

Shang Han Lun

**Jeffrey Yuen's class
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**Transcribed by
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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

- In the Zhou dynasty (1100 – 221 BC), people did not go see doctors when they got ill, but shamans or priests
- 4) Shang Han Lun is an herbal tradition... acupuncture did not come into play within this system until the Tang dynasty (618 – 907 AD) when Sun Sei Miao took it in that direction

II) Overview of the Initial Onset of Disease

- 1) Disease is due to Shang Han (*i.e.*, Cold) and Zhong Feng (Center Wind, literally, as Wind tends to affect the center of the body; often translated as “wind stroke”)
 - According to the *Nei Jing*, Wind is the cause of 100 diseases
- 2) When shang han or zhong feng attack the body, it first attacks the Wei-Qi
 - This causes the pores to close or open, as Wei-Qi can no longer control them
 - These EPFs cause Wei-Qi to stagnate in the sinew meridians, causing cramping, aches and shivering
 - This represents the Tai Yang stage, when an EPF first invades the body
- 3) To the above, the body reacts by becoming stiff at Du-4 and Du-14 – the places where the spine has curvature (and where movement during infancy first begins to lead to an upright posture)
 - Both are very Yang points
- 4) The body also reacts by becoming tight between the shoulder blades
 - This gets rid of the “basins” between the clavicle and the spine of the scapula
 - As a result, the Yang meridians which run through the suprascapular fossa don’t dump the EPF into the body
 - This is the area where gua-sha is done (St-12, and between the shoulder blades and back of the neck)
 - SI-12, Bl-12, GB-20 and Du-16 are good Wind points to needle as a Wind condition becomes progressively worse
 - The muscles in this general area become progressively tighter in the order the points are listed
- 5) In the Yang stages of a disease, you’d needle the Yang Antique points (Jing-well, Ying-spring...)
 - In the Yin stages, you’d needle the Yin Antique points
 - In either case, you’ll have to use more than one point to ensure that 1) the pathogen is pushed out, and 2) that it doesn’t go deeper
- 6) When a condition is mild, the leg meridians are affected
 - When it is severe, the leg and arm meridians are affected
 - Ex.: In a mild Tai Yin stage illness, you’d needle Bl-67
 - In a severe case, SI-1 would also be needed

III) Symptoms of each of the Six Stages*

1) **Tai Yang:**

- a) Wei-Qi first fights off EPF in the Tai Yang meridians
 - Du-14 is the first point affected
- b) General Manifestations:
 - Fever
 - Aversion to cold
 - Stiff neck
 - Headache
 - Aches in the body
 - Floating pulse
- c) Attack of Wind:
 - Fever
 - Aversion to wind
 - Stiff neck
 - Body aches
 - Sweating
 - Floating-Slow pulse
- d) Attack of Cold:
 - Fever
 - Aversion to cold
 - Stiff neck
 - Headache
 - Severe pains in the body
 - No sweating
 - Shortness of breath
 - Floating-Tight pulse

2) **Shao Yang:**

- a) The disease progresses to this stage when there's an insufficiency of Yang-Qi
 - The disease begins to move from the back – the Yang side of the body – to the Yin side of the body
 - The EPF begins to move from the muscles to the bones at this point
 - Pain and distension comes to the flanks and the sides of the body
 - The EPF is ½ Exterior, ½ Interior at this point
 - ½ in the head, ½ in the abdomen
 - At this stage, Wei-Qi (a component of both Yang and Zhong-Qi [chest qi, controlled by the Lung and Liver]) is being supported by Zhong and Yang-Qi to make sure that the EPF doesn't go deeper
 - Qi stagnation in the chest results

* This order is according to Jeffrey Yuen and classical texts.

- After some time, Heat will form and Stagnant Qi will rebel upwards, leading to a constant bitter taste in the mouth...
- This Qi Stagnation also causes loss of appetite and abdominal distension
- Rebellious qi also causes nausea/vomiting and coughing

b) Symptoms:

- Alternating chills and fever
- Fullness of the costal and hypochondriac regions
- Lack of appetite
- Irritability
- Dry throat
- Nausea
- Bitter taste
- Blurred vision
- Dizziness
- White and Slippery tongue coating on one side only
- Wiry pulse (since Wei-Qi is trying really hard to put Wei-Qi out)

3) **Yang Ming:**

a) Qi Stagnation in the chest produces Heat, which is used to burn off the EPF if the body has sufficient fluids

- If Wei-Qi cannot get rid of EPF, Ying-Qi goes up to Wei-Qi level to help, causing the following symptoms and signs

b) General Manifestations:

- High fever
- Profuse sweating
- Aversion to heat
- Thirst
- Overflowing pulse

c) Yang Ming Meridian Pattern:

- High fever
- Profuse sweating
- Aversion to heat
- Thirst with a desire to drink cold water
- Red face
- Restlessness
- Red tongue with a yellow coating
- Overflowing-Rapid pulse

d) Yang Ming Organ Pattern:

- High fever which is worse in the afternoon
- Profuse sweating
- Dry stools/constipation
- Thirst with a desire to drink cold water
- Fullness and pain in the abdomen which becomes worse on pressure
- Restlessness and irritability
- Delirium in severe cases

- Red tongue with a dry yellow or black coating
- Deep-Full pulse

4) **Tai Yin:**

- a) This stage comes about when Yang Ming Heat shuts down due to deficiency or exhaustion
- The EPF is now at a deep level
 - Cold blocks and shuts down
 - Empty-Heat signs and symptoms come into play
 - Night sweats (only to try to push out EPF)
 - Malar flush
 - 5-palm heat
 - Insomnia
 - Irritability
 - Restlessness
- b) Symptoms:
- Abdominal fullness
 - Vomiting
 - No appetite
 - Diarrhea
 - Absence of thirst
 - Pale tongue
 - Deep-Slow pulse

5) **Jue Yin:**

- a) Jue Yin stage is where both the Yin and Yang of the body are collapsing at the same time
- Heat above, Cold below
 - Feeling of energy rising to the chest as Cold tries to move up (Kidney energy tries to communicate with the Heart)
 - Heat, which is expansive, tries to move down, causing:
 - Swelling and edema
 - Ascities (fluid escaping GI tract, causing swelling of the belly)
- b) Symptoms:
- Pain and feeling of heat in the chest
 - Feeling of hunger with no desire to eat
 - Thirst
 - Cold limbs
 - Diarrhea
 - Vomiting
 - Malar flush
 - Night sweats
 - Cold clammy hands and feet
 - Diarrhea
 - Weak knees and back

6) **Shao Yin:**

a) Shao Yin Cold Pattern:

- Chills
- Aversion to cold
- Listlessness
- Lethargy
- Cold limbs
- Diarrhea
- No thirst, or desire to drink warm fluids
- Abundant pale urine
- Pale tongue
- Deep-Fine pulse

b) Shao Yin Heat Pattern:

- Fever
- Irritability
- Insomnia
- Dry mouth and throat
- Scanty dark urine
- Red tongue without coating
- Fine-Rapid pulse

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

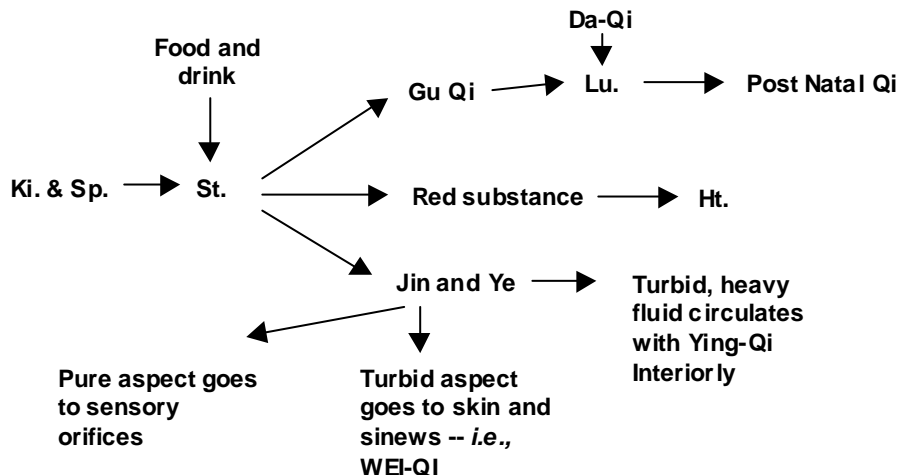
- Mood swings are a Tai Yang condition... related to Wind (Wind = change; movement)
- 8) When Wei-Qi moves inward, it goes into the chest
- ...also the smooth muscles of the gut
 - It is responsible for urination as well; also, obviously, defecation
- 9) Natural ways of getting rid of toxins include: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



- d) If the condition is mild, look at the leg channels
 - Wei-Qi begins here
- e) If the condition is severe, look at both arm and leg meridians
- f) Horns – be it from an animal or a plant (thorns) – get rid of Wind
 - Water buffalo horns were the first instruments used in gua-sha
 - To move Wind, you must move Blood... the principle behind gua-sha

IV) Treatment

- 1) Needle jing-well point, plus the Shu-stream point (towards jing-well point, rotating it up and away from the body's midline) as a prophylactic measure to keep the EPF from going from the sinew to primary meridian:

- Mild = Jing-well Bl-67 + Shu-stream Bl-65 + He-sea (bleed in chronic cases) Bl-40
- Severe = Bl-67 & SI-1 + Bl-65 & SI-3 + Bl-40 & SI-8

- a) Rotating needle technique is to be used, as circular movement excites Wei-Qi and releases exterior (if dispersed)
 - Clockwise rotation (relative to midline) tonifies
 - Counterclockwise rotation disperses
- b) **Wind points:**
 - Bl-12
 - SI-12
 - GB-20
 - Du-16
 - These points can be gua-sha-ed
- c) **Cold points:**
 - Bl-11 (for Cold seeping into bones and joints)
 - Bl-41
 - GB-21
 - You can cup the points for Cold in order to bring it up from the deep
 - Gua-sha the points for Wind (used usually at neck and shoulder area)
- d) If the condition is chronic (that is, if it comes and goes), bleed:
 - Bl-40 and SI-8
 - Bl-40 is often bleed in cases of psoriasis, eczema, &tc.
- e) To balance Wei/Ying-Qi levels:
 - SJ-5
 - ...Shu-stream and Luo points communicate between Wei and Ying-Qi levels

- f) To bring Yang-Qi to Du-14:
 - Moxa Du-2
- g) To nourish fluids:
 - SJ-2 – Ye Men, or Fluid Door
 - San Jiao is responsible for the movement of Qi and water
- h) For rebellious Qi (vomiting, palpitations or wheezing), needle one of these Luo points:
 - St-40
 - Ht-5 (P-6)
 - Lu-7
- i) If Cold enters teeth, making them chatter:
 - SI-18 (treats on the level of bone)
- j) For severe chills:
 - Baxie (on the webbing of the hands)
- k) For seizures or spasms:
 - the Bafeng points (on the webbing between the toes)
- l) For Phlegm
 - Easy to expectorate (Wind): Lu-6
 - Hard to expectorate (Cold): Lu-9
- m) For the four types of fluid stagnation:
 - Overflowing yin (yin yi) – *edema* → Bl-28 (use moxa in treatment)
 - Suspended yin (xuan yin) – *chest fluids, as in pneumonia* → St-12, Du-14
 - Branch yin (zhi yin) – *vertigo on standing* → Du-20
 - Phlegm yin (tan yin) – *expectorating and coughing up phlegm* → Bl-13
- n) Shao-Yang points (for issues that lie between Internal [Ying-Qi] and External [Wei-Qi])
 - GB-41
 - GB-37
 - SJ-3
 - SJ-5
- o) Prophylactic points (Yuan-source points) to prevent a Tai-Yang sickness from progressing to another stage:
 - Tai-Yang → Shao-Yang = GB-40 & SJ-4
 - Tai-Yang → Yang-Ming = St-42 & LI-4
- p) If patient gets flu-like symptoms and takes cold medicine, they risk later getting achiness in the joints... usually 5 days later
 - This is a sign of an insufficiently treated Cold Tai-Yang stage disease progressing into Shao-Yang

- For this condition, needle (points where Tai-Yang meets Shao-Yang):
 - GB-21 (where GB meets SJ)
 - GB-7
 - GB-12
 - Ren-12
 - GB-22 (local)
- q) Blanketing is used to induce sweating
 - Sweat should be dried off before going outside
 - If there's no sweating after the treatment, needle:
 - Bl-1 (where LI, St., and Bl. Meet)
 - Ren-12 (where SI and St. meet)
- r) After the treatment, there should be an increase in sweating because the pores are open
 - Because the pores are open, the patient should not go out into cold weather for at least 30 minutes after treatment
- s) Since the Lungs control sweating and diffusion of Wei-Qi, if there's wheezing, there's a complication... you've done something to further injure the Lung function
 - Since sweat is the fluid of the Heart, vomiting or palpitations may occur
 - The above complications are due to rebellious Qi; to quell, needle Luo points:
 - Lu-7
 - Ht-5 (or P-6)
 - St-40
- t) For the next 2 days, the patient should gua-sha the areas you have, unless there was a lot of sha that came up during the treatment and the area is still red/purple and blotchy
 - They should also massage the above neck points, LI-4, the jing-well and Shu-stream points
 - Patient should take hot shower with water hitting on back area
 - Patient should keep hydrated
 - Drink broths and congee – foods that moisten and generate fluids
 - Congee is made from non-glutinous grains
 - Long-grain rice
 - Millet
 - Corn grits
 - Quinoa
 - Buckwheat
 - (Oatmeal and cream of wheat don't hack it)
 - If the patient has a skin condition, they should not eat sea food or poultry

V) Progression of Tai Yang into Next Stage

- 1) After 10 days of Tai Yang, perverse fire (*xi huo*) comes about
 - At this point the condition moves into the chest
 - Symptoms in order of appearance:
 - a) Chills/shivering

- b) Fever
 - c) Sweat
- Etiology:
 - a) Cold constricts Qi in chest
 - b) Qi stagnation results, causing fever
 - c) Sweating occurs, but isn't strong enough to push Shan Han (Cold) out
- 2) Tai Yang → Shao Yang:
- Chest pain
 - Bitter taste in mouth
 - Reduced appetite
 - Coughing due to rebellious Qi
 - Pulse: Floating-Slow-Wiry
 - This is the main determining factor
- 3) Tai Yang → Yang Ming
- Disturbed bowels
 - Abdominal fullness (due to Damp, Cold or Wind [Wind dilates])
 - Distension (Wind)
 - Pain (Cold)
 - Tiredness (Cold)
 - Meridian problems
 - High fever with chills/aversion to cold
 - Thirst
 - Pulse: Floating
- 4) Treatment:
- a) You need to loosen and unbind the chest in addition to the classic Tai Yang treatment
 - Lu-10 (bleed or plum blossomed)
 - b) Use Yuan-source points to prevent further progression into these stages
 - Shao Yang:
 - GB-40 (mild)
 - GB-40 + SJ-4 (severe)
 - Yang Ming:
 - St-41 (mild)
 - St-41 + LI-4 (severe)
 - c) Additional points to adjust the balance between Wei and Ying-Qi (Internal & External, Yin & Yang):
 - Shu-stream point of affected meridian
 - Luo point of affected meridian, which deals with the Qi flow between Yin and Yang-paired meridians
 - d) Additional point to nourish fluids:
 - SJ-2 – Ye Men, or Fluid Door (SJ is responsible for the movement of Qi and water)

Yang Ming Stage

I) Yang Ming (Meridian) Overview

- 1) An EPF at the Yang Ming Stage will always cause the 4-Great Signs:
 - High fever
 - Profuse sweating
 - Thirst
 - Flooding pulse
- 2) Wind generates Fire
 - The more Wind pushes into the body, the more Fire is generated by the body
- 3) At this stage there is increased Wei-Qi and decreased Ying-Qi (since some of it has converted itself into Wei-Qi)
- 4) Due to increased Wei-Qi, symptoms include:
 - High fever
 - Profuse sweating
 - Ruddy complexion
 - Redness of the eyes
 - Insomnia
 - Irritability
 - Restlessness
 - Thirst
 - Floating-Rapid-Strong pulse (*hong mai*)
 - *i.e.*, Overflowing or Flooding pulse
- 5) Stomach and Large Intestine meridians exert a lot of effort to oust pathogen so that it does not sack them, as Yang Ming is the origin of Blood and Fluids
- 6) Excessive Heat rises up to the head, causing:
 - Nose bleeds
 - Nasal congestion
 - Yellow nasal discharge (may be blood-tinged)
 - Yellow phlegm that's difficult to expectorate
 - Red eyes
 - Toothache
 - Bleeding gums
 - Ear infections
 - Strong, high-pitched ringing in ears
 - Frontal headache or sinus headache
 - Suppurations – *i.e.*, skin that is itchy and may bleed or exude puss
 - Herpes
 - Canker sores
 - Heat sores

:::Side Note:::

Classically, you look toward the Stomach meridian in cases of Shen disturbances

- 7) Rising Heat especially affects/rises along the following facial points:
- LI-20 → Bl-1 → St-1
 - St-5 → St-6/7 → St-8

II) Yang Ming (Bowels) Overview

- 1) When Yin-Cold descends into the bowels (rather than affecting the meridian), it follows Stomach-Qi:
 - St-5 → St-9 → St-12 → internally to Stomach
- 2) As Yin-Cold descends into the chest, it stagnates the Qi there (chest-qi moves up and out), leading to the creation of Heat
- 3) The result is the 4-Great Signs of the bowels:
 - Distension
 - Heaviness
 - Pain
 - Constipation
- 4) As Ying-Qi goes to become Wei-Qi to fight the pathogen off, it clumps up the Wei-Qi, blocking its action of peristalsis with ensuing symptoms
 - The way to unstick this qi is through the Lungs
 - a) Mild case:
 - Low-grade fever/chills (Tai Yang)
 - Alternating chills/fever (Shao Yang)
 - Fever (Yang Ming)
 - b) Severe case:
 - High fever
 - Burning, swelling orifices
- 5) If the EPF gets down to the lower orifices:
 - Chrome's disease
 - Burning anus
 - Diarrhea
 - Bloody dysentery
 - Constipation

III) Complications

- 1) Profuse sweating
 - It takes qi to produce sweat
 - Much sweating leads to loss of qi
 - Loss of minerals (electrolytes stimulate Yang) causes Yang Deficiency
 - It also causes Blood Deficiency, as Blood supports Ying-Qi which in turn supports Wei-Qi, which controls the opening of the pores

- 2) Toxins which accumulate from fever/Heat in the body, manifesting as hemorrhoids, protrusions in the Intestine area of the tongue, dry lips, &c.

IV) Treatment

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

– **Yang Ming Meridian Treatment:**

- | | | | | |
|----------|---|------------------|---|-------------------|
| | | <u>Jing-well</u> | | <u>Shu-stream</u> |
| – Mild | = | St-45 | + | St-43 |
| – Severe | = | St-45 &
LI-1 | + | St-43 &
LI-3 |

– **Yang Ming Bowel Treatment:**

- | | | | | |
|----------|---|--------------------|---|------------------|
| | | <u>Ying-spring</u> | | <u>He-sea</u> |
| – Mild | = | St-44 | + | St-36 |
| – Severe | = | St-44 &
LI-2 | + | St-36 &
LI-11 |

- 2) Also tonify Yuan-source points to keep EPF from moving deeper:

- Lu-9
- Sp-3
- SJ-4
- GB-40

- 3) For Wind in Tai Yang causing easily expectorated sputum:

- Lu-6

- 4) For Cold in Tai Yang causing sputum that's difficult to expectorate:

- Lu-9

- 5) For Wind in Yang Ming (Meridians) producing Lung-Heat (yellow phlegm) that's easily expectorated:

- Lu-8

- 6) For Cold in Yang Ming (Bowels) constricting chest causing yellow sputum that's difficult to expectorate:

- Lu-10

- 7) For toxins that manifest from Heat/fever, causing hemorrhoids, protrusions in the Intestines area of the tongue, &c.:

- Disperse GB-8
- ...or cup GB-21 (area should get purplish)
- Na deeply shoulder area, from lateral to medial to occipital area

- 8) To prevent Heat in St/LI from progressing to the other fu and eventually zang, needle:
 - St-36
 - LI-11

- 9) Yang Ming He-sea points clear Heat
 - LI-11 treats meridians and upper Heat afflictions
 - St-36 treats bowels
 - St-37 and St-39 are also useful

- 10) To replenish fluids:
 - SJ-4

- 11) To nourish fluids:
 - SJ-2

- 12) To stop profuse sweating:
 - Tonify Ht-6

- 13) For Ying-Qi causing the clumping of Wei-Qi, needle Mu points:
 - Ren-12
 - St-25
 - Bl-57 is used to “outrush” the EPF in Yang Ming and push it back to Tai Yang
 - SJ-6 moves the EPF from Shao Yang back to Yang Ming

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

- 6) Shao Yang deals with the regulation of fluid (namely urination and sweat)
- If you have Lung-Qi Stagnation or diaphragmatic constriction, Lung-Qi does not descend to the Kidneys, causing shortness of breath
 - Kidneys don't get enough qi to operate Bladder/urination function, causing difficult, scanty urination (a.k.a. *Lin Syndrome*)
 - There are 5 types of Lin Syndrome:
 - Stone Lin = passing a stone
 - Blood Lin = blood in urine
 - Turbid Lin = cloudy urine (seamen may be in this)
 - Weak Lin = incontinence
 - Qi (Painful) Lin = pain on urination
- 7) The "clumping" of qi causes a Wiry pulse

:::Side Note:::

Cheng Wu-Ji created the Harmonizing school in the 11th century...

- Believes that disease occurs when qi becomes stagnant
- Qi becomes stagnant when the body's energies are not communicating – are not harmonized

II) Complications

- 1) The incessant need to clear the chest, leading to:
 - Frequent sighing
 - Coughing spells
 - Diaphragmatic constriction
 - This can lead to tuberculosis
- 2) Frequent coughing can cause sensory organ insufficiency
 - Stuffy nose
 - Red, bleary eyes
- 3) Weakness of the 4 limbs as qi retreats to chest
 - a) Shoulder=====Elbow=====Wrist
Interior *Exterior*
 - Pain and stiffness of the elbow – any chronic elbow disorder – indicates an untreated Shao Yang condition
 - ...Shao Yang is ½ Interior, ½ Exterior
 - b) Hips=====Knees=====Ankle
Interior *Exterior*
 - Tightness of the knee – crane's knee (cranes have a bulky, full chest and thin legs) – indicates a Shao Yang condition
 - c) 4-limb dermatitis (person keeps scratching limbs)
 - d) To treat, use GB-22

- 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:

- | | | | | | | |
|-----------|---|--|---|----------------------------|---|---------------------------|
| – Mild | = | <u>Jing-well</u>
GB-44 | + | <u>Shu-stream</u>
GB-41 | + | <u>Luo point</u>
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:

- | | | | | |
|----------|---|---------------------------|---|------------------------|
| – Mild | = | <u>Yang Ming</u>
St-42 | + | <u>Tai Yin</u>
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

Tai Yin Stage

I) Tai Yin Overview

- 1) Here, the body's Yin forces are initiated into the fight against the EPF
 - An Excess condition moves on to become a Deficient one
- 2) Qi begins to become deficient
- 3) *Gan* – malnutrition syndrome is indicative of this stage in developing countries
- 4) In a Shao Yang condition, there's chronic Qi stagnation at the diaphragm causing Heat, which leads to the consumption of Qi
- 5) Tai Yin (Sp/Lu) stores Qi
 - If there's surplus, it goes to support Yuan-Qi (Ki-Ht)
- 6) Direct tonification (tonifying Yuan-source and Back-Shu points) tonifies Heat
 - In a Shan Han Lun Wind/Cold condition, tonifying for Deficiency can exacerbate the problem
 - Tonifying for Qi will tonify the Heat creating the Deficiency in the first place
- 7) Ex.: Spleen-Qi Deficiency
 - Prolapse
 - Bloating
 - Heaviness
 - Gas (since transformative powers of Spleen are lacking, causing food to sit and ferment)
 - Lethargy and fatigue (food ferments into alcohol)
 - Undigested food
 - Weakness
 - Tired on exertion (since Spleen transportation powers are lacking, and amino acids used by muscles are not adequately transported)
 - Hunger (due to Stomach Fire – *i.e.*, an excess of enzymes) which vanishes on eating only a little, since the Spleen is deficient and can't process it
 - a) Spleen → Gu-Qi → POST-NATAL QI ← Lung ← Da-Qi
 - The Shao Yang stage with its diaphragmatic constriction causes diminished Gu and Da-Qi interaction
 - To fix this deficiency of Post-Natal Qi, you must loosen and unbind the chest
 - You must treat Tai Yin first, building back the deficiency before being able to get rid of the causative Excess conditions of Shao Yang and Yang Ming
 - Prior to doing this, there's not enough Qi to do so
- 8) Indirect tonification:
 - Tonify Heart to tonify Spleen, as Fire builds Earth...

II) Primary Signs and Symptoms of Tai Yin

- Loss of appetite
 - Vomiting undigested food
 - Crapping undigested food
 - Mostly protein – beans, meat, &tc....
 - Abdominal distension
 - Lethargy
 - Listlessness
 - Weakness
 - Weak voice
 - Weak or Empty pulse
- 1) The Tai Yin stage is sometimes precipitated by inappropriate purging
 - Colonics... which wipe you out
 - Excessive consumption of juices like carrot, beet and prune

III) Complications

- 1) The Spleen transformative and transportative ability is impaired due to Qi Stagnation (caused by Shao Yang Stage) which produces Heat which consumes Qi
- 2) The Tai Yin stage gives rise to the 5 Accumulations (developed in the Tang dynasty):
 - Cold (in the Ming dynasty, Heat)
 - Qi
 - Blood
 - Fluids
 - Phlegm
 - ...later, Food

IV) Treatment Principle

- 1) Tonify Lung and Spleen
- 2) Rectify (warm) the Center (Tai Yin meridians terminate in the abdomen)
- 3) Expel accumulations and concentrations (*Ju-Ji*)
- 4) Use Shu-stream points, where Internal and External forces of the body intermingle
 - Also He-sea points

V) Treatment

- 1) Needle Shu-stream point, plus the He-sea point tonifying them both to rectify the deficient condition:

- Mild = Shu-stream Sp-3 + He-sea Sp-9
- Severe = Sp-3 & Lu-9 + Sp-9 & Lu-5

2) To get rid of Ju-Ji:

- Use Mu points:
 - Lu-1
 - Lr-13
- Use Back-Shu points:
 - Bl-13
 - Bl-20
 - If the Back-Shu points are blocked, Yuan-source points don't work

3) For the 5 (or 6) Accumulations, disperse:

- Qi Stagnation = Sp-13
- Blood Stagnation = Sp-10
- Fluid Stagnation = Sp-15
- Phlegm = Sp-20
- Food stagnation = Sp-17
- Cold = Sp-14
- Heat = Sp-12

4) For Tai Yin states where there's "leakage of qi," as in profuse sweating, needle the following points through a slice of ginger, then burn moxa on the needle:

- Ren-12
- Ren-17
- Ren-18
- Ren-23

5) For Phlegm that's stuck in the chest since the Lungs don't have enough qi to expectorate it:

- Lu-4 (*Xi Bai* – Hidden White)

6) To keep the pathogen from progressing further into...

- Shao Yin
 - Ki-3
 - Ht-7 (or P-7)
- Jue Yin
 - Lr-3
 - P-7

7) Diet:

- Have patient eat non-glutinous grains like:
 - Long-grain rice

- Millet for Deficient Yin
 - Lubricates and quells Heat
 - Tonifies Yin
- Grits – helps put on weight
- Buckwheat – breaks up Ju-Ji
- Patient also needs proteins:
 - Legumes... since they're hard to digest, resulting in gas, beans need to be soaked in water for at least 12 – 24 hours to activate the enzymes that make them germinate
 - Red beans = Fire
 - Green beans = Wood
 - Black beans = Kidneys
 - White beans = Metal (?)
 - Small beans should be eaten, since larger beans like fava or lima beans are harder to digest
 - Meat:
 - Chicken – gets rid of dryness
 - Pork – tonifies Kidneys
 - Lamb or beef – builds Yang
 - Rabbit or alligator – builds Yin
 - Seafood is not recommended since it produces Phlegm
- Melons are contraindicated since they cause Damp accumulations

Shao Yin Stage

I) Shao Yin Overview

- 1) From Tai Yin, the next stage can be either Shao Yin (Ht/Ki) or Jue Yin (Lr/P)...
- 2) In Shao Yin, the body treats the disease as a chronic condition
 - This is the stage of insidious diseases
 - Here, the body is managing chronic degeneration (Parkinson's; diabetes; Alzheimer's)
- 3) Jue Yin is an emergency state when the Liver begins to break down
 - The Liver has too many toxins, so it shuts down
 - Often seen in cancer/chemo patients
 - If the crisis is gotten through, the patient moves back to the Shao Yin disease
- 4) In Shao Yin (Ht/Ki), Blood (Yin) and Yang changes into Qi
- 5) The main symptom of Shao Yin is:
 - Internal Cold
 - There can also be endocarditis – infection or inflammation of the heart valves or of the lining of the heart (due to Heart and Kidney functions not being balanced)
- 6) In Shao Yin stage, there's:
 - Leakage/loss of Yin
 - Fluid loss
 - Sweating easily
 - Flushed skin
 - Loose stools
 - Diarrhea
 - Frequent urination
 - Frequent menses
 - Seminal loss
 - Hot flashes... patient feels like they need to be in a cool place
 - Insomnia
 - Anxiety
 - Irritability
 - Patient feels an "emptiness" inside of them, as the nourishing function of Shao Yin is impaired
- 7) Apart from fluid loss – a Kidney dysfunction – Heart signs and symptoms play a major role in Shao Yin stage...
 - The Heart is responsible for arterial circulation
 - Moves Blood to Exterior
 - Pericardium is responsible for venous circulation
- a) With Yin Deficiency, you feel flushed... there's malar flush
 - Heat moves to SI-18
- b) Sweat is the fluid of the Heart

- In pathogenic circumstances – *i.e.*, Yin Deficiency – there're night sweats
- c) Blood (along with Heat) accumulates at the chest, palms and soles (P-8 & Ki-1)
 - ...5-palm heat
- d) Since Shen cannot retire to Heart in a case of Yin Deficiency, there's:
 - Restlessness
 - Irritability
 - Insomnia
- e) Loss of Yang causes:
 - Sluggishness
 - Weakness of the 4 limbs
 - Chills and cold
 - Tight, cold lower back
 - Lumbar tightness/pain
 - Person likes to sleep curled up since they're cold
- f) Tongue can fluctuate (every few days) between being Pale, swollen and scalloped with a thick, moist coat... and Red, Thin and Dry
- g) The Pulse can be:
 - Yin Deficiency = Thin and Rapid
 - Yang Deficiency = Weak and Slow
 - Pulse can also be Minute

II) Complications

- 1) Person can go into shock
 - This is reflective of the Jue Yin Stage
 - ...or a result of Shao Yin Stage conditions, entailing the loss of Yin
 - Heavy bleeding
 - Dehydration
 - Profuse sweating
- 2) Loss of Lung-Qi (from the Tai Yin Stage), which is responsible for moving Heart-Qi, which in turn is responsible for moving Heart-Blood, can cause:
 - A decrease in blood volume
 - Pale face due to insufficient blood
 - Hypoxia
 - Blacking out (Heart meridian goes to the eyes)
- 3) Liver-Blood Stagnation (due to toxins from drugs, &tc.) causes:
 - Cirrhosis
 - Failure of Liver function, which leads to shock (autointoxication)
 - From Liver, Blood Stasis can move to brain causing stroke

III) Treatment Principle

- 1) Establish communication between Heart and Kidney (tonify both)
- 2) Expel accumulations and concentrations
- 3) Tonify Yuan-source/Shu-stream and He-sea points

IV) Treatment

- 1) Begin by tonifying the Yuan-source/Shu-stream and He-sea points:

		<u>Shu-stream</u>		<u>He-sea</u>
- Mild	=	Ki-3	+	Ki-10
- Severe	=	Ki-3 & Ht-7	+	Ki-10 & Ht-3

- You can use moxa on the Kidney points to warm Cold
 - You can do the same on the Heart points, except that you want to use blowing moxa since you want to disperse
- 2) To expel accumulations and concentrations (ju-ji), disperse the Mu and Back-Shu points:
 - Kidney = GB-25 & Bl-23
 - Heart = Ren-14 & Bl-15
 - 3) To keep the EPF from moving to Jue Yin, disperse:
 - Lr-3
 - P-7
 - 4) To establish communication between Heart and Kidney, tonify:
 - Ki-2 (Fire point)
 - Ren-15 (more for Yin Deficiency)
 - Ki-4 (more for Yang Deficiency... inability to urinate or defecate)
 - 5) For shock – *i.e.*, black-out – due to loss of Lung-Qi so that Heart-Blood is not sufficiently moving, use:
 - Du-25
 - This opens the nostrils
 - Ren-8 (moxa)
 - Ki-16 (pinch vertically while needling, using thrusting technique)
 - 6) For Liver-Blood Stagnation, use:
 - Shixuan (points at tip of every finger)
 - Resuscitates Yang
 - Good for person who's ODeD or is having a stroke
 - Bl-8, Bl-63, GB-12, GB-18, GB-28
 - Brings people out of comatose stage, resuscitating Yang

- SI-7
 - Needed while calling out person's name
 - Opens ears
 - Used for hearing loss

Jue Yin Stage

I) Jue Yin Overview

- 1) Shao Yin Stage signs and symptoms are present simultaneously
 - This entails the separation of Yin and Yang – *i.e.*, Deficiency of Yin and Yang
- 2) In Jue Yin Stage, you have Hot and Cold signs and symptoms at the same time
 - Heat above, Cold below (a.k.a., Sudden Turmoil Disorder)
- 3) Heat goes down to communicate with Cold, causing it to break up
 - A surge of energy subsequently runs up the front of the body
 - “Running piglet Qi” causes constriction of the diaphragm and anxiety
- 4) There is also leakage of Qi
 - Yin (Blood)
 - Jin-Ye (profuse sweating)
 - Yang
 - Seminal loss
 - Chills
- 5) ...as well as rebellious Qi
 - nausea/vomiting
 - coughing
- 6) There may also be parasites
 - To treat this, use St-4

II) Treatment Principle

- 1) Tonify Jue Yin using Yuan-source/Shu-stream and He-sea points
- 2) Expel Ju-Je

III) Treatment

- 1) Tonify the following points:

- | | | | | |
|----------|---|---------------------------|---|-----------------------|
| – Mild | = | <u>Shu-stream</u>
Lr-3 | + | <u>He-sea</u>
Lr-8 |
| – Severe | = | Lr-3 &
P-7 | + | Lr-8 &
P-3 |

- 2) To prevent Jue Yin Stage from going into Shao Yin, use:
 - Ki-3
 - Ht-7 (P-7)