

# 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) Shao Yin (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