

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