INTERNAL CANON OF THE
YELLOW EMPEROR
TCM SYNDROME (ZHENG) SYSTEM

Stanley Liang
Ph.D., R.TCMP, R.Ac

Text reading

- S31 – Discussion on Heat
- S33 – Comments on Febrile Diseases
- S38 – Discussion on Cough
- S39 – Discussion on Pains
- S42 – Discussion on Wind
- S43 – Discussion on Bi-Syndrome
- S44 – Discussion on Flaccidity
- S57L – Edema
The concept of disease and syndromes

- In Neijing, disease denotes the morbid conditions where there is a certain type of imbalance of Qi and blood, and Yin and Yang.
- The term “TCM syndrome”, or Zheng, does not mean symptoms or signs, it means evidence that manifests the internal changes.
- Zheng Hou, is a combined concept, where Zheng means TCM syndromes, and Hou means time span. One Hou means seven days or a week.
- The TCM Syndrome assessment system originates from Neijing, but there is no a complete assessment system in the book of Neijing.

Dr. Stanley, R.TCMP

S31 – Discussion on Heat

31.1 Huangdi asked, “Currently febrile diseases are all caused by cold attack and are sometimes curable and sometimes incurable. If it is incurable, the patients may die in six and seven days. What is the reason. I cannot understand it. Could you explain it for me?”

31.2 Qibo answered, “Taiyang'11 commands all kinds of Yang and its Channel is connected with Fengfu (GV 16). So it governs the Qi for all kinds of Yang. When attacked by cold, people may have fever. [Sometimes the fever may be] serious, but it does not lead to death. [However], I the disease caused by cold attacking both Channels'13 inevitably leads to death.”

- All febrile diseases by external pathogens are called “Shanghan” in Chinese medicine.
- “Shanghan” and typhoid are completely different concepts.
- The infect pathway is from governing and Taiyang Bladder meridian.
- The bladder meridian plays an important role in the distribution of Yang Qi, the interception point with Du meridian is Fengfu (DU-16).

Dr. Stanley, R.TCMP
Yang Qi and Bladder meridian

- When the bladder meridian is attacked by external pathogens no matter the character of the pathogen, the common sign is fever.
- The prognosis is based on the Yang Qi. Fever is a sign of sufficient Yang Qi. The Wenbing (warm disease) School extends the concern on reserving the Yin fluid and essence.
- Attack to both meridians are dangerous:
  - Taiyang (bladder) + Shaoyin (kidney)
  - Yangming (large intestine) + Taiyin (spleen)
  - Shaoyang (gall bladder) + Jueyin (liver)
- The interrelated meridians respectively belong to external and internal, which means the pathogen is strong and the vital Qi is weak.
- Regarding Shanghai, there are five sub-types: Zhong Feng (wind attack) Shanghan (cold attack), Shiwen (heat with dampness), febrile disease, and warm disease, in the Book Shanghan Lun, the term Shanghai means the syndrome fits Maihuang decoction.

The signs and symptoms of the febrile disease in the six meridians

Dr. Stanley, R.TCMP
The transfer pathways

- **The three Yang meridians**
  - D1 Taiyang (bladder)
  - D2 Yangming (stomach)
  - D3 Shaoyang (gall bladder)

- **The three Yin meridians**
  - D4 Taiyin (spleen)
  - D5 Shaoyin (kidney)
  - D6 Jueyin (liver)

Symptoms of each meridian

- **Taiyang**: handache, tightness on the neck and upper back
- **Yangming**: eye pain, dry nose, sleepness – the meridian Qi cannot enter the Yin side
- **Shaoyang**: hypochondriac pain, deafness
- **The three Yang disease** can be treated by sweating
- **Taiyin**: abdominal distension, dry pharynx
- **Shaoyin**: dry mouth and tongue, thirsty
- **Jueyin**: anxiety, contraction of external genitalia
Symptom relieving of different meridians

- The prerequisite is the internal is NOT harm or Yang Qi is sufficient
- D8: Yangming relieves, headache improves
- D9: Shaoyang relieves, deafness improves
- D10: Taiyin relieves, abdominal distension improves, appetite restores
- D11: Shaoyin: thirsty improves, fluid on the tongue recovers, sneeze occasionally
- D12: Jueyin: external genitalia contraction relieves, lower abdominal tightness relieves, sign of pathogen being expelled
- The general treatment principle is to expel the pathogen and smooth the meridians flows

Dr. Stanley, R.TCMP

Treatment principles for resting heat

- Resting heat means the small proportion of pathogens resting in meridians
- If the patient eats too much, the Qi of the food can combine with the pathogen to generate extra heat
- Should be treatment based on the assessment of excessive or deficiency, not that protection of vital Qi should be prioritized
- Meat can generate internal heat, thus eating meat is NOT advocate during treatment – not prohibit from eating
- Reducing heat can use either acupuncture or herbs

Dr. Stanley, R.TCMP
Difference between Neijing and Shanghan Lun

- The description regarding febrile pathogen transfers is different
- All transfers in Neijing are excessive syndromes. So when the pathogens are in the three Yang meridians, using sweating, when in the three Yin meridians, using reducing
- In Shanghan Lun, the three Yang meridians transfers are excessive syndromes, while the three Yin meridians transfers are deficient syndromes. So the treatments methods are more complicated
- The transfer pathway in Neijing is simple, but is more complex in Shanghan Lun

Symptoms of double attacks

- D1: Taiyang+Shaoyin: headache and anxiety
- D2: Yangming + Taiyin: abdominal distension, fever, poor appetite
- D3: Shaoyang + Jueyin: deafness, contraction of external genitalia, loss of consciousness
- Can die in six days

31.13 Huangdi asked, "What are the pulse conditions and the symptoms and signs of the disease caused by cold simultaneously attacking the two Channels (that are internally and externally related to each other)?"

31.14 Qibo answered, "As to [the disease caused by] cold simultaneously attacking the two Channels (that are internally and externally related to each other), the Taiyang and Shaoyin [Channels] are attacked in the first day, leading to headaches, dry mouth and dysphoria; the Yangming and Taiyin are attacked in the second day, causing abdominal fullness, body fever, anorexia and delirium; the Shaoyang and Jueyin are attacked in the third day, resulting in deafness, shrinkage of the acupoints, syncope, inability to eat and drink and unconsciousness. [The patients] die in the sixth day."

31.15 Huangdi asked, "Why [the patients] die three days after impairment of the Five Zang-Organ, obstruction of the Six Fu-Organ and stagnation of the Hong (Nutrient-Qi) and Wei (Defensive-Qi)?"

31.16 Qibo answered,"The Yangming [Channel], the longest one in the twelve Channels, is abundant in both blood and Qi. That is why [the patients] are unconscious. Three days later the Qi [of the Yangming Channel] is exhausted, so [the patients] die."
Prognosis of double attacks

- Double attacks means the external Yang meridians and internal Yin meridians are attacked simultaneously by pathogens
- The syndrome is power pathogen + internal weakness
- The condition is severe and dangerous
- The death is caused by the loss of stomach Qi, i.e. cannot sustain basic metabolism
- The treatment principle is to protect the vital Qi (stomach Qi) and preserve the Yin fluids
- All the reducing treatment should be accompanied by extra methods to preserve the stomach Qi and Yin essence

Difference of warm and summer-heat

- Warm disease happens before the summer solstice, summer-heat disease occurs after it
- From treatment, summer-heat should be treated by sweating, however, summer-heat consumes Qi, sweating might have serious side effects
- Both diseases is caused by hidden pathogen from winter
Case study

- Male, 17 year old, dizziness, fatigue, thirsty and like drinking cold water, sweating, nausea, fever at 38.5, tar urine, diarrhea, floating pulse
- Diagnosis
- Treatment principle
- Formula

Dr. Stanley, R.TCMP

S33 – Comments on Febrile Diseases

33. 华佗 asked, “What is the name of the warm disease characterized by fever following sweating, restless pulse, no alleviating after sweating, sweating and no appetite?”

33.2 陈波 answered, “It is called Yin Yang combination (combination of Yin and Yang) which is incurable.”

33.3 华佗 said, “I'd like to know the cause.”

33.4 陈波 answered, “Sweating comes from Jing (Essence) transformed from food. Sweating during the combat between Xiao (Evil-Qi) and Zheng (Healthy-Qi) indicates recession of Xiao (Evil) and domination of Zheng (Essence). When Jing (Essence) is in domination, the patient should be able to eat food and fever should not recur. The recurrence of fever indicates the domination of Xiao and sweating indicates the domination of Jing (Essence). Recurrence of fever after sweating indicates the domination of Xiao (Evil) and anorexia indicates lack of Jing (Essence). Retention of Xiao (Evil) endangers the life of the patient.” [The book entitled] Roan (Discussion on Febrile Disease) says that fasting marked by sweating and restless pulse is incurable. Now the pulse state does not correspond to sweating. This is a sign that Jing (Essence-Qi) fails to overpower Xiao (Evil), inevitably leading to death. Sweating is a sign of mental demangement. Since there are now three signs of death and no sign of life, the patient will inevitably die even if their conditions are improved.”

- Comments on four extra febrile diseases: Yin Yang combination, Labor wind, kidney wind, reversed wind
- Signs of Yin Yang combination: fever returns soon after sweating with rapid pulse, delirium, loss of consciousness
- The hot pathogen is combined with the internal Yin essence, a sign of Qi deficiency

Dr. Stanley, R.TCMP
Sweating and fever

- Sweat is from fluid, fluid is from the essence of food.
- When pathogens attack the skin and muscular level, sweating is the sign for recovery.
- If the fever comes back shortly after sweating with loss of appetite and rapid pulse, the patient is likely to die.
- In general, the patient should be quite and peaceful after sweating; if the patient becomes uncomfortable after sweating, it can be dangerous.

The three dangerous sign of Yin Yang combination

- Loss of appetite with rapid pulse and mania
- Delirium – kidney Qi and Yin seriously consumed
- Reoccurrence of fever after sweating
- Mechanism: loss of stomach Qi, vital Yin, loss of fluid, with strong pathogen
- Can be dangerous and likely to die
- Key feature: strong pathogen is combined with severe loss of vital Yin
- For Shanghan, preserving Yang is important, for Warm disease, preserving Yin is important.
Feng Jue (reversed wind) and its treatment

- Fever remains after sweating – feet anxious after sweating – reverse rising Qi of Shaoyin with deficient fire → Jue means reversed Qi
- When Taiyang (bladder) meridian is attacked, the pathogen transfers to its related Yin meridian (kidney) → the deficient fire rises
- The Taiyang is treated by acupuncture for reducing, the Shaoyin is treated by decoction for tonification
- The term Feng Jue or reversed wind has three meanings throughout the book

Dr. Stanley, R.TCMP

Labor wind and its treatment

- Laofeng (labor wind): attack by wind pathogen after heavy physical labor
- The attack location is at the lung
- Tightness of the neck, blur vision, thick sputum, chilling
- Clean the airway to ensure smooth breath, soften the neck

Dr. Stanley, R.TCMP
Treatment for labor wind

- Needling the Taiyang (bladder) meridian to guide the meridian Qi
- For good physical condition with sufficient kidney essence - recover in 3 days, for mid-age, 5 days, for senior, 7 days
- Good sign: expectorate (spit) a lot of thick sputum with pus and stink smell → pathogen is going out
- If pathogen enters the lung, the patient is dangerous
- Focus of sputum expectoration, and reducing both external and internal heat → acute bronchitis or bronchial dilatation, pneumonia

Kidney wind and its treatment

33. 15 Huangli asked, “Can acupuncture be used to treat Shenfeng (Kidney-Wind Syndrome) [with the symptoms of] facial drop, fever, urination micturition and difficulty in urination?”
33. 16 Qibo answered, “Acupuncture should not be used to treat Xu (Deficiency) Syndrome. Wrong use of acupuncture [to treat Xu (Deficiency) Syndrome] leads to Qi rising five days later.”
33. 17 Huangli asked, “What will happen if Qi arrives?”
33. 18 Qibo answered, “The arrival of Qi will cause shortness of breath, frequent fever running from the chest to the back and head, sweating, feverish hands, dry mouth, extreme thirst, yellowish urine, edema of palpebra inferior, borborygms, heaviness of the body, difficulty in walking, amnesia, dysphoria, anorexia, inability to suppress and cough if [the patient] lies in supination. This disease is called Fengshui (Wind-Edema) which is described in [the book entitled] Qiya (Needling Techniques).”
33. 19 Huangli asked, “I’d like to know the cause.”
33. 20 Qibo answered, “The accumulation of Xie (Evil) means the deficiency of Qi. If Yin is deficient, Yang must accumulate, and therefore leading to shortness of breath, frequent fever and sweating. Yellowish urine is due to heat in the lower abdomen. Inability to lie in supination is due to disharmony of the stomach. Severe cough in supination is due to moisture of the lung [by Xin Qi (Kidney Qi)]. The premonitory sign of edema is on the palpebra inferior that is slightly drooping.”
33. 21 Huangli asked, “What is the reason?”
33. 22 Qibo answered, “Water[1] pertains to Yin and so is the palpebra inferior. The abdomen in the location of Zhuyin (Supreme-Yin). That is why retention of water in the abdomen[2] makes the palpebra inferior slightly drooping. Zhanqi[3] flows adversely upwards, resulting in bitter taste in the mouth, dry tongue, inability to lie in supination and coughing up clear water [if the patient] lies in supination. That is why [the patient with] edema cannot lie in supination because lying in supination causes palpitation which makes their cough worse. Borborygms is caused by [disorder of] the stomach. Pressure of water on the spleen leads to dysphoria and anorexia. If the patient are unable to take food, it is due to obstruction of the stomach. Heaviness of the body and difficulty in walking are due to the Stomach Channel that runs onto the feet. Anorexia is due to obstruction of the urinary Channel which belongs to the heart and is connected with the stomach. New Qi[4] pressure on the lung and the Xin Qi (Heart-Qi) cannot descend. That is why menstruation stops.”

Dr. Stanley, R.TCMP
Kidney wind the definition

- kidney is caused by the attack of wind pathogen to kidney facial and eyelid edema and unclear pronunciation
- If mistreat by needling → Fengshui (wind water disease)
- Five days as a stage, affects the Taiyang (bladder) and Shaoyin (kidney) meridian
- Heat due to kidney Yin deficiency with tar and little urine
- Affects lung, spleen, stomach and heart
- Affects the menstrual cycle of female

Treatment principles

- External pathogens attack the location where the vital Qi is weak (insufficient) → maintain vital Qi is crucial to disease prevention
- Treatment: sweating, increasing urination, remove stagnation, needling the 57 water points
- Related to various renal diseases: glomerulus nephritis, nephrotic syndrome, renal failure, etc.
- Can use some wind expelling drugs
Cough can be caused by different Zang Fu organs

- Lung regulates the vessels and breathing, so cough always relates to the lung. From middle Jiao and the stomach meridian.
- Autumn to the lung directly, spring to liver, summer to heart, last 18 days to spleen, winter to kidney.

Cough originates from Zang organs

- Lung: coughing with asthma and hemoptysis
- Heart: coughing with chest pain, larynx obstruction and laryngitis
- Liver: hypochondriac pain and distension
- Spleen: right hypochondriac pain, aggravating by movement
- Kidney: coughing with waist and back pain, with thick phlegm
Cough originates from Fu organs

Dr. Stanley, R.TCMP

- Transfer from Zang to Fu, getting more serious
- Treatment focuses on Fu

Spleen → stomach: cough with vomit, vomit of parasites when serious
Liver → gall bladder: cough and vomit of bitter liquid and bile, treat with cough relieving and gall bladder smoothing
Lung → large intestine: cough with fecal incontinence
Heart → small intestine: cough with farting
Kidney → bladder: cough with urinary incontinence
Long history coughing → Triple Jiao: abdominal fullness and anorexia

General morbid mechanism of cough

Dr. Stanley, R.TCMP

- Cough can be related to various organs
- The common mechanism
  - External coldness attacks the superficial → lung
  - Cold food / drink attacks the stomach → lung (via the lung meridian)
  - Thus all coughs are related to lung and stomach
  - Nasal discharge and facial dropsy, reversed Qi → stomach (meridian) and lung
Treatment principle for cough

- Zang cough → needle the corresponding Shu point
- Fu cough → needle the corresponding He point
- Facial dropsy → needle Jing Point
- The Yin meridians do not have Yuan point, thus use Shu Point instead
- He points are the deepest points among the Five-Shu points
- Fu cough is deeper than Zang cough
- Shu points can mean the Back-Shu points on the Bladder meridians: using moxibustion

The etiology and mechanism of cough

- Two source: wind coldness from skin pores, internal attack by cold food
- Can be caused by various pathogens: dampness, heat, fire, dryness etc. should be differentiated:
  - Dampness: coughing sound is deep and loud
  - Dryness: coughing sound is rough and harsh and with itchy throat
  - Heat: coughing and becoming silent shorts because of sore throat
  - Herbs: Xingren, Qianghuo, Shegan, Kuandonghua
- Fu cough is more serious
Case study

- 35 years old, male, coughing with phlegm, with salty flavor in mouth, deep and weak pulse
- Kidney cough
- Relieving cough and clean phlegm, tonify lung and kidney
- Jinshui LiujunJian: Chenpi, Banxia, Fuling, Gancao, Danggui, Shudihuang

Dr. Stanley, R.TCMP

Treatment based on different seasons

- Spring – descend qi: Qianhu, Xingre, Haifushi, Guolouren
- Summer – clean fire: Shashen, Tianhuafen, Maidong, Zhimu, Xuanshen
- Autumn – clean dryness: Yuzhu, Beimu, Xingren, Erjiao, Baihe, Pipaye
- Winter – warm and clean coldness: Xuye, Chuanxiong, Guizhi, Mahuang
- Focus should be both on lung and stomach

Dr. Stanley, R.TCMP
S39 Discussion of Pain

- 14 types of pain and their mechanism
- The general mechanism is coldness invades the meridians and causes blood stagnation and blockades Qi movement \(\rightarrow\) pain
- Cold pathogens rest in meridian
- Qi and blood stagnation
  
  Dr. Qibo said, "[Qi and blood] are flowing in the Channels continuously in an endless circle. Invasion of Cold-Qi into the Channels slows down [the flow of Qi and blood], leading to stagnation of the Channels. Invasion [of Cold-Qi] into the outside of the Channels reduces blood. Invasion [of Cold-Qi] into the Channels stagnates Qi and therefore causes sudden pain."

Dr. Stanley, R.TCMP

---

14 types of pain

1. Pain stops suddenly: coldness rests in small collaterals, can be expelled by warming treatment
2. Pain is sharp and never stops: repeatedly invaded by coldness to both meridians and collaterals, cannot easily expelled
3. Pain is sharp and cannot be pressed: external coldness is combined with internal Yang Qi, cannot easily separate, pressing gets worse
4. Pain stops when being pressed: coldness locates in Moyuan (Mesentery) – shallow, thus relieves when pressed

Dr. Stanley, R.TCMP
### 14 types of pain – cont’d

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Pain is not alleviated when pressed: coldness rests in the meridian along the spine</td>
</tr>
<tr>
<td>6</td>
<td>Pain throbs and is felt by hand: coldness rests in the penetrating (chong) meridian</td>
</tr>
<tr>
<td>7</td>
<td>Referred pain of the heart and the back: coldness invades the back Shu point with blood deficiency</td>
</tr>
<tr>
<td>8</td>
<td>Referred pain of the hypochondria and lower abdomen: coldness invades the liver meridian</td>
</tr>
<tr>
<td>9</td>
<td>Abdominal pain radiates to the inner side of the thigh: coldness invades low belly with blood stagnation</td>
</tr>
<tr>
<td>10</td>
<td>Pain prolongs and mass forms: coldness stagnates blood and forms mass</td>
</tr>
<tr>
<td>11</td>
<td>Pain is piecing and leads to unconsciousness: coldness expels the internal Yang outside, can recover when Yang is restored</td>
</tr>
<tr>
<td>12</td>
<td>Pain causes vomiting: coldness rests in stomach and intestine and causes reversed Qi movement</td>
</tr>
<tr>
<td>13</td>
<td>Abdominal pain with diarrhea: coldness invades small intestine, water abnormally moves to large intestine</td>
</tr>
<tr>
<td>14</td>
<td>Pain with constipation: heat rests in small intestine and consumes fluid</td>
</tr>
</tbody>
</table>

Dr. Stanley, R.TCMP
Pain diagnosis

Dr. Stanley, R.TCMP

- Observe color: yellow and red - heat, white - coldness, black - coldness + blood stagnation
- Palpation: hardness - excessive, concave/sinking - deficiency

- Intensity and duration
- Palpation: relieve with heat, cannot pressed, preferred to be pressed
- Radiation direction and region
- Heat and cold

S42 – Discussion on Wind

Dr. Stanley, R.TCMP

- Wind pathogen is the leader of other external pathogens
- Wind is a Yang pathogen
- Wind is likely to harm the Wei (protective) Qi and to attack the surface
- The attack location is uncertain and changing with acute onset and various symptoms
- Tremor and tingling are typical to wind invasion
- Wind is usually accompanied by other pathogens
18 types of diseases into 4 classes

Class 1: based on attack position
- Liver wind: over-sweat, abstain from wind, green face, dry throat, irritable
- Lung wind: abstain from wind, cough, fatigue
- Heart wind: over-sweat, abstain from wind, dry lips, irritable, red face, stiff tongue, aphasia
- Spleen wind: over-sweat, abstain from wind, fatigue, yellow face, poor appetite
- Kidney wind: low back pain, dark face
- Stomach wind: abdominal distension, constipation, or diarrhea after eating cold food
- Intestine wind: diarrhea, bloody stool
- Head wind: headache, continuous progress, relief on the wind (wood) day
- Brain wind: dizziness, headache on the top, fear of coldness, runny nose

18 types of diseases into 4 classes

Class 2: based on the disease character
- Cold heat: wind pathogen stays in skin, the open-close function of the pore becomes abnormal
- Heat internal attack
- Cold internal attack
- Cold-heat disease: with pore closed the Yang stays internally → fever and energy consuming, coldness inside → poor appetite
18 types of diseases into 4 classes

Class 3: based on clinical manifestation
- Lifeng: leprosy – treated by Leiwan
- Pianku: paralysis
- Loufeng: leaking wind – oversweat – wind with dampness: Zexie, Luhancao, Baizhu
- Xiefeng: severe oversweat – Yupingfeng Powder

Class 4: based on infectious pathway
- Internal wind: by improper sex and harming the kidney
- Head wind: attacking the head

S43 – Discussion on Bi-Syndrome

43.2 Qibo answered, "The interaction of wind, cold and dampness causes Bi (stagnation or obstruction). If wind is in predomination, it causes Xingbi (Migratory Stagnation); if cold is in predomination, it causes Tongbi (Pain Stagnation); if dampness is in predomination, it causes Zhiubi (Heavy Stagnation)."

43.4 Qibo answered, "[Bi-Syndrome] in winter is called Gubi (Bone-Stagnation); [Bi-Syndrome] in spring is called Jibini (Sinew-Stagnation); [Bi-Syndrome] in summer is called Mubi (Channel-Stagnation); [Bi-Syndrome] in late summer is called Jiibi (Muscle-Stagnation); and [Bi-Syndrome] in autumn is called Pibi (Skin-Stagnation)."

- Meaning of Bi: obstruction and blockade
- The wind, cold, and damp pathogen stagnate the Qi and blood and blockade the meridians
- Refers to all disease with the above characters
  - As the disease
  - As joint pain: Li Jie Feng
  - As the morbid mechanism for obstruction
  - As the disease with Yin character
Morbid mechanism of Bi-Syndrome

- Combination of wind, coldness, dampness, and heat, i.e. damp-heat
- Season related: spring—sinew Bi, summer—vessel Bi, Winter—bone Bi
- Five Zang related: enters the organ after long stay; attacks an organ based on specific season; loss of organ essence; abnormality of Ying Qi and Wei Qi
- Six Fu related: attack from the corresponding meridian; improper diet harms the Fu organ and combined with external pathogens; abnormality of Ying Qi and Wei Qi

Classification of Bi-syndrome

- Based on pathogens: wind-focus, cold-focus, damp-focus
- Based on symptoms: Xing-Bi, Tong-Bi, Zhu-Bi, Zhou-Bi, Zhong-Bi
- Based on Yin-Yang: cold-Bi, hot-Bi
Classification of Bi-syndrome

Dr. Stanley, R.TCMP

- Combined with more than one pathogens
- Xing-Bi → wind, Tong-Bi → cold, Zhuo-Bi → damp
- Season: Bone-Bi (winter), Sinew-Bi (spring), Vessel-Bi (summer), Muscle-Bi (late summer), Skin-Bi (autumn)
- Transfer as internal Zang disorders: Bone-Bi (kidney), Sinew-Bi (liver), Vessel-Bi (heart), Muscle-Bi (Spleen), Skin-Bi (lung)

Manifestation of internal Bi-syndrome

- Lung: dysphoria, chest distension, panting, vomiting
- Heart: vessel obstruction, dysphoria, heart throbbing, chest tightness, dry throat, eructation, fear (angina)
- Liver: fright in the evening, desire for drinking and frequent urination, abdominal fullness / oedema
- Kidney: abdominal distension, leg atrophy, slouch
- Spleen: fatigue, cough and vomit, chest fullness
- Intestine: frequent drink of water, urination difficulty, chest fullness and panting, diarrhea
- Bladder: abdominal pain with preferred pressing, heat, urination difficulty, excessive nasal discharge
Prognosis of Bi-Syndrome

43.8 Qibo answered, "[When Bi-Syndrome] enters the Zang- Organs, it leads to death; when Bi-Syndrome] lingers in the sinews, it causes chronic pain; when Bi-Syndrome] stays in
the skin and muscles, it is easy to heal."

43.10 Qibo answered, "It is due to intemperance in eating
and irregular daily life. The six Fu-Organs have their Back-Shu
Acupoints respectively. Wind, cold and dampness invade the
body through these Acupoints and intemperance in eating impairs
the body inside. [When pathogenic factors] invade the body
through these Acupoints, they eventually deepen into the
Fu-Organs."

- If the pathogens enter the Zang mainly by cold-dampness, it is dangerous
- If the intestine is harm, the pathogens enter the Fu
and become Fu-Bi
- The pathogens enter the organ by the corresponding Shu points
of the meridian

Dr. Stanley, R.TCMP

Treatment for Bi-syndrome

43.12 Qibo answered, "The Five Zang- Organs have their
Acupoints [on the back] and the six Fu-Organs have their He-Sea
Acupoints in the lower part of the body. [Diseases] occur in the
regions connected with the Channels [of these organs]. [If treat-
ment is focused on] these regions [where diseases occur], they
will be healed."

- The Bi-syndrome of Zang: treated by Back-Shu
points
- The Bi-syndrome of Fu: treated by He-points of the corresponding
meridian
- For superficial Bi-syndrome: treated by the A-Shi (tender) points

Dr. Stanley, R.TCMP
Ying Qi and Wei Qi to Bi-syndrome

- The dysfunction of Ying-Wei Qi makes the body vulnerable to pathogen invasion
- The Wei Qi cannot protect the surface, the Bi-pathogens enter and stay in the Ying level
- For treatment, we need to expel the pathogen + restore the Ying-Wei function

Dr. Stanley, R.TCMP

Bi-syndrome and body constitution

- Fever: excessive Yang
- Cold: excessive Yin
- Sweat: deficient Yang
- The character changes based on body constitution
- For treatment of Bi-syndrome, we need to stress the restoration of Ying-Wei balance

Dr. Stanley, R.TCMP
S44 – Discussion on Flaccidity

- **Definition of Flaccidity (Wei-syndrome)**
  - Muscular atrophy
  - Loss of free motion
  - Also refers to muscular and vascular spasm

- **Similarity of Bi-syndrome and Wei-syndrome**
  - Related to external pathogen invasion
  - Motional dysfunction or loss of free motion
  - Featured by numbness and atrophy
  - Bi-syndrome can transfer to Wei-syndrome

**Difference between Bi-syndrome and Wei-syndrome**

- **Pathogens are different**
  - External wind, cold, damp pathogens invades the surface → Bi-syndrome
  - External heat invades the lung, or dampness invades the spleen and muscle, emotion injury → Wei-syndrome
  - Pathogenic character: Bi-syndrome is mainly invaded by Yin, Wei-syndrome is mainly invaded by Yang
  - Transfer pathway: Bi invades the surface and tends to go inside. Wei invades the lung and consumes the fluid and blood, causing deficient nutrition
  - Wei focus on weakness and atrophy, Bi focus on pain and numbness
Causes of Wei-syndrome

Heat in the lung
Emotional disorders
Over-working
Improper sex
External heat invasion

Morbid mechanism of Wei-syndrome

The Qi level heat of the five Zang organs consumes fluid and cannot nourish the body
Heat in lung prevents the normal distribution of fluid to different parts of body
Qi deficiency of the spleen and stomach system, the nutrition source becomes deficient
Deficiency of liver and kidney harms the bones and sinews
Types of Wei-Syndrome

- Wei with heat in the five Zang: dryness of skin (Wei Pi), sinew spasm (Jin Wei), lower limb atrophy and loss of motion (Gu Wei), loss of joint rotation (Mai Wei), numbness of muscle (Rou Wei)
- Wei with damp-heat
- Wei with spleen-stomach deficiency
- Wei with liver-kidney deficiency

Treatment principle for Wei-syndrome

- Stress the importance of Yangming (means the spleen-stomach system)
- Yangming is the source of Qi and blood → nourish the sinews and lubricate the joints
- The penetrating (chong) meridian is the sea of all meridians, its blood supplies the points
- Chong meridian and Yangming meet at the front perineum at the point Qijie (St-30)
More on the Yangming

- All Qi and blood from meridians meet at ST-30 to Chong meridian, because the Yangming (stomach) meridian generates most of the Qi
- Its Qi and blood is controlled by the Girdling meridian (Daimai) and connected to the governing meridian
- When the Girdling meridian is harmed, the lower limb motion will be lost

Treatments based on Yangming

- Tonify its Rong Point
- Reduce its Shu Point
- Apply with chrono-acupuncture
- Sinew Wei
  - Tonify the spleen-stomach system
  - Needle the Yangming points
  - Tonify the liver Rong Point: LV-2 Xingjian
  - Reduce the liver Shu Point: LV-3 Taichong
S57L – Edema

3 types of edema

- Water swelling (edema): when pressed, the swelling can restore by itself; deficiency of Yang Qi → cannot distill
- Skin swelling (cutaneous distension): when pressed, the concave can stay for long time
- Drum swelling (ascites): yellow with convex sinews and veins

Morbid mechanism

- Water swelling (edema)
  - Yang deficiency → unable to distill water
- Skin swelling (cutaneous distension)
  - Cold pathogen stays in skin and muscle → dysfunction of Wei Qi
- Drum swelling (ascites)
  - Internal stagnation of dampness and water
  - Hepatic cirrhosis → hepatic portal hypertension
## Types of Water swelling (edema)

### External / infectious edema
- **Kidney wind**: kidney invaded by wind pathogen, unable to distill water: abstain of wind, over sweat, urine retention, back pain, edema in upper half of body
- **Water-wind**: swelling from head and face, later to lower parts, urine retention, coughing, abstain of wind
- **Yong Shui**: coldness invades the lung, transfers to kidney, causing dysfunction of the descending function of lung and distilling function of kidney: edema with coughing, asthma, abdomen-focus edema, over-active bowel movement

### Internal edema
- **Water-wind transferred from kidney wind**
- **Yi Yin**: liver Qi stasis → dysfunction of fluid circulation → goes externally to skin
- **Shi Shui (stone edema)**: kidney Yang deficiency → kidney Qi cannot distill water → edema on lower half under the naval
- **Shui Zhong (internal edema)**: severe Qi and blood deficiency

---

Dr. Stanley, R.TCMP
Drum swelling (ascites)

- Cause: improper diet or liver Qi invades spleen
- Can be frequently recurrent
- Can be induced by eating improper processed raw meat and seafood
- Can be induced by emotional disorder

Treatment for edema

- Swelling on upper half: sweating
  - Fangjihuangqi decoction – Qi deficiency
  - Yuepi decoction – combined with heat
  - Mahuangfuzixinxi decoction: Yang deficiency
- Swelling on the lower half: promote urination
  - Focus on lung, spleen and kidney
  - Wuling powder
  - Shenqiwan
Treatment for Skin swelling (cutaneous distension)

- Reducing ST-36 (Zusanli)
- Lung dysfunction: Yuepi decoction + banxia
- Liver dysfunction: Chaihushugan powder
- Spleen deficiency: Pingwei powder + Sharen
- Kidney Qi deficiency: Shenqiwan
- Indigested food in stomach: Baohewan, Zhishidaojiwan

Treatment for Drum swelling (ascites)

- Cause: alcoholism, emotional disorder, improper sex, parasite (chistosoma)
- Mechanism: Qi stasis, blood and water stagnation
- Excessive at the beginning
- Deficiency at later stage
Intestinal mass and uterine mass

57.8 Qibo said, "Intestinal mass is caused by] invasion of cold into the intestines that obstructs Wei Qi (Defensive Qi), consequently preventing Qi from [flowing around] to nourish [the body]. [That is why pathogenic factors] linger [inside the body, giving rise to] blood stagnation inside, occurrence of shinshui Qi and formation of polyp. At the initial stage, it appears like an egg. Gradually it enlarges and [the patient] looks like being pregnant. [The duration of this problem can be] as long as one year. [It appears] hard when pressed and mobile when palpated. [However,] menstruation is still regular. These are the symptoms of intestinal mass.

57.10 Qibo said, "Uterine mass occurs in the uterus due to invasion of cold into the orifice of vagina that obstructs the orifice of vagina, prevents Qi from flowing normally and coagulated blood from being discharged, consequently leading to retention of coagulated blood [inside the uterus which] gradually accumulates [and makes the patient] looks like being pregnant. [Besides,] menstruation is irregular. Such a disease only occurs in women. [It can be treated by] draining [therapy to remove the coagulated blood from the uterus]."

- Intestinal mass: external coldness obstructs Wei Qi circulation
- The mass is movable when pressed, menstrual cycle can be normal (female)
- Uterine mass: blood stagnation in uterus
- Can be treated by blood moving herbs
- Can be treated by needling

Summary of different disease mechanism

- 8 chapters cover a wide range of diseases
- External and internal disease
- Muscular and organ disease
- Gynecologic disorders

Dr. Stanley, R.TCMP