SHANG HAN LUN

I) Shang Han Lun:

Shang = Injury     Han = Cold     Lun = Treatise

- Written by Zhang Zhong Jing, the Hypocrites of Chinese Medicine, during the Han dynasty
- Shang also = Emotions
- Han = Cold = no movement = no Yang = no resolution
- Shan Han Lun can be applied to how someone acts and reacts to emotional issues and confrontations in life… not just Pathogenic Factors

II) Tai Yang (SI/Bl)

1) A pathogen enters first through this channel
   - Or rather, the body will try to expel the PF through this channel
2) Fever is activated
3) Aversion to Wind and Cold
   - Body wants to keep pathogen at surface and keep it from going deeper
4) Patient gets headaches and aches in upper body due to the contractility of Cold and the rising quality of Wind
   - The stronger the Cold, the more the contraction, the more achiness there will be
5) PULSE will be Floating (since Wei Qi is at the surface battling pathogen), and Tight (due to Cold)
6) If there’s no sweat, it means the pores are closed and that the PF is stronger than the Wei Qi at the moment

III) Yang Ming (LI/St)

1) At this stage, the PF is in the Stomach and Large Intestine
2) PF is a threat to the zang (the solid) organs, so the body exerts as much energy as it can to rid itself of Cold
3) Stomach will expend a lot of Ying Qi to help Wei Qi in sweating PF out
   - Brings on fever
4) In this, you use up a lot of fluids, so you become very thirsty and need to rehydrate
5) PULSE becomes Full and Flooding
6) Ying Qi eventually begins to decline
7) The fever and sweating dries out the bowels, causing constipation and scanty urine

8) At this point, you sweat less
   - Fever persists
   - PULSE: less Flooding
   - There’s still thirst, but the body is drying out

9) Sun Sei Miao promoted the use of Cold Bitter herbs to flush out the system at this stage – ridding the body of the PF via purging

IV) **Shao Yang (SJ/GB)**

1) At this stage, PF is stuck (body couldn’t get rid of it)
   - Called: ½ interior ½ exterior

2) PULSE: Wiry

3) Body is not strong enough to rid itself of the pathogen, but strong enough to hold onto it and not let it get deeper

4) Always alternating signs and symptoms:
   - Heat – Constipation
   - Cold – Diarrhea
   - Nausea – Vomiting
   - Headache – Distension in hypochondriac region
   - Abdominal distension

V) **Tai Yin (Lu/Sp)**

1) At this level, the Lungs (Wei Qi) and Spleen (Ying Qi) begin to get deficient

2) Lung decline gives rise to:
   - Fatigue – Shortness of breath
   - Sweating with little exertion

3) Spleen decline gives rise to:
   - No appetite – Weak limbs
   - Loose stools

4) Nodules also form as Yin surrounds pathogen

5) PF is in latency; called *Hidden Evil*

6) There is also watery discharge, and no thirst

7) PULSE: Empty

8) **COLD HAS ENTERED ZANG** at this point!
VI)  **Shaoyin (Ht/Ki)**

1) Yuan Qi goes to help Ying Qi

2) Heart beat quickens to move more blood; this creates:
   - Heat
   - Anxiety
   - Insomnia
   - Dry mouth
   - Dizziness

3) Kidney energy moves downward, creating Cold
   - This gives rise to "cock crow" diarrhea (diarrhea at 5 am)
   - Low back pain
   - Cold limbs

4) Yin and Yang really begin to separate at this point, as exemplified by the Heart and Kidney symptoms

VII)  **Jue Yin (PC/Lr)**

1) Pericardium puts out a lot of Heat, which rises

2) Liver gets Cold
   - Genitals atrophy

3) Patient gets “Running Piglet Qi,” where body is trying to take the Cold pathogen and send it up Ren Mai
   - A Cold sensation will rise up abdomen and lodge itself in the throat
     - Red blotches appear vertically along abdomen
     - *This also happens during Panic Attacks*
     - *Person will want to scream, but they can’t*

4) You need to use a lot of moxa in the treatment