Text reading

- S3 – Discussion on Interrelation between Life and Nature
- S19 – Discussion on Genuine-Zang Pulses
- S39 – Discussion on Pains
- S62 – Discussion on the Regulation of Channels
- S74 – Discussion on the Most Important and Abstruse Theory
The concept of mechanism of disease (bingji)

- The term “mechanism of disease” or bingji contains the content of etiology and pathology
- Disease: the status of loss of the dynamic balance of Yin and Yang
- Health: the status of dynamic balance
- Neijing uses the dichotomous terms: Yin & Yang to categorize the causes of disease
- Yang causes: external pathogen
- Yin causes: diet, emotion, sex etc.

Identify the cause by TCM syndromes

- The pathogen-patient interaction: the same pathogen can cause either wind-cold and wind-heat
- The same disease can be treated by different formula
- The disease can have different syndrome, or the syndrome can change from one to another
Interrelation between Life and Nature – S3

- The term Life or Qi of life refers to the Yang Qi
- Life is created and promoted by Yang Qi
- Yin and Yang should be in balance
- The internal Qi is related to external Qi, thus man should be in harmony with nature

Dr. Stanley, R.TCMP

Life created by the Qi of nature

3.1 Huangdi said, “From ancient times (it has been thought that) the root of life is closely bound up with the heavens and this root is Yin and Yang. All these [within the heavens and the earth, [as well as the Li (six directions)] are interrelated with the Yin and Yang (Heaven-Qi). Such as things in the Jiuzhou (nine geographical divisions), the Jueyin (nine orifices in the human body), the Five Yang-Organ and the twelve jie (joints). The [Tianqi] enters into the Wuxing (Five-Elements), while the wax and wane of Yin and Yang [can be divided into] three stages respectively. Frequent violation of these [rules] may give rise to the invasion of Xieqi (Exile-Qi) into the body. [Abuse by] these rules is prerequisite to the prolongation of life.”

“[If] Tianqi is fresh and clear, [it enables people to] maintain a cheerful and peaceful mood. Following the progress of the Tianqi lifts away Yangqi. [In this case] even those in Zezes’ (Third-Evil) around, it cannot attack the body. This is the way to adapt to the changes of the seasons to cultivate health. The sages often concentrate their mind [on the adaptation to the changes of the season], so they can clearly follow Tianqi (changes of Yin and Yang). Violations of these changes will internally block the nine orifices, externally stagnate muscles and dispense Wei qi (Defensive-Qi), leading to a disorder known as self-impairment and inevitably damaging Qi.”

Dr. Stanley, R.TCMP

- Jiuzhou (nine geographical divisions) denotes the nine orifices here
- Twelve joints means the big joints including wrist, elbow, shoulder, hip, knee, ankle
- Five means the five elements
- Three means the three Yin (Taiyin, Shaoyin, Jueyin) and Yang (Yangming, Taiyang, Shaoyang)
The harmony with nature

- The prerequisite of external pathogen invasion is the violation of the natural rules.
- Following the rules of nature and change of seasons, the Yang defensive Qi will protect the body from pathogen invasion.
- The violation causes the obstruction of the nine orifices, and dysfunction of the Ying & Wei Qi circulation.

Importance of Yang Qi

- Yang Qi is like the sun for the world.
- Yang Qi is responsible for protection.
- The dominative role of Yang Qi versus Yin.
- Focus on tonify of Spleen Yang to treat gastric ulcer, tonify of kidney Yang to treat fatigue and polyuria.
Disease due to Yang dysfunction

When infected by pathogen, the Yang part of the protective Qi loses the normal open and close functions.

The summer-heat disturbs the spirit and causes consciousness dysfunctions.

Summer-heat harms the Qi and essence fluid, so the sweating method is not recommended, but note that the pathogen can exit with sweat.

Wind pathogen cause dysfunction of water circulation and edema because of Qi deficiency.

Alternative edema of the four limbs is the manifestation of Yang and Qi deficiency.

This type of edema can have normal result of blood analysis.

Dr. Stanley, R.TCMP
### Consciousness issue due to Yang deficiency

Consciousness issue due to Yang deficiency is a condition characterized by overthinking or excessive mental activities. This depletes Yang Qi and consumes Yin essence. Overthinking can lead to a state of "Jianjue" or Yin exhaustion combined with summer-heat, which results in loss of vision and hearing. "Bojue" or Yang exhaustion combined with anger can lead to blood rushing upwards. Yin deficiency harms sinew, and after "Bojue," it can cause limb paralysis.

"Huge disturbance Yangqi and drives Qi and blood to stagnate in the upper part of the body, eventually resulting in paralysis. Frequent sweating over half of the body will eventually develop into paralysis. If sweating is complicated by invasion of Dampness, it will cause small furuncles and prickle heat. Besides, rich and greasy food tends to cause big furuncles and other diseases. Such a liability to diseases is just like to hold an empty container to receive things. Sweating complicated by attack of cold and wind during working makes cold accumulate in the skin to cause prickle heat, and the stagnation of which leads to acne."

**Dr. Stanley, R.TCMP**

### Furuncle and ulcer by diabetes

Furuncle and ulcer by diabetes are related to diabetes mellitus type 2. Unhealthy diet with excessive carbohydrate can lead to internal damp-heat and phlegm. Blockade of Qi and blood results in furuncle and ulcer.

**diabetes mellitus type 2 – unhealthy diet with excessive carbohydrate – internal damp-heat, phlegm – blockade of Qi and blood – furuncle and ulcer**

**Dr. Stanley, R.TCMP**
Acne and Rosacea by wind pathogen

- Sweating opens the pores and leaks Yang Qi
- Attacked by wind pathogen
- Yang Qi is harmed and protective Qi cannot normally go out
- The treatment principle is wind expelling and blood cooling
- Yang Qi nourish the spirit and soften the sinew, rickets and humpback are signs of Yang deficiency
- Fatigue and sleepy are the symptoms of Yang deficiency

Furuncle and carbuncle by wind pathogen

- Caused by dysfunction of Ying Qi
- Reversely goes to the muscles, causing stagnation and generating heat
- Treatment principle: Qi smoothing, blood cooling, clean heat and detoxication
- Sweating: Qi deficiency, superficial deficiency, internal heat (secondary due to Qi stagnation)
Wind as the precursor and Yang stagnation

"Nourished by Yangqi, Shen (Spirit) becomes refreshed; tenified by Yangqi the sinew appears soft [115]. When sweat pores open and close abnormally, Heat qi (Warm Qi) will invade the body through the sweat pores, making the body unable to straighten up. [If Heat qi] deepens into the channels, it will cause fistulas that linger in the Ranzhou (muscular intestines). If Heat qi gets into the body through Shu (Acupoints) [115], it will make the patient susceptible to fright and fear. If Yangqi (Nutrient Qi) fails to flow normally and stagnates in the Ranzhou, it will result in carbuncle and ulcer. When sweating is not yet, both the body and qi will be weakened. If Acupoints are closed, Fragile (Wind-Malaria Syndrome) will be caused."

"Wind is the factor responsible for various diseases. However, if people maintain a peaceful mood, Ranzhou will close up to prevent pathogenic factors from invading the body. In this case even violent wind and virulent toxins cannot impair the body. This is (the result of) following the changes of the seasons."

Dr. Stanley, R.TCMP

Importance to maintain the Yang Qi

- Malaria syndrome in TCM
- Fluctuation of cold and heat syndromes
- Treat by the same principle no matter Plasmodium is found
- Basic mechanism: heat congesting inside and cold withholds outside
- Restore the balance of Yin and Wei by either acupuncture and herbs
- Wind as the precursor can be accompanied by different pathogens

- Keep the normal circulation of Yang Qi especially from the upper and lower part of the body
- The stagnation of Yang Qi generates heat and fire, which should be cleaned in time
- Yang Qi runs internally at night and externally in daytime, so the pores are weak and easy to be invaded at night

Dr. Stanley, R.TCMP
Summary of Yang functions

- Yang Qi nourishes both spirit and sinews
- Yang Qi varies according to time, thus stronger in daytime and weaker at night
- Weakness of Yang lowers the protection function, excessiveness of Yang consumes the Yin essence
- The eruption or aggressive rushing of Yang causes dysfunction of consciousness, i.e. Bojue (stroke)
- Loss of Yang causes hemiplegia and sweating dysfunction
- Yang stagnation causes acne and rosacea, diabetes, and metabolic dysfunction are related to heat by yang stagnation
- Surface infections such as furuncle and carbuncle are caused by the dysfunction of Ying Qi due to the loss of Yang function
- When Yang is blocked and cannot commute upper and lower, we should use the reducing method to clean the excessive heat and restore normal communication of Yang

Dr. Stanley, R.TCMP

Case study – invasion of dampness

- Paralysis – 42 year old male, fatigue, feels his head is masked by veil, left limb immobility, low muscular strength and tension, having administered blood stasis cleaning formula with less effect
- TCM diagnosis
- Treatment principle
- Formula

Dr. Stanley, R.TCMP
Functions of Yin essence

3.2 Qibo said, "Yin keeps the Jing (Essence) inside and supplements [Yangqi] [16], while Yang protects the exterior to keep it firm. If Yin fails to dominate over Yang, [blood in] the Channels will flow rapidly, leading to mania [if the condition is severe]. If Yang fails to dominate over Yin, Qi from the Fire Zang-Organ will be in disorder, blocking the nine orifices. So the sages [are always trying to] balance Yin and Yang to ensure normal coordination between muscles and Channels, strengthen bones and marrow as well as smooth the flow of Qi and blood. In such a way, the internal and the external will be harmonised, the Xie (Evil) cannot impair the body, the ears and the eyes will hear and see well, and Qi will flow normally as usual.

"When wind attacks the body, it gradually damages Qi and exhausts Jing (Essence). [This is because of] the impairment of the liver by Xie (Evil) [Under these circumstances,] overeating will make sinews and Channels taut, consequently leading to] Changqi (dysentry) and haemorrhoids; overdrinking will drive Qi flow adversely; over-exertion will damage Shenqi (Kidney-Qi) and Gaogu (spine on the lumbar region)."

Case study

- 28 year old female, postpartum infection, high fever for 10 days, delirium and anxious, rapid pulse
- TCM diagnosis
- Treatment principle
- formula
Various disease related to Yang dysfunction

- Wind harms the liver
- Heavy diet harms the intestine and causes diarrhea and hemorrhoids
- Drinking alcohol causes inversion of Yang Qi
- Carrying heavy objects harms the backbone
- The key of Yin Yang balance is the withhold function of Yang, it also affects the mental normality
- When Yin and Yang are separated, the life ends

Dr. Stanley, R.TCMP

The disease in four seasons

- Attacked by wind in spring causes diarrhea
- Attacked by summer-heat causes fluctuation of cold and heat (malaria) in autumn
- Attacked by dampness in autumn causes coughing and weakness in winter
- Attacked by coldness in winter causes fever in spring
- Seasonal pathogens harm the five organs alternatively

Dr. Stanley, R.TCMP
Summary of Yin and Yang

- Mutual reliability: weakness of Yin $\rightarrow$ weakness of Yang
- Control by each other: decrease of one $\rightarrow$ increase of another
- Balance of Yin Yang $\rightarrow$ harmony of essence and spirit
- Separation of Yin and Yang $\rightarrow$ end of life
- Tonify Yang with Yin, Tonify Yin with Yang

The pathogens from food

"Yin" is transformed from the Wuwei (Five-Flavours). The Wogong (Five-Zang-Organs) [that store] Yin but also can be damaged by the Wuwei (Five-Flavours). Excessive flavor makes the organs and Qi imbalanced; excessive flavor may cause various health issues. The essence of five Zang is supplied by the five flavors of food.

- The essence of five Zang is supplied by the five flavors of food
- Excessive flavor consumes and harms the five organs
- Stress the normality of spleen Qi to strengthen the protective Qi
- The function of flavor can extend to the flavor of herbs
S19 - Genuine-Zang Pulses

Dr. Stanley, R.TCMP

- Pulse diagnosis – normal pulse comes with stomach Qi, thus it has the smooth feeling
- Genuine Zang pulses mean the pulse comes without stomach Qi, which means the stomach Qi is lost, thus it implies danger

Dr. Stanley, R.TCMP

- Pulse diagnosis – normal pulse comes with stomach Qi, thus it has the smooth feeling
- Genuine Zang pulses mean the pulse comes without stomach Qi, which means the stomach Qi is lost, thus it implies danger

Dr. Stanley, R.TCMP

- Pulse diagnosis – normal pulse comes with stomach Qi, thus it has the smooth feeling
- Genuine Zang pulses mean the pulse comes without stomach Qi, which means the stomach Qi is lost, thus it implies danger

Dr. Stanley, R.TCMP
The transfer of morbid Qi

19.35 "Among the Five Zang-Organ, [one organ] gets affected by Qi from the organ that it promotes and transmits to the organ that it restrains. Qi remains in the organ that it promotes and confines its own system. When transmitted to the organ that restrains it, Qi might cause death when transmitted to the organ that restrains it. When the disease is so serious that [the patient] is dying, the Qi must be transmitted to the organ to be restrained to then [the patient] dies. This is the reverse transmission of Qi, that is why it leads to death. The heart gets Qi from the lung and transmits it to the spleen. Qi remains in the kidney and, when transmitted to the lung, it leads to death. The heart gets Qi from the spleen and transmits it to the liver. Qi remains in the liver and, when transmitted to the kidney, it leads to death. The lung gets Qi from the liver and transmits it to the heart. Qi remains in the spleen and, when transmitted to the heart, it leads to death. The kidney gets Qi from the liver and transmits it to the heart. Qi remains in the lung and, when transmitted to the spleen, it leads to death. This is all caused by reverse transmission of Qi. One day and one night are divided into 4 periods. [Corresponding to the Five 

The transfer of disease follows the order of the five elements

- Normal transfer: to the organ that the base-organ can win, the morbid Qi stays to the base-organ's mother → good prognosis
- Reversed transfer: to the organ that the base-organ cannot win
- Transfer based on time

Transfer of external pathogen

- Wind stays in skin — fever — herbs to expel
- Wind stays in meridian — Bi syndrome — acupuncture and moxibustion
- Wind stays in lung — coughing / in liver — hypochondriac pain and vomiting — acupuncture and moxibustion
- Wind stays in spleen — abdominal fever and yellowish urine — treated by massage and herbal bathing
- Wind stays in kidney — restless lower abdominal fever, pain and turbid urine — treated by herbs
- Wind stays in heart — spasm of sinews — can treated by moxibustion and drugs
- Can be dangerous after deep transfers

Dr. Stanley, R.TCMP
Treatment based on transfer order

- A single pathogen has various pathogens in different transfer stage
- It accordingly causes different TCM syndromes thus should be treated differently
- Early intervention has better prognosis
- For acute onset by directly attack of pathogens, we need to treat the corroding problem
- Note that a single pathogen can causes various disease, thus treatment based on pathogen does not mean a specific disease can have unlimited syndromes

Excessive and deficiency of the five Zang

- Five excessive: five Zang are occupied by pathogens
- Five deficiency: five Zang are deficient of Qi
- Stop diarrhea: prevent vital Qi from losing – reserve Qi
- Store the stomach Qi by food / nutrition – reserve Qi
- Expel the pathogen by sweating or defecating – have pathway to expel the evil

Dr. Stanley, R.TCMP
S39 – Discussion on Pains

Dr. Stanley, R.TCMP

To explain the etiology and mechanism of pain

Different emotions lead Qi to flow in different directions, causing different disease

Emotional disease

- All disease can attribute to disturbance of Qi movements
- All emotional disorders attack the heart and affect the spirit
- Some emotion attacks the Zang directly, some exerts burden to the original disorder
- No rules can follow or predict

Dr. Stanley, R.TCMP
Case Study

- Female, 30+ year old, anxiety, nocturia over 10 times per night, red tongue with yellow coating, excessive leukorrhea
- Female, 70+ year old, femoral head fracture history, back pain (VAS 5/10), hypertension history

Dr. Stanley, R.TCMP

S62 – Discussion on the Regulation of Channels

62.1 Huangdi asked, "I have heard that [the book named] Needling Techniques says that Yeou (Surplus) should be reduced and Bo (Insufficiency) should be supplemented. What is Surplus and what is Insufficiency?"

62.2 Qibo answered, "There are five states of Surplus and five states of Insufficiency. What kind of excess and insufficiency do Your Majesty want to know?"

62.3 Huangdi said, "I'd like to know all the states of Excess and Insufficiency."

62.4 Qibo answered, "Shen (spirit) is sometimes in Surplus and sometimes in Insufficiency. Qi is sometimes in Surplus and sometimes in Insufficiency, blood is sometimes in Surplus and sometimes in Insufficiency. Xing (the physical body) is sometimes in Surplus and sometimes in Insufficiency, and Zhi (emotion or will) is sometimes in Surplus and sometimes in Insufficiency. Qi is in these two cases different."

62.5 Huangdi said, "In the human body, there exist Jing (Essence), Qi, Jing (body fluid), four limbs, nine orifices, Five Zang-Organs, sixteen pancun, three hundred and sixty-five joints. For this reason, [the body] may have various diseases that are either Xu (Deficiency) or Shu (Excess) [in nature]. Just now you have mentioned that there are five states of Surplus and five states of Insufficiency. How do they occur?"

62.6 Qibo answered, "[All of them] occur in the Five Zang-Organs, among which the heart stores Shen (Spirit), the lung stores Qi, the liver stores blood, the spleen stores muscles and the kidney stores Zhi (emotion). [Shen (Spirit), Qi, blood, muscles and Zhi (emotion)] have made up the human body. Only when emotions are freely expressed and internally connected with bone marrow can the physical build and the Five Zang-Organs promote each other. The pathways of the Five Zang-Organs are all connected with the Channels in which Qi and blood circulate. Disharmony between Qi and blood causes all kinds of diseases. So it is important to keep the Channels unobstructed."

- Meridian is related to normal function and various disease invasions
- The excessive and deficiency of different organs are different

Dr. Stanley, R.TCMP
TCM body structure

- Five organs
- Sixteen sections
- 365 parts corresponding to 365 points
- Points are connections or connective regions between two or more parts
- Because there are five Zang organs only, the excessive and deficiency syndromes can be roughly divided into five categories
- By keeping the normal circulation of Qi and blood in the meridians ensures health and normal functions

Disease by excessive and deficiency of spirit

62.5 Qibo answered. "[All of them] center in the Five Zang-Organ, among which the heart stores Shen (Spirit), the liver stores Qi, the liver stores blood, the spleen stores muscles and the kidney store Zhi (essences). [Shen (Spirit), Qi, blood, muscles and Zhi (essences)] have made up the human body. Only when emotions are firmly expressed and internally connected with bone marrow can the physical bad and the Five Zang-Organ preserve each other. The pathways of the Five Zang-Organ are all connected with the Channels in which Qi and blood circulate. Disharmony between Qi and blood causes all kinds of disease. So it is important to keep the Channels unobstructed."

62.7 Huangdi asked. "What are the combinations of Surplus and Insufficiency of Shen (Spirit)?"

62.8 Qibo answered, "Surplus of Shen (Spirit) is characterized by increased laughing, and Insufficiency of Shen (Spirit) is marked by sorrow. Before blood and Qi energize each other and when the Five Zang-Organ are stabilized, attack of Xue (Exh) on the body [aids the patient feel]while over the surface of the body. [But it] has not entered the Channels. That is why it is called slight Insufficiency of Shen (Spirit)."

62.9 Huangdi asked, "How to deal with it with [strengthening and soothing techniques]"

62.10 Qibo answered, "[To deal with] Insufficiency of Shen (Spirit), the small Gallinators [are needed] to let out blood. [Care should be taken] not to insert the needle deep, not to puncture the large Channels. [With such a treatment,] Shenqi (Spirit-Qi) will be harmonized naturally. [To deal with] Surplus of Shen (Spirit), the small Gallinators are produce to enrich Qi and then needed to penetrate [the flow of Qi and blood]."

62.11 Huangdi asked, "How to do needle [in dealing with] slight Xue (Exh)?"

62.12 Qibo answered, "Massage should be performed for a longer period of time and the needle should not be inserted too deep so as to drive Qi to the place where it is insufficient. [With such a treatment,] Shenqi (Spirit-Qi) will be normalized.

- Excessive of spirit becomes laughing
- Deficiency of spirit becomes sorrow – insufficiency of Ying and blood to nourish the spirit
- Not affect the Qi and blood
- Treated by bleeding therapy on superficial collaterals – press to gather smooth the circulation, not to reduce it

Dr. Stanley, R.TCMP
Disease by excessive and deficiency of Qi

62. 13 Huangdi said, "Good! What are the manifestations of Surplus and Insufficiency of Qi?"

62. 14 Qibo answered, "Surplus of Qi leads to panting and adverse flow of Qi while Insufficiency of Qi leads to shortness of breath though respiration is smooth. Before blood and Qi merge with each other and when the Five Zang-Organs are stabilized, attack of Xie (Evil) on the skin causes slight skin disease known as slight leakage of Baiqi (White-Qi)."

62. 15 Huangdi asked, "How to deal with it with strengthening and reducing techniques?"

62. 16 Qibo answered, "[To deal with] Surplus of Qi, the related Channel is needled with [reducing techniques]. [Care should be taken] not to impair the Channel and not to let out blood and Qi. [To deal with] Insufficiency of Qi, the related Channel is needled with [strengthening techniques]. [Care should be taken] not to let out Qi."

62. 17 Huangdi asked, "How to do needling [in dealing with] slight Xie (Evil)?"

62. 18 Qibo answered, "Massage should be performed for a longer period of time. Then the needle is taken out and shown to the patient, saying 'I will insert it deep [into your body]'. Actually the needle is not inserted deep. [Such a treatment will] keep Jingqi (Essence-Qi) deep in the body, dissipate Xieqi (Evil-Qi) and drive Xieqi out of the body through Gouli (muscular interspace). [With such a treatment,] Zhuqi (Genuine-Qi) will be restored naturally."

- Affects the Qi circulation of lung – coughing or asthma
- The leak of White Qi (lung) – not harm the Qi and blood and Zang organs
- Mild release the Wei (protective) Qi, withhold the Ying Qi
- Treat by superficial needling with massage

Dr. Stanley, R.TCMP

Disease by excessive and deficiency of blood

62. 19 Huangdi said, "Good! What are the manifestations of Surplus and Insufficiency of blood?"

62. 20 Qibo answered, "Surplus of blood leads to rage while Insufficiency of blood results in fear. Before blood and Qi merge with each other and when the Five Zang-Organs are stabilized, [attack of Xie (Evil)] leads to overflow of the fine Collaterals and stagnation of blood in the Channels."

62. 21 Huangdi asked, "How to deal with it with strengthening and reducing techniques?"

62. 22 Qibo answered, "[To deal with] Surplus of blood, the related Channel with full blood is needled to let out blood. [To deal with] Insufficiency of blood, the deficient Channel is needled with strengthening techniques. [After insertion, the needle] is retained for a longer period of time with careful observation. When the Channel is dilated, [the needle] is withdrawn immediately without letting out blood."

62. 23 Huangdi asked, "How to needle the Collaterals with stagnation of blood?"

62. 24 Qibo answered, "[First] find stagnation of blood in the Collaterals, [then] puncture it to let out blood so as to prevent stagnant blood from entering the Channels and causing diseases."

- Manifested by anger (excessive) and scare (deficiency)
- The shared origin of liver and kidney: tonify the liver by enhancing kidney, reduce kidney by reducing liver
- Affected the blood in the superficial collaterals
- Tonify or reduce by needling – remove the local blood stasis

Dr. Stanley, R.TCMP
Disease by excessive and deficiency of spleen and muscle

- Dysfunction of water metabolism
- Abdominal distention
- Weakness of muscular strength
- Needling at the muscle level

Dr. Stanley, R.TCMP

Disease by excessive and deficiency of kidney

- Zhi is withheld in kidney, thus it denotes the excessive and deficiency of kidney
- Kidney dominates the water metabolism, thus the excessive pathogen in kidney manifested by abdominal distension
- Kidney Yang warms the spleen, loss of the warming cause spleen dysfunction and food retaining
- Deficiency of kidney causes loss of consciousness and bone disease
- Reduce Rangu by bleeding and tonify Fuliu, withhold the essence Qi by superficial needling

Dr. Stanley, R.TCMP
### Summary of the etiology of five Zang

- **The shallow level invasion is on the Qi and blood level**
- **Invasion to the heart:** affects the spirit with emotional disease
- **Invasion to the lung:** affects the Qi and breathing
- **Invasion to the liver:** affects the blood and related to fear (deficiency) and anger (excessive)
- **Invasion to the spleen:** affect the muscle (limbs) and related to immobility
- **Invasion to the kidney:** affect Zhi and manifested by abdominal distension and loss of consciousness

---

### Disease by dysfunction of Qi and blood

- **Dysfunction of Qi and blood causes various excessive and deficient syndrome in different organs**
- **Qi and blood favor warm and dislike cold.** As two factors, when Qi goes into blood, it becomes deficiency in the Qi part; when blood goes into Qi, it becomes deficiency in the blood part
- **When Qi and blood locates in one part, it causes deficiency in the opposite part**

---

**Dr. Stanley, R.TCMP**
Disease by dysfunction of Qi and blood

2017-10-23

- When the pathogen attacks the Yin part, it causes Yin disease; when the pathogen attacks the Yang part, it causes Yang disease.
- The pathogens causing Yin disease belong to Yin, those causing Yang disease belong to Yang.
- The invasion pathway of the external pathogens is from exterior to interior.
- The position invaded by pathogens becomes tender point.
- The pathogens consume the vital Qi and lead to deficiency.

Dr. Stanley, R.TCMP

Qi and blood prefer warm

- The herbs to expedite blood circulation and remove stasis should be accompanied by herbs with warm effect.
- Stroke (Bojue): blood reversely goes upwards to the head, if it reverses, the patient can survive -- Cerebral hemorrhage.

Dr. Stanley, R.TCMP
Case Study

- 64 year old female, right shoulder pain with fixed tender point, like warmth, becomes worse with coldness, pale tongue with thin white coating, deep and strict pulse
- Diagnosis
- Treatment principle
- method

External cold syndrome by Yang deficiency

62. Dr. Huangdi said, "The Canon" says, Xue (Deficiency) of Yang causes External-Cold while Xue (Deficiency) of Yin generates Internal-Heat; predomination of Yang produces External-Heat while predomination of Yin generates Internal-Cold. I have already heard [all about these changes], but I do not know the causation of them."

62. 54 (Qibo answered), "Yang gives Qi from Shangjiao (Upper-Energizer) to warm the skin and muscle. External attack of Cold-Qi obstructs the Shangjiao (Upper-Energizer) and prevents Yang from warming the skin and muscles, giving rise to the lingering of Cold-Qi in the external. That is why the patient feels chilly."

62. 55 Huangdi asked, "What are the manifestations of Internal-Heat due to Xue (Deficiency) of Yin?"
62. 56 (Qibo answered), "It is due to] overuse, decline of physical build and Qi, insufficiency of Guqi (Gvt-Qi), failure of Shangjiao (Upper-Energizer) to transport nutrients and obstruction of Xinmai (lower part of the stomach), [leading to the production of] Heat [due to stagnation of] Wei Qi (Stomach-Qi) and fumigation of the term by Heat-Qi. That is why there is Internal-Heat."

62. 57 Huangdi asked, "What are the manifestations of External-Heat due to Yang predominance?"

- Yang deficiency causes decrease Wei Qi generation from the upper Jiao
- The Wei Qi cannot be effectively distributed thus the coldness can stay
- Should be discriminate with kidney Yang deficiency

Dr. Stanley, R.TCMP
internal hot syndrome by Yin deficiency

- Yin deficiency cannot withhold the Yang which produces heat
- Dysfunction of upper Jiao produces upper heat, dysfunction of middle Jiao produces stomach heat, both are deficient heat with spleen Qi deficiency
- The principle of herbs with sweet flavor and warmth to reduce heat
- Coldness from the lower Jiao ascends to the upper Jiao, can cause blood stasis in heart and lung

Case study

- 26 year old female, mild pain and distension in right hypochondriac region, frequent fever ranging 37.5 ~ 38.2 in the afternoon or at night, poor appetite, palpitations, fatigue, insomnia, loose stool, red tongue with yellow coating, deep and slim pulse

Diagnosis

Treatment principle

Formula
The 19 pieces of disease mechanism

74. 117 Huameng said, "I'd like to know the pathogenesis.

74. 118 Qibo said, "All Wind (diseases characterized by) tremor and dizziness are associated with the liver; all Cold (diseases characterized by) asthenia and contraction are associated with the kidney; all Qi (diseases characterized by) oppression and stagnation are associated with the lung; all Dampness (diseases characterized by) swelling and fullness are associated with the spleen; all Heat (diseases characterized by) distention and convulsion are associated with Fire; all [symptoms characterized by] pain, itching and sores are associated with the heart; all [symptoms characterized by] adenocarcinoma (flow of Qi), difficulty in urination and defecation, and diarrhea are associated with the Lower (Lower Energetics); all [symptoms characterized by] lassitude, panting and vomiting are associated with the Upper (Upper Energetics); all [symptoms characterized by] lockjaw, chills and clenching teeth like lots of consciousness are associated with a Fire; all [symptoms characterized by] convulsion and stiff neck are associated with Dampness; all [symptoms characterized by] suspicion of adverse effects (flowing Qi) are associated with Fire, all [symptoms characterized by] abdominal distension are associated with Heat, all [symptoms characterized by] restlessness and mania are associated with Fire, all [symptoms characterized by] sudden stiffness of the body are associated with Wind, all [symptoms characterized by] abdominal distension (which sounds like a drum when palpated) are associated with Heat, all [symptoms characterized by] droopy, pain, ache and fright are associated with Fire; all [symptoms characterized by] spasm (of sinew) and turbid fluid are associated with Heat; all [symptoms characterized by] cold fluid are associated with Cold, all [symptoms characterized by] acid fermentation and acid diarrhea are associated with Heat. This is why [the book entitles] "Dyspnea (Essentials)" says that pathogenesis must be carefully examined according to the nature of diseases. [If it has, [it should be] analyzed; if it does not have, [it also should be] analyzed. [If there is] superabundance, [it should be] explored, [if there is] deficiency, [it also should be] explored. [The disease caused by] predominance of Fire: [Metals and Waxing (Five-Element) should be] differentiated. First, Blood and Qi [should be] dredged and regulated [so that they are] balanced. This is just [what pathogenesis means]."
### The 19 pieces of disease mechanism

- Liver – tremor, dizziness, loss of nourishing of sinews
- Kidney – coldness with Yang deficiency
- Lung – coughing, chest distension
- Spleen – dampness, edema, loss of ascending of Qi
- Heart & liver – fire / heat, unconsciousness and spasm
- Itching, skin ulcer and furuncle – heat and heart
- Lower Jiao – liver and kidney deficiency, cold limbs, diarrhea
- Upper Jiao – lung and stomach, vomiting, muscular degeneration by lung and stomach deficiency

---

### The 19 pieces of disease mechanism

- Fake cold with real heat – chilling, loss of consciousness, chronic disease
- Stiff neck – dampness invades the sinew on the neck
- Reversed movement of Qi – fire, vomit, hiccups, heartburns, dizziness
- Abdominal distension – heat stays in stomach and intestine, Qi stasis
- Mania & delusions – fire disturbs heart and Yangming (stomach)
The 19 pieces of disease mechanism

- Muscular rigidity or increased tension – wind affects the liver
- Abdominal distension, over-active bowel movement – heat stays in stomach and intestine
- Dermal and subcutaneous tissue infection, carbuncle, pain and anxiety – fire → cleaning heat and detoxination
- Spasm and acute abdominal pain, thick and stink leucorrhea, airway and urinary tract infection – heat consumes Yin essence (Jin)

Dr. Stanley, R.TCMP

The 19 pieces of disease mechanism

- Thin and cold discharges, urine and leucorrhea – coldness
- Heartburn and sour vomiting, diarrhea, anus pain and heaviness – heat
- Diagnosis should follow this disease mechanism, overall assessment, collect syndromes and identify the excessiveness and deficiency
- Use the five-element relation and restore the balance of Qi and blood

Dr. Stanley, R.TCMP
Case study

Male, 54, coughing with asthma, few white phlegm, much urine, dislike coldness, pale tongue with white coating, deep and slim pulse

Diagnosis

Based on which mechanism?

Treatment principle

Summary of different disease mechanism

- Yang Deficiency
- Imbalance of Yin and Yang
- Excessiveness and deficiency of the five Zang organs
- Dysfunction of Qi movement
- Internal factors causing excessiveness and deficiency
- The mechanism related to the five organs
- The mechanism related to external Qi