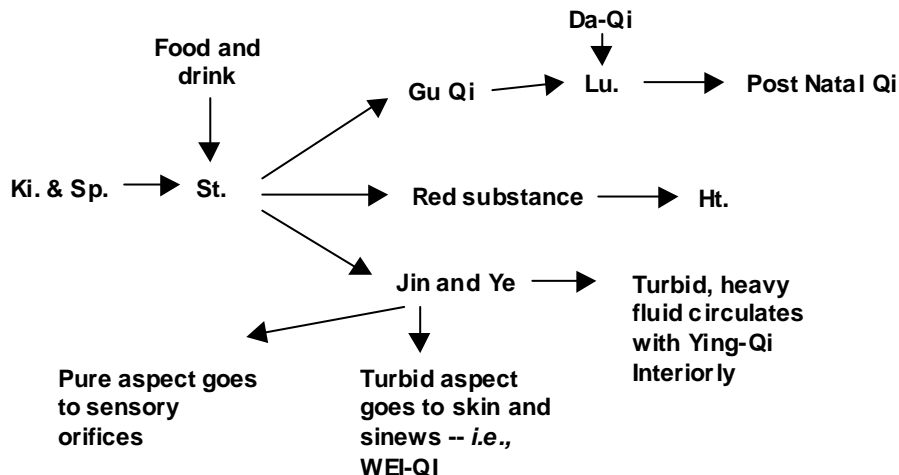
- Mood swings are a Tai Yang condition... related to Wind (Wind = change; movement)
- 8) When Wei-Qi moves inward, it goes into the chest
- ...also the smooth muscles of the gut
 - It is responsible for urination as well; also, obviously, defecation
- 9) Natural ways of getting rid of toxins include:
- Sweating
 - Urination
 - Defecation
 - Vomiting
 - Lacrimation
 - Spitting
 - Nasal discharge

II) Symptoms of Tai Yang Stage Disease

| <u>Zhong Feng</u> (Wind) | <u>Shan Han</u> (Cold) |
|--|--|
| Aversion to Wind | Aversion to Cold |
| Relatively mild | Relatively severe |
| Fever > chills | Chills > fever |
| Aggravates or blocks movement | Constrictive |
| Sweating | Little/no sweating |
| Hives; urticaria | Pale discoloration |
| EPF → Lungs → watery nasal discharge or sneezing | Stuffed up nose; discharge is thick |
| Itchy or teary eyes | Chest tightens up to keep EPF from going deeper, thereby inhibiting the descending function of the Lungs |
| Red eyes (from Wei-Qi moving here) | Little/no routes of elimination; sweating, urination, and defecation are inhibited due to the above |
| Headaches (Wind moves upward) | Body aches (Cold moves downward) |
| Tickley throat | Coughing |
| <u>Pulse</u> : Floating and Rapid | <u>Pulse</u> : Floating and Tight When Cold's gone deeper, Floating and Slow |

III) Tai Yang Pathology

- 1) This stage usually lasts for 3 – 5 days (in the case of Wind)
 - If it is severe (Cold), it lasts 7 – 10 days
 - By the 10th day, you should feel stronger than you did before getting sick
- 2) The success in treating the condition is not so much the relief of symptoms, but that the patients continue part of their treatment at home
- 3) Progression of illness if left untreated:
 - Catch draft
 - Wintertime weather resonates with Cold in the body, so no sickness happens
 - Spring and warm weather make Cold in body come out
 - Sickness
 - Antibiotics
 - In autumn, chronic fatigue syndrome since internal Cold, locked into body by antibiotics, is exacerbated by the cold weather
- 4) Treatment principle:
 - Release exterior (free Wei-Qi) by inducing diaphoresis
 - Adjust balance between Wei and Ying-Qi levels
 - Nourish fluids to make up for what's sweated out
 - a) Free Wei-Qi to induce sweat, *i.e.*, release Exterior (from Wind and Cold)
 - Since the Lungs control sweating and the diffusion of Wei-Qi, if wheezing is a result of the treatment, there's a complication
 - You've done something wrong and have further hurt the Lung function
 - Since sweat is the fluid of the Heart, there may be
 - Vomiting
 - ...or palpitations
 - b) You must also balance/adjust/harmonize Wei and Ying-Qi
 - If Ying-Qi is weak, and you're stimulating the Wei-Qi, adverse conditions can arise
 - c) You must also nourish fluids if pulse is Thin, since Wei-Qi is created from fluids, as the following diagram shows...



Shao Yang Stage

I) Shao Yang Overview

- 1) When a person is at the Tai Yang stage, if the EPF moves deeper, the body recognizes it as an emergency situation, and via Yang Ming, tries to burn it off
- 2) If the EPF is not threatening to the constitutional level, it goes to Shao Yang – where the body “regroups” its energy for fighting off EPFs
 - At this Stage, Wei-Qi moves into the hypogastric area, causing nausea/vomiting or just tightness
 - This is because this is where Shao Yang brings energy in order to regroup... instead, it just stagnates
 - If Wei-Qi stagnation moves into the abdomen, there’ll be distension, heaviness and pain
- 3) Shao Yang chest stagnation produces Heat
 - Fever that comes and goes sets in
 - As the qi tries to push out the EPF through fever, it periodically goes back into the chest to regroup before trying again
 - a) When the Wei-Qi retreats back to the chest, it produces the following symptoms:
 - Chills
 - Weakness of the four limbs
 - Heaviness/cloudiness of the head (a.k.a., “visual dizziness”)
 - Poor concentration
 - b) When the Wei-Qi is trying to push out the EPF from the chest, the symptoms are:
 - Bitter taste in mouth
 - Stuffy nose with yellow mucous
 - Sneezing
 - Irritability and restlessness (or *fan* and *zao*, due to ascending Heart and Liver-Qi respectively)
- 4) If it’s a **Wind** EPF, the following symptoms due to qi rebelling *upward* manifest:
 - Fever with alternating chills
 - Distension
 - Bitter taste in mouth
 - Wiry-Floating pulse
 - This is a mild condition, so only the leg meridians need be used
- 5) If it’s a **Cold** EPF, the following symptoms due to qi rebelling *downward* manifest:
 - Alternating chills and fever
 - Cold constricts chest causing oppression, then later, pain
 - Reduced appetite
 - Weak limbs
 - Wiry-Deep pulse
 - This is a severe condition, so both leg and arm meridians should be used

- 4) Hot chest with frigid limbs
- 5) Undigested food (for treatment, see above)see
- 6) Disparity between above and below, or left and right

III) Treatment Principle

- 1) Harmonize (*he*) between Internal and External
- 2) Unbind (or “regulate”) the Qi
 - Loosen the chest
- 3) Expel accumulations in the throat and chest
 - Stagnation in the Lungs will go up to the throat causing Phlegm and/or plum-pit throat

IV) Treatment

- 1) Needle jing-well point, plus the Shu-stream point (towards jing-well point, dispersing it) as a prophylactic measure to keep the EPF from progressing further:

- | | | | | | | |
|-----------|---|--|---|-------------------|---|------------------|
| | | <u>Jing-well</u> | + | <u>Shu-stream</u> | + | <u>Luo point</u> |
| – Mild | = | GB-44 | | GB-41 | | GB-37 |
| – Severe | = | GB-44 & SJ-1 | + | GB-41 & SJ-3 | + | GB-37 & SJ-5 |
| – Chronic | = | Add GB-34 for mild conditions Add GB-34 + SJ-10 for severe conditions | | | | |

- 2) To prevent the EPF from moving to Yang Ming or Tai Yin, use the Yuan-source points:

- | | | | | | |
|----------|---|------------------|---|----------------|--|
| | | <u>Yang Ming</u> | + | <u>Tai Yin</u> | |
| – Mild | = | St-42 | | Sp-3 | |
| – Severe | = | St-42 & LI-4 | + | Sp-3 & Lu-9 | |

- 3) To treat chest stagnation, disperse:

- Ren-17
- Lu-7
- P-6

- 4) For cough:

- Lu-3

- 5) To dispel accumulation in the throat, disperse:
 - Ren-22
 - GB-24 (Mu of Gall Bladder)
 - Ren-5 (Mu of San Jiao)

- 6) For undigested food:
 - a) If the person is vegan:
 - Moxa Ren-13 & St-42 or St-41 (Fire point of St.)
 - Have them eat grains and sprouts
 - b) If the person is carnivorous:
 - Moxa Ren-13 & Sp-3 or Sp-2 (Fire point of Sp.)
 - Have them eat the seeds of spices

- 7) For disparities between above/below and left/right (Ex.: diaphragmatic constriction causing heat sensation above, cold sensation below), repolarize the body by needling:
 - Ren-17 (needle first)
 - Du-20
 - Ki-1

 - To test the patient to see if they need these points done, have them place one palm on top their head (Du-20) while holding out the other arm... and press down on that arm
 - Have the patient then put the yang aspect of their palm (reverse side) on top their head... and press down on their outstretched arm
 - In the second instance, there should be less resistance when pushing the patient's arm down... if not, there's pathogenic polarization

- 8) To treat gall stones due to long-term qi stagnation in the chest:
 - Disperse GB-22
 - This point is also used to release stagnant Wei-Qi in the chest, bringing it out to the elbows and knees

- 9) To outhrust qi – move it out of Shao Yang to a preceding Stage:
 - LI-5 – moves EPF from Shao Yang to Yang Ming
 - SJ-6 – moves EPF from Yang Ming to Shao Yang
 - Bl-57 – moves EPF from Yang Ming to Tai Yang