

# ang Han Lun

## Modern Applications, Part II

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# Lectures Outline



## **Lecture 1: Shao Yang Syndrome and Shen Issues**

- Xiao Chai Hu Tang
- Chai Hu Jia Long Gu Mu Li Tang (herbal Zoloff)
- Gan Mai Da Zao Tang (crazy lady formula)
- Tao He Cheng Qi Tang

## **Lecture 2: Women's Health and Shen Issues**

- Gui Zhi Jia Long Gu Mu Li Tang (herbal crying baby formula)
- Wen Jing Tang
- Dang Gui Shao Yao San
- Gui Zhi Fu Ling Wan

# Shang Han Lun

- ▶ 观其脉证， guān qí mài zhèng  
Check pulses and symptoms,
- ▶ 知犯何逆， zhī fàn hé nì  
to figure out what is wrong,
- ▶ 随证治之。 suí zhèng zhì zhī  
and treat based on the pattern diagnosis.



- ❖ Individualized Treatment
- ❖ Personalized Treatment
- ❖ Precise medicine



# Index

## 1. Basic concepts of TCM

- ▶ History of Shang Han Lun
- ▶ Introduction of Shang Han Lun
- ▶ Bing (病) , Zheng (证) , and Zheng Zhuang (症状)
- ▶ Six channel (六经) , Six channel Bing, and Six channel differentiation

## 2. Formulas and herbs in Shang Han Lun

- ▶ Introduction of Shao Yang Bing
- ▶ Xiao Chai Hu Tang
- ▶ Chai Hu Jia Long Gu Mu li Tang
- ▶ Gan Mai Da Zao Tang Tao He Cheng Qi Tang

# 1. Basic concepts in TCM

- ▶ Holistic point of view (整体观念)
- ▶ Bian Zheng Lun Zhi (辨证论治)
  - -Pattern ID based treatment approach
  - -Consistency of Li, Fa, Fang, and Yao
    - ❖ -Li: TCM theory
    - ❖ -Fan: treatment principle and approach
    - ❖ -Fang: formulas
    - ❖ -Yao: herbs, acupuncture, and other therapy



# What is Shang Han Lun about?

- ▶ “Classic of the classics” in TCM
- ▶ First textbook with a complete pattern differentiation system ranging from TCM theory(Li), treatment principle(Fa), formula(Fang), herbs(Yao) to acupuncture, moxa, and other approaches
- ▶ First one focus on both exterior and interior disorders
- ▶ First completed TCM clinical book



# Why do we study Shang Han Lun?

- ▶ Almost all of the great TCM practitioners have to master *Shang Han Lun*
- ▶ Established a clinically fundamental structure in TCM
- ▶ Systematic way of thinking in pattern and disease differentiation
- ▶ The definition of concepts such as Zheng (symptom), Zheng Hou (syndrome), and Bing (disease)
- ▶ Progressive and forward-thinking analysis
- ▶ Holistic point of view from onset, development, treatment, and to predict prognosis of the disease
- ▶ Including Zang Fu, Jing Luo, and Eight principle differentiation
- ▶ Pattern ID-based treatment principles
- ▶ Clinical thinking order and format

# History of Shang Han Lun

- ▶ Zhang Ji style: Zhong Jin (AD 150-219), Zhang Zhongjing
  - Shang Han Lun: AD 200-219
  - “Nei Jing” to “Shang Han Lun” or from a different lineage
    - Development of TCM from theory to treatment
  - Original name: “Shang Han Za Bing Lun”
  - Later split to two books: “Shang Han Lun” and “Jin Gui Yao Lue”
  - Shang Han Lun for exterior conditions and Jin Gui Yao Lue focuses on interior conditions
  - Warm disease school originated from Shang Han Lun



# History of Shang Han Lun

- ▶ Jing dynasty–By Wang Shu He
- ▶ Tang dynasty–By Sun Si Miao
- ▶ Song version–By Lin Yi and Gao Bao Heng
- ▶ Ming version–By Zhao Kai Mei \*\*\*most commonly used version
- ▶ Jin version–By Chen Wu Ji--- “Interpretations of Shang Han Lun”

# Introduction of Shang Han Lun

- Shang Han
- Definition of Shang Han (cold damage)
  - Broader meaning of Shang Han
  - Refers to all kinds of exterior conditions
  - Includes wind, cold, summer-heat, damp, dryness, and fire
- Narrower meaning of Shang Han
  - Refers to cold evil qi invasion

## <Nan Jing>

- Five types of Shang Han
- Zhong Feng, Shang Han, Damp-warm, febrile disease, and warm disease
- Same name of Shang Han in western medicine refers to Typhoid fever
- Damp-warm disease in TCM

# Bing 病, Zheng 证, and Zheng Zhuang 症状

- ▶ Definition and structure of Bing, Zheng, and Zheng Zhuang
  - Bing include Zheng(s)
  - Zheng include Zheng Zhuang
- ▶ In Shang Han Lun, the six channels are the primary channel
  - There are several Zheng under each channel
- ▶ Under Tai Yang Bing
  - Zhong Feng Zheng
  - Shang Han Zheng
- ▶ Under Yang Ming Bing
  - Channel Zheng
  - Fu Zheng



# Six channel, six channel bing, and six channel differentiation

## ▶ Six channel(六经 )

Tai Yang, Yang Ming, Shao Yang, Tai Yin, Shao Yin, Jue Yin

Physiological concept, refers to 12 channel and zang-fu organ function

## ▶ Six channel bing (六经病 )

Tai Yang Bing, Yang Ming Bing, Shao Yang Bing

Pathological concept, refers to a syndrome or a group of symptoms and signs presented at different stages of exterior condition under TCM theory



## Six channel, six channel bing, and six channel differentiation

- ▶ Six channel differentiation(六经辨证 )
- ▶ Using six channels as six syndromes
- ▶ Based on yin yang, qi xue, zang fu, jing luo, qi transformation, righteous qi and evil qi theory to determine the causes, pathological changes, and natural progress of disease
- ▶ Including treatment principle, formulas, herbs, and dietary aspect
- ▶ Comprehensive clinical pattern ID and treatment system



# Six channel, six channel bing, and six channel differentiation

Six channel differentiation system as the key to determine the location, nature, direction of passage, progress and/or prognosis of the disease

- ▶ Location of the disease:  
exterior and interior, zang and fu
- ▶ Nature of the disease:  
cold or heat, xu or shi
- ▶ Progress of the disease:  
yang zheng to yin zheng worse  
yin zheng to yang zheng better



# Formulas and herbs in Shang Han Lun

- ▶ 113 formulas
- ▶ Well structured and complete formulas
- ▶ Accurate and flexible modification of the formula
- ▶ Variety of modalities in administration
- ▶ Variety of cooking methods
- ▶ Various preparation of herbs
- ▶ Various forms of herbs

Decoction

Honey ball

Powder

Herbal Paste

Suppository



# Introduction of Shao Yang Bing

- Location of Shao Yang Bing
- Causes of Shao Yang Bing
- Physiology of Shao Yang
- Classification of Shao Yang Bing

# Introduction of Shao Yang Bing

- ▶ Causes of Shao Yang Bing
  - Evil qi directly attacking Shao Yang
  - Mistreatment of Tai Yang Bing
  - From Jue Yin Bing
- ▶ Physiology of Shao Yang Bing
  - Half interior & half exterior
  - Couli(凑理), Muoyuan(膜原)
  - Qi dynamic



# Introduction of Shao Yang Bing

▶ 三焦者，决渎之官，水道出焉

三焦.....仓廩之本，营之居也，名曰器，能化糟粕，转味而入出者也。

“三焦者，水谷之道路，气之所终始也。”

▶ The cavity between the body and the viscera, including the thoracic cavity and the abdominal cavity, and the other viscera organs

- Upper Jiao---including the heart and lung
- Middle Jiao---below the diaphragm to the umbilicus. Including the spleen, stomach, liver, gallbladder and other internal organs
- Lower Jiao---below the umbilicus including the kidney, large intestine, small intestine, bladder

# Introduction of Shao Yang Bing

## ▶ Location of Shao Yang Bing

- Hand Shao Yang, Foot Shao Yang
- GB, San Jiao
- Pivot 枢机
- inhibition of the pivot 枢机不利

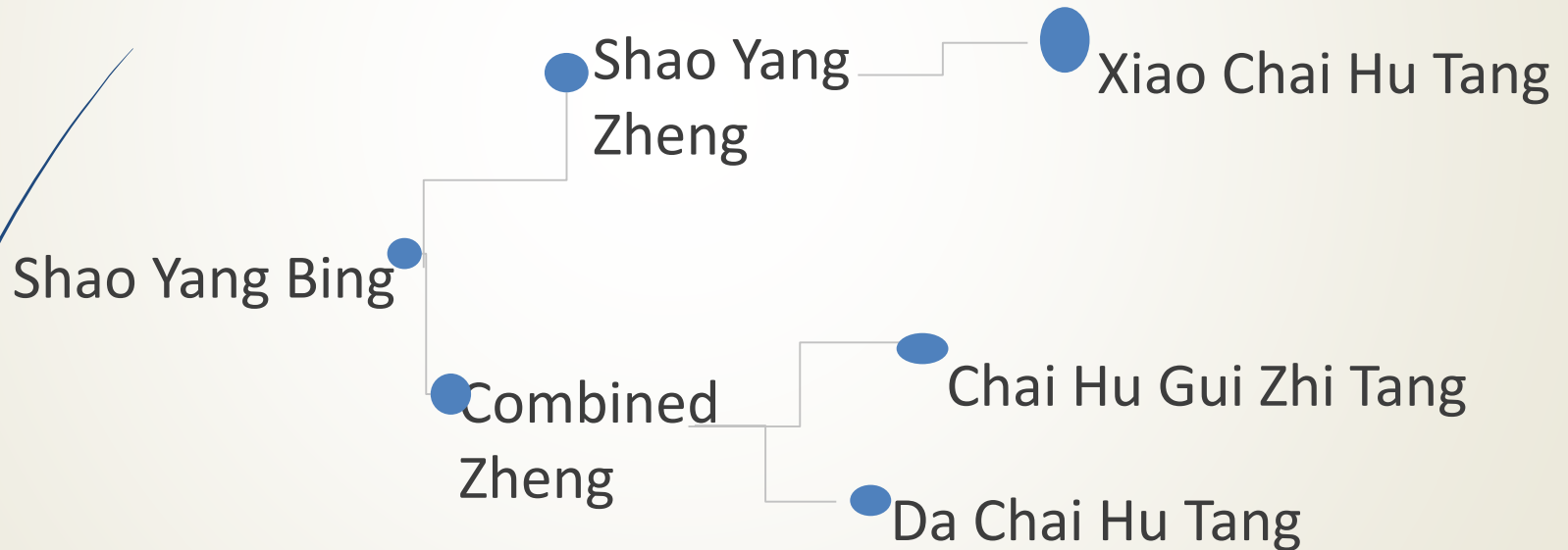
## ▶ 胆者，中正之官，决断出焉

The GB, the official of the righteousness, makes a decision

# Introduction of Shao Yang Bing

- ▶ Classification of Shao Yang Bing
  - GB channel & GB Fu combined pattern
  - Qi stagnation easily turning into fire (depressed fire)
  - Easily generating phlegm, congested fluid, and damp
  - Easily combined w/ Tai Yin Bing, Yang Ming Bing, and/or Tai Yang Bing
- ▶ Shao Yang dominates Cou Li and Muo Yuan
- ▶ Cautions of Shao Yang Bing
  - No promoting sweat,
  - No purging,
  - No inducing vomiting

# Shao Yang Bing Formulas







# Xiao Chai Hu Tang

## ▶ Main formula for Shao Yang Bing

## ▶ Characteristics of Shao Yang Bing

- Qi transformation & transportation disorder
- Channel patholog
- Headache, dizziness, chest & hypochondriac area, distention
- Fu pathology
  - GB--Bitter taste in the mouth, reduced appetite, depressed
  - San Jiao----Easily generate phlegm, congested fluid, fire

# Xiao Chai Hu Tang

## Line 96.

- ▶ 伤寒五六日， shāng hán wǔ liù rì  
Shang Han 5 - 6 days,
- ▶ 中风， zhōng fēng Zhong Feng, 往来寒热， wǎng lái hán rè  
alternating chills and fever,
- ▶ 胸胁苦满， xiōng xié kǔ mǎn  
chest and costal area painful and full,
- ▶ 嘿嘿不欲饮食， hēi hēi bù yù yǐn shí  
silent and no desire to eat,

# Xiao Chai Hu Tang

## Line 96

- ▶ 心烦喜呕， xīn fán xǐ ǒu  
mentally irritable, easily nauseous,
- ▶ 或胸中烦而不呕， huò xiōng zhōng fán ér bù ǒu  
or chest uncomfortable but no nausea,
- ▶ 或渴， huò kě  
or thirsty,
- ▶ 或腹中痛， huò fù zhōng tòng  
or abdomen painful,
- ▶ 或胁下痞硬， huò xié xià pǐ yìng  
or subcostal pí (fullness without pain) and hardness

# Xiao Chai Hu Tang

## Line 97

- 往来寒热 · wǎng lái hán rè  
chills and fever come and go,
- 休作有时 · xiū zuò yǒu shí  
on and off on a schedule,
- 嘿嘿不欲饮食 · hēi hēi bù yù yǐn shí.  
silent with no desire to eat or drink.
- 藏府相连 · zàng fǔ xiāng lián  
Zang-fu are interconnected,
- 其痛必下 · qí tòng bì xià  
so pain will travel downwards,
- 邪高痛下, xié gāo tòng xià  
evil qi goes high up, pain descends,
- 故使呕也, gù shǐ ǒu yě  
causing nausea,
- 小柴胡汤主之 · xiǎo chái hú tang zhǔ zhī  
Xiao Chai Hu Tang governs.



# Xiao Chai Hu Tang

## Line 90

- ▶ 或心下悸， huò xīn xià jì  
or below heart palpitations,
- ▶ 小便不利， xiǎo biàn bù lì  
cannot urinate,
- ▶ 或不渴， huò bù kě  
or not thirsty,
- ▶ 身有微热， shēn yǒu wēi rè  
body has low-grade fever,
- ▶ 或咳者， huò ké zhě  
or cough,
- ▶ 小柴胡汤主之。 xiǎo chái hú tāng zhǔ zhī  
Xiao Chai Hu Tang governs.

# Xiao Chai Hu Tang

## Line 97.

- ▶ 血弱气尽, xuè ruò qì jìn  
Blood weak, qi exhaustion,
- ▶ 腠理开, còu lǐ kāi còu lǐ  
(skin layers) are open,
- ▶ 邪气因入, xié qì yīn rù  
so evil qi enters,
- ▶ 与正气相搏, yǔ zhèng qì xiāng bó  
intertwine with zhèng (upright) qi
- ▶ 结于肋下, jié yú xié xià.  
and knots together in the subcostal.
- ▶ 正邪分争, zhèng xié fēn zhēng  
Upright and evil qi fight,

# Xiao Chai Hu Tang

## Line 97

- ▶ 服柴胡汤已， fú chái hú tāng yǐ  
If after taking Chai Hu Tang,
- ▶ 渴者属阳明， kě zhě shǔ yáng míng.  
with thirst belongs to Yang Ming.
- ▶ 以法治之。 yǐ fǎ zhì zhī  
Treat accordingly.

# Xiao Chai Hu Tang

## Line 99.

- ▶ 伤寒四五日， shāng hán sì wǔ rì  
Shang Han 4 - 5 days,
- ▶ 身热恶风， shēn rè wù fēng  
body hot and aversion to wind,
- ▶ 颈项强， jǐng xiàng qiáng  
neck stiffness,
- ▶ 胁下满， xié xià mǎn  
subcostal fullness,
- ▶ 手足温而渴者， shǒu zú wēn ér kě zhě  
hands and feet warm and thirst,
- ▶ 小柴胡汤主之。 xiǎo chái hú tang zhǔ zhī.  
Xiao Chai Hu Tang governs.



# Xiao Chai Hu Tang

## Line 100.

- ▶ 伤寒 · shāng hán  
Shang Han,
- ▶ 阳脉涩 · yáng mài sè  
yang pulse sè (choppy),
- ▶ 阴脉弦, yīn mài xián  
yin pulse xián (wiry),
- ▶ 法当腹中急痛, fǎ dāng fù zhōng jí tòng  
accordingly, abdomen should have urgent pain,
- ▶ 先与小建中汤 · xiān yǔ xiǎo jiàn zhōng tāng  
first give Xiao Jian Zhong Tang.
- ▶ 不差者, bù chà zhě  
If no improvement,
- ▶ 小柴胡汤主之 · xiǎo chái hú tāng zhǔ zhī  
give Xiao Chai Hu Tang.

# Xiao Chai Hu Tang

## Line 101.

- ▶ 伤寒中风， shāng hán zhōng fèng  
Shang Han Zhong Feng,
- ▶ 有柴胡证， yǒu chái hú zhèng  
has Chai Hu pattern.
- ▶ 但见一证便是， dàn jiàn yī zhèng biàn shì  
[Even if see] only one sign then it is the Xiao Chai Hu pattern,
- ▶ 不必悉具， bù bì xī jù  
does not have to have all [symptoms].

# Xiao Chai Hu Tang

## Line 101

- ▶ 凡柴胡汤证而下之，*fán chái hú tang zhèng ér xià zhī*  
Whenever Chai Hu Tang pattern and purged,
- ▶ 若柴胡汤证不罢者，*ruò chái hú tang zhèng bù bà zhě*  
if the Chai Hu pattern is not over,
- ▶ 复与柴胡汤，*fù yǔ chái hú tāng*  
give Chai Hu Tang again;
- ▶ 必蒸蒸而振，*bì zhēng zhēng ér zhèn*  
there will be steaming and shivering,
- ▶ 却发热汗出而解。 *què fā rè hàn chū ér jiě.*  
followed by fever and sweating and then recovery.

# Xiao Chai Hu Tang

## Line 144.

- ▶ 妇人中风，七八日，fù rén zhōng fēng qī bā rì  
Woman has Zhong Feng, for 7 - 8 days,
- ▶ 续得寒热，xù dé hán rè  
chills and fever,
- ▶ 发作有时，fā zuò yǒu shí  
breaks out at fixed times,
- ▶ 经水适断者，jīng shuǐ shì duàn zhě  
right after menstruation finishes,
- ▶ 此为热入血室，cǐ wéi rè rù xuè shì  
this is "heat invasion into the blood chamber".
- ▶ 其血必结，qí xuè bì jié  
Blood invariably be congealed,
- ▶ 故使如疟状，gù shǐ rú nuè zhuàng  
therefore like "malaria" symptoms,
- ▶ 发作有时，fā zuò yǒu shí  
breaks out at fixed times.
- ▶ 小柴胡汤主之。xiǎo chái hú tang zhǔ zhī  
Xiao Chai Hu Tang governs.



# Xiao Chai Hu Tang

## Line 145.

- ▶ 妇人伤寒发热， fù rén shāng hán fā rè  
Woman with Shang Han, fever,
- ▶ 经水适来， jīng shuǐ shì lái  
menstruation comes,
- ▶ 昼日明了， zhòu rì míng liǎo  
daytime lucid,
- ▶ 暮则谵语， mù zé zhān yǔ  
with dusk comes delirious speech
- ▶ 如见鬼状者， rú jiàn guǐ zhuàng zhě  
as if "seeing ghosts".
- ▶ 此为热入血室， cǐ wéi rè rù xuè shì  
then it is "heat invasion of the blood chamber",
- ▶ 无犯胃气及上二焦， wú fàn wèi qì jí shàng èr jiāo  
if doesn't affect the stomach qi and Upper and Middle jiao
- ▶ 必自愈。 bì zì yù  
[then] will heal itself.

# Xiao Chai Hu Tang

## Line 229.

- ▶ 阳明病, yáng míng bìng  
Yang Ming Bing,
- ▶ 发潮热 · fā cháo rè  
tidal fever,
- ▶ 大便溏, dà biàn táng  
stools are loose,
- ▶ 小便自可, xiǎo biàn zì kě  
urination normal,
- ▶ 胸胁满不去者 · xiōng xié mǎn bù qù zhě  
chest and costal distention doesn't relieve,
- ▶ 与小柴胡汤 · yǔ xiǎo chái hú tāng  
use Xiao Chai Hu Tang.

# Xiao Chai Hu Tang

## Line 231.

▶ 阳明中风， yáng míng zhōng fēng

Yang Ming Zhong Feng,

▶ 脉弦浮大， mài xián fú dà

Pulse: wiry, floating, big,

▶ 而短气， ér duǎn qì  
shortness of breath,

▶ 腹都满， fù dū mǎn  
abdomen feels full,

▶ 胁下及心痛， xié xià jí xīn tòng

subcostal and heart pain,

▶ 久按之， 气不通， jiǔ àn zhī qì bù tōng

with long pressing, qi is blocked,

▶ 鼻干， bí gān  
nose dryness,

# Xiao Chai Hu Tang

## Line 231

- ▶ 不得汗, bù dé hàn  
cannot sweat,
- ▶ 嗜卧, shì wò  
likes to lie down.
- ▶ 一身及目悉黄, yī shēn jí mù xī huáng  
Whole body and eyes yellow,
- ▶ 小便难, xiǎo biàn nán  
difficult urination,
- ▶ 有潮热, yǒu cháo rè  
has tidal fever,
- ▶ 时时哕, shí shí yuē  
often hiccoughs,
- ▶ 耳前后肿, ěr qián hòu zhǒng  
swelling front and back of ears,
- ▶ 刺之小差, cì zhī xiǎo chà  
Pricked [with needle/acupuncture] improves a little but,

# Xiao Chai Hu Tang

## Line 231

- ▶ 外不解, wài bù jiě  
exterior condition not resolved,
- ▶ 病过十日, bìng guò shí rì  
disease goes over 10 days,
- ▶ 脉续浮者, mài xù fú zhě  
pulse continues to be floating,
- ▶ 与小柴胡汤。 yǔ xiǎo chái hú tāng  
use Xiao Chai Hu Tang

# Xiao Chai Hu Tang

## Line 263.

- ▶ 少阳之为病， shǎo yáng zhī wéi bìng  
Disease of Shao Yang,
- ▶ 口苦， kǒu kǔ  
bitter taste in mouth,
- ▶ 咽干， yān gān  
dry throat,
- ▶ 目眩也。 mù xuàn yě  
and dizziness.



# Xiao Chai Hu Tang

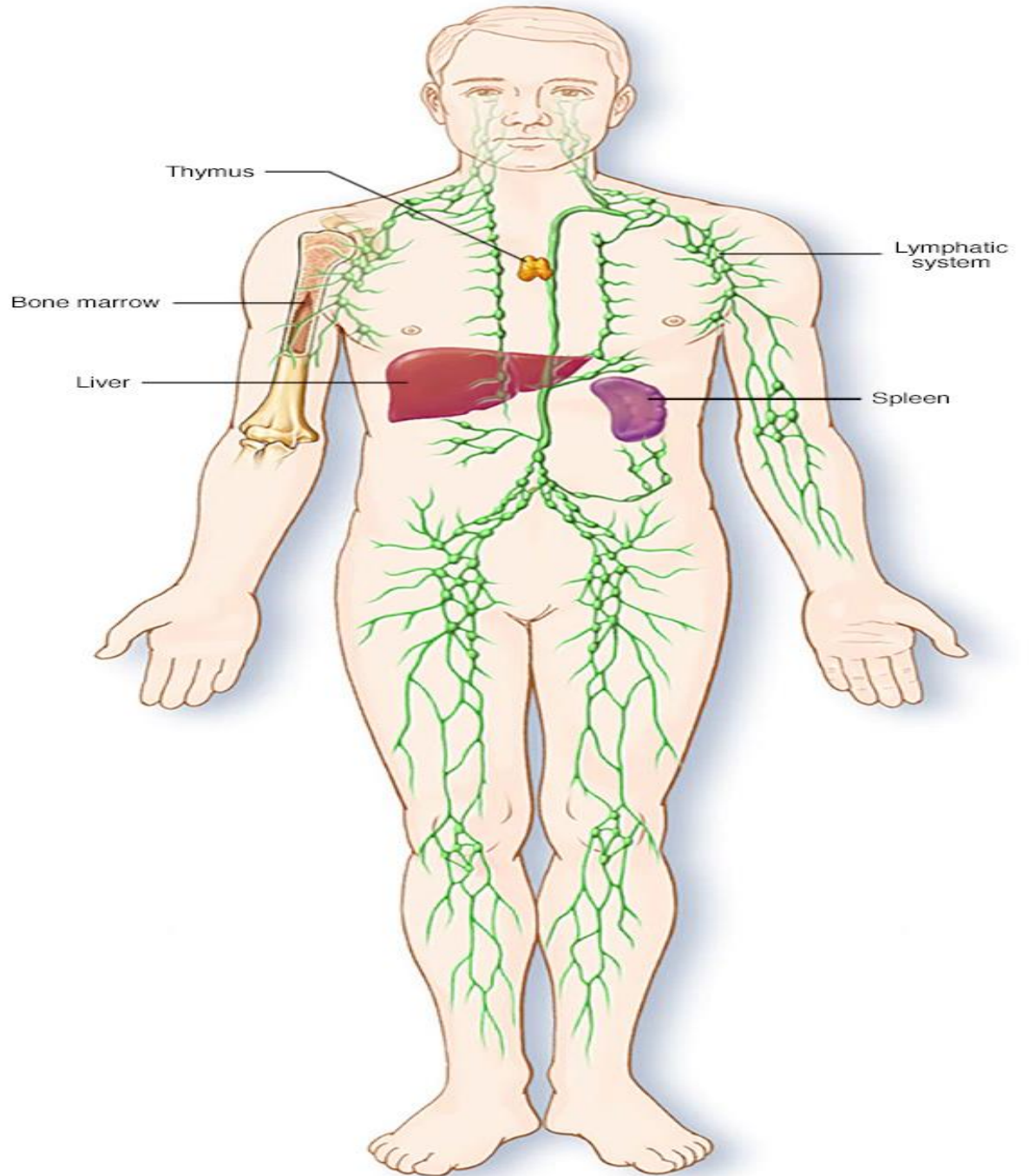
## Line 264.

- ▶ 少阳中风 · shǎo yáng zhōng fēng  
Shao Yang Zhong Feng,
- ▶ 两耳无所闻 · liǎng ěr wú suǒ wén  
both ears can't hear,
- ▶ 目赤, mù chì  
eyes red,
- ▶ 胸中满而烦者, xiōng zhōng mǎn ér fán zhě  
chest fullness, and agitated,
- ▶ 不可吐下, bù kě tǔ xià  
must not use vomiting and purging,
- ▶ 吐下则悸而惊。 tǔ xià zé jì ér jīng  
vomiting will cause palpitations and **fright**.

# Xiao Chai Hu Tang

## Line 379.

- ▶ 呕而发热者，ǒu ér fā rè zhě  
Vomiting and fever,
- ▶ 小柴胡汤主之。xiǎo chái hú tang zhǔ zhī  
Xiao Chai Hu Tang governs.



# Lymphatic system and San Jiao

- ▶ Integrative medicine---San Jiao include the following:
  - The lymphatic system
  - The interstitial system
  - The endocrine system
  - The immune system
  
- ▶ The lymphatic system is part of immune system, which protects the body against infection and disease.
  
- ▶ The lymphatic system includes spleen, thymus, lymph nodes and lymph channels, as well as tonsils and adenoids.



# Lymphatic system and San Jiao

- ▶ The lymphatic system plays a key role in the immune system, fluid balance, and absorption of fats and fat-soluble nutrients.
  - As lymph vessels drain fluid from body tissues, this enables foreign material to be delivered to the lymph nodes for assessment by immune system cells.
  - The lymph nodes swell in response to infection, due to a build-up of lymph fluid, bacteria, or other organisms and immune system cells.
  - Lymph nodes can also become infected, in a condition known as lymphadenitis.


# Lymphatic system and San Jiao

- ▶ The lymphatic system has three main functions:
  1. It maintains the balance of fluid between the blood and tissues, known as fluid homeostasis.
  2. It forms part of the body's immune system and helps defend against bacteria and other intruders.
  3. It facilitates absorption of fats and fat-soluble nutrients in the digestive system.





# Lymphatic system and San Jiao

- ▶ The system has special small vessels called lacteals. These enable it to absorb fats and fat-soluble nutrients from the gut.
  - ▶ They work with the blood capillaries in the folded surface membrane of the small intestine. The blood capillaries absorb other nutrients directly into the bloodstream.
- 

# Lymphatic system and San Jiao

## Fluid balance

- ▶ The lymphatic system helps maintain fluid balance. It returns excess fluid and proteins from the tissues that cannot be returned through the blood vessels.
- ▶ The fluid is found in tissue spaces and cavities, in the tiny spaces surrounding cells, known as the interstitial spaces. These are reached by the smallest blood and lymph capillaries.
- ▶ Around 90 percent of the plasma that reaches tissues from the arterial blood capillaries is returned by the venous capillaries and back along veins. The remaining 10 percent is drained back by the lymphatics.
- ▶ Each day, around 2-3 liters is returned. This fluid includes proteins that are too large to be transported via the blood vessels.
- ▶ Loss of the lymphatic system would be fatal within a day. Without the lymphatic system draining excess fluid, our tissues would swell, blood volume would be lost and pressure would increase.

# Lymphatic system and San Jiao

## Absorption

- ▶ Most of the fats absorbed from the gastrointestinal tract are taken up in a part of the gut membrane in the small intestine that is specially adapted by the lymphatic system.
- ▶ The lymphatic system has tiny lacteals in this part of the intestine that form part of the villi. These finger-like protruding structures are produced by the tiny folds in the absorptive surface of the gut.
- ▶ Lacteals absorb fats and fat-soluble [vitamins](#) to form a milky white fluid called chyle.
- ▶ This fluid contains lymph and emulsified fats, or free fatty acids. It delivers nutrients indirectly when it reaches the venous blood circulation. Blood capillaries take up other nutrients directly.

# Xiao Chai Hu Tang

- ▶ Alternating chills and fever, Bitter taste in the mouth, Dry throat, Dizziness, Restlessness, Nausea, Poor appetite, Low spirit, Chest and hypochondriac tension & tightness
- ▶ White coating; Wiry pulse
- ▶ Indications:
  - ✓ Shao Yang Bing
  - ✓ Liver overacting on Spleen
  - ✓ Malaria
  - ✓ Jaundice
  - ✓ Re Ru Xue Shi

# Xiao Chai Hu Tang

- Ingredients of Xiao Chai Hu Tang:
  - Chai Hu ( 20-30g, 10-12g, 3-5g)
  - Huang Qin
  - Sheng Jiang
  - Ban Xia
  - Ren Shen
  - Da Zao
  - Gan Cao

- Chai Hu + Huang Qin
- Chai Hu + Ban Xia
- Ren Shen + Gan Cao



# Xiao Chai Hu Tang

- ▶ Xiao Chai Hu Tang is considered as a testing diagnostic treatment.
- ▶ It covers the eight principles
- ▶ Yin & Yang: half Yang + half Yin
- ▶ Exterior & Interior: half Exterior + half Interior
- ▶ Cold & Heat: Cold + Heat
- ▶ Deficiency & Excess: Deficiency + Excess
- ▶ It also covers San Jiao system



# Xiao Chai Hu Tang & Combined Formulas

- ▶ Xiao Chai Hu Tang + Si Wu Tang
  - Heat entering Xue Shi (blood house)
  - Sheng Di Huang replace Shu Di Huang,
  - Chi Shao replace Bai Shao or + Dan Shen
- ▶ Xiao Chai Hu Tang + Xiao Xie Xiong Tang
- ▶ Xiao Chai Hu Tang + Wen Dan Tang

# Xiao Chai Hu Tang

## ▶ “Chai Hu Face”

Color, shape, and complexion of the face

Yellow or dark-yellow skin tone, Thin chin, or upside down triangle, dry and withered texture,

## ▶ “Chai Hu constitution”

Oversensitive,

easily allergic,

immune related issues,

endocrine related issues,

lymphatic issues



# Pharmacological research of Xiao Chai Hu Tang

- Modern pharmacological research confirmed that the main ingredient in Xiao chai hu Tang is Bupleurum and Saponin.
- Saikosaponin has an antipyretic effect on artificially heated rabbits.
- Bupleurum can also inhibit histamine,
- increase vascular permeability caused by serotonin,
- inhibit white blood cell migration,
- have strong anti-granulation growth effect.

# Xiao Chai Hu Tang & Combined Formulas

- Xiao Chai Hu Tang + Ma Xing Shi Gan Tang
- Xiao Chai Hu Tang + Ban Xia Hou Pu Tang
  - Post-nasal drip syndrome
  - Allergic asthma
- Xiao Chai Hu Tang + Mai Men Dong Tang
- Xiao Chai Hu Tang + Xiao Xie Xiong Tang
- Xiao Chai Hu Tang + Wen Dan Tang

# Xiao Chai Hu Tang & Combined Formulas

- Based on indications of syndromes of Xiao Chai Hu Tang
  - Disharmony of exterior & interior
  - Disharmony of Ying & Wei
  - Disharmony of spleen & stomach
  - Disharmony of liver & GB
  - Lack of dispersing function of lung qi
  - Repressed chest yang qi
  - Disharmony of qi & Xue
  - Disharmony of yin & yang
- Follow the upper, middle, and lower jiao system to modify or combine with other formulas

# Xiao Chai Hu Tang & Combined Formulas

- Xiao Chai Hu Tang + Wu Ling San (Chai Ling Tang)
  - Fatty liver disease
  - Alcoholism induced liver damage
- Wu Ling San: protect liver function, lower cholesterol, reduce weight.
  - Thirst is one major symptom.
- Xiao Chai Hu Tang + Dang Gui Shao Yao San
  - Chronic Hashimoto disease
- Xiao Chai Hu Tang + Gui Zhi Fu Ling Wan
  - Thyroid eye disease
  - Post infectious enlarged lymph nodes
- Xiao Chai Hu Tang + Xie Xin Tang



# Xiao Chai Hu Tang & Combined Formulas

- Xiao Chai Hu Tang + Er Chen Tang
- Xiao Chai Hu Tang + Li Zhong Wan
- Xiao Chai Hu Tang + Ban Xia Xie Xin Tang
- Xiao Chai Hu Tang + Ping Wei San
  - IBD
  - Constipation
- Xiao Chai Hu Tang + Suan Zao Ren Tang
- Xiao Chai Hu Tang + Gan Mai Da Zao Tang
- Side effects from taking Tamoxfen

# Pharmacological research of Xiao Chai Hu Tang

- ▶ The experiment showed that Xiao chai hu tang on the peritoneal macrophage rate and phagocytosis index of mice increased in different degrees at 4, 3 and 16 hours, among which 16 hours was the most obvious, and the experimental group was compared with the control group. Very significant ( $P < 0.01$ ), indicating that:
  - Xiao Chai Hu Tang has the ability to inhibit T cell activity and help T cell activity
  - activating macrophages;
  - protecting biofilms;
  - anti-inflammatory;
  - anti-allergic effects;
  - preventing experimental immunity.
  - Lessening liver cell damage.

# Pharmacological research of Xiao Chai Hu Tang

- Xiao chai hu tang can inhibit the increase of serum GPT activity induced by D-lactosamine,
- inhibit the decline of hepatocyte lesions
- Protect liver enzyme activity.
- It has also been reported that Bupleurum and saikosaponin can:
  - promote protein synthesis,
  - increase glycogen,
  - improve hyperlipidemia,
  - induce interferon,
  - promote liver cell regeneration,
  - improve fatty liver, anti-inflammatory, anti-allergic reaction, stress ulcer, etc. .



# Integrative Medicine



- Integrative medicine way of thinking according to pattern ID
  - Based on changes in tissue and organ (shape, size, texture, density)
    - ✓ Nose, sinuses, eyes, ears, the mouth of sensory organs
    - ✓ Lungs
    - ✓ Heart
  - Based on functional changes of tissue and organ
  - Hyperactivity vs. Hypo-activity (Yin & Yang, Cold & Heat)
  - Decreased movement of GI ( Qi Xu vs. Qi Stagnation)
  - Excessive membrane discharge (Damp, Congested fluid, Phlegm)
- Incorporated with Lab tests and imaging tests
- The modern interpretation of Six-channel pattern ID
- Six-channel pattern ID + Lab tests and imaging tests
- Yang transforms Qi
- Yin shapes form



# Symptoms of damage of Vagus nerve

- ▶ difficulty speaking or loss of voice
- ▶ a voice that is hoarse or wheezy
- ▶ trouble drinking liquids
- ▶ loss of the gag reflex
- ▶ pain in the ear
- ▶ unusual heart rate
- ▶ abnormal blood pressure
- ▶ decreased production of stomach acid
- ▶ nausea or vomiting
- ▶ abdominal bloating or pain
- ▶ The symptoms someone might have depend on what part of the nerve is damaged.

# Chai Hu Jia Long Gu Mu Li Tang

## Line 107.

- ▶ 伤寒八九日 · shāng hán bā jiǔ rì  
Shang Han 8 - 9 days,
- ▶ 下之, xià zhī  
purged,
- ▶ 胸满烦惊 · xiōng mǎn fán jīng  
fullness in chest, startled irritation,
- ▶ 小便不利, xiǎo biàn bù lì  
no urination,
- ▶ 谵语 · zhān yǔ  
delirious speech,
- ▶ 一身尽重, yī shēn jìn zhòng  
whole body heaviness,
- ▶ 不可转侧者 · bù kě zhuǎn cè zhě  
can not turn body to side,
- ▶ 柴胡加龙骨牡蛎汤主之。chái hú jiā long gǔ mǔ lì tāng zhǔ zhī  
Chai Hu Long Gu Mu Li Tang governs.



# Chai Hu Jia Long Gu Mu Li Tang

## ▶ Chai Hu Long Gu Mu Li Tang

chai hu 12

ban xia 6

da zao 3.6

long gu 4.5

huang qin 4.5

ren shen 4.5

sheng jiang 4.5

mu li 4.5

gui zhi 4.5

fu ling 4.5

da huang 6

qian dan 4.5

# Chai Hu Jia Long Gu Mu Li Tang

## Line 108.

- ▶ 伤寒腹满谵语， shāng hán fù mǎn zhān yǔ  
Shang Han, abdominal fullness, delirious speech,
- ▶ 寸口脉浮而紧， cùn kǒu mài fú ér jǐn  
cùn pulse floating and tight,
- ▶ 此肝乘脾也， cǐ gān chéng pí yě  
this is Liver over-acting on Spleen,
- ▶ 名曰纵， míng yuē zòng  
and is termed "zòng" (restraint).
- ▶ 刺期门  
Needle Qi Men

# Tao He Cheng Qi Tang

## Line 106.

- ▶ 太阳病不解, *tài yáng bìng bù jiě*  
Tai Yang Bing not resolved,
- ▶ 热结膀胱, *rè jié bǎng guāng*  
heat knotted in urinary bladder,
- ▶ 其人如狂, *qí rén rú kuáng*  
the person like crazy maniac,
- ▶ 血自下, *xuè zì xià*  
[With] spontaneous discharge of blood downward,
- ▶ 下者愈。 *xià zhě yù*  
then the patient is better.

# Tao He Cheng Qi Tang

## Line 106.

- ▶ 其外不解者， qí wài bù jiě zhě  
Before exterior is resolved,
- ▶ 尚未可攻， shàng wèi kě gōng  
cannot attack yet;
- ▶ 当先解其外。 dāng xiān jiě qí wài.  
must first release the exterior.
- ▶ 外解已， wài jiě yǐ  
If exterior is already resolved,
- ▶ 但少腹急结者， dàn shǎo fù jí jié zhě  
only lower abdomen urgently knotted,
- ▶ 乃可攻之， nǎi kě gōng zhī  
then can attack,
- ▶ 宜桃核承气汤。 yí táo hé chéng qì tāng  
Tao He Cheng Qi Tang is suitable.

# Tao He Cheng Qi Tang

## *Tao He Cheng Qi Tang*

- ▶ Tao Ren
  - ▶ Gui Zhi
  - ▶ Da Huang
  - ▶ Mang Xiao
  - ▶ Gan Cao
- 
- ❖ Tai Yang Fu Zheng
  - ❖ Lower Jiao Blood Stagnation with heat accumulation



# Tao He Cheng Qi Tang

## Indications :

- ▶ *P.M.S*
- ▶ *OCD(Excessive drinking)*
- ▶ *Constipation*
- ▶ *Shoulder pain*
- ▶ *Prostate issues*



# Di Dang Tang

## Line 124.

- ▶ 太阳病 *tài yáng bìng*  
Tai Yang Bing
- ▶ 六七日, *liù qī rì*  
6 - 7 days,
- ▶ 表证仍在, *biǎo zhèng réng zài*  
the exterior condition is still there,
- ▶ 脉微而沉, *mài wēi ér chén*  
pulse faint and deep,
- ▶ 反不结胸, *fǎn bù jié xiōng*  
yet no tightness in chest,
- ▶ 其人发狂者, *qí rén fā kuáng zhě*  
patient has mania,
- ▶ 以热在下焦, *yǐ rè zài xià jiāo*  
because of heat accumulation in Lower Jiao,
- ▶ 少腹当硬满, *shǎo fù dāng yìng mǎn*  
lower abdomen hard and distended,

# Di Dang Tang

## Line 124.

- ▶ 小便自利者, xiǎo biàn zì lì zhě  
urination is normal,
  - ▶ 下血乃愈。 xià xuè nǎi yù  
purge blood, be cured.
  - ▶ 所以然者, suǒ yǐ rán zhě  
Why is this?
  - ▶ 以太阳随经 · yǐ tài yáng suí jīng  
Because evil qi follows into the Tai Yang channels,
  - ▶ 瘀热在里故也 · yū rè zài lǐ gù yě  
causing blood stagnation and heat in the interior,
  - ▶ 抵当汤主之。 dǐ dāng tāng zhǔ zhī  
Di Dang Tang\* governs.
- ❖ shui zhi (dry-fried) 8.5
  - ❖ meng chong (dry-fried) 2.0
  - ❖ tao ren 1.5
  - ❖ da huang (wine washed) 9.0

# Di Dang Tang

## Line 125.

- ▶ 太阳病, tài yáng bìng  
Tai Yang Bing,
- ▶ 身黄, shēn huáng  
yellow body,
- ▶ 脉沉结 · mài chén jié  
pulse deep and knotted,
- ▶ 少腹硬, shǎo fù yìng  
below naval hardness,
- ▶ 小便不利者, xiǎo biàn bù lì zhě  
difficult urination,
- ▶ 为无血也 · wéi wú xuè yě  
means no Blood.
- ▶ 小便自利, xiǎo biàn zì lì  
Urination normal,
- ▶ 其人如狂者, qí rén rú kuáng zhě  
the patient like with mania,
- ▶ 血证谛也 · xuè zhèng dì yě  
this is a blood  
syndrome for certain.
- ▶ 抵当汤主之 · dǐ dāng tāng zhǔ zhī  
Di Dang Tang governs.

# Di Dang Wan

## Line 126.

- ▶ 傷寒有熱, shāng hán yǒu rè  
Shang Han with heat,
  - ▶ 少腹滿, shǎo fù mǎn  
lower abdominal fullness,
  - ▶ 應小便不利, yīng xiǎo biàn bù lì  
there should be no urination,
  - ▶ 今反利者, jīn fǎn lì zhě  
now instead there is urination,
  - ▶ 為有血也, wéi yǒu xuè yě  
that is because there is Blood,
  - ▶ 當下之, dāng xià zhī  
it should be purged,
  - ▶ 不可余藥, bù kě yú yào  
one should not add herbs,
  - ▶ 宜抵当丸。 yí dǐ dāng wán  
Di Dang Wan\* (pills) is suitable.
- 
- ❖ shuì zhī (dry-fried) 5.7
  - ❖ mèng chōng (dry-fried) 1.3
  - ❖ táo rén 1.5
  - ❖ dà huáng (wine washed) 9.0

# Gan Mai Da Zao Tang

- ▶ Zang Zao syndrome
- ▶ women who are irritable and want to cry for no reason.
- ▶ Sadness
- ▶ Greif
- ▶ Guilt
- ▶ hysterical attacks or sleepwalking
  
- ❖ Heart Qi, Xue, and Yin Xu with Shen Disturbance
  
- ✓ Fu Xiao Mai
- ✓ Da Zao
- ✓ Gan Cao



# Chai Hu Jia Long Gu Mu Li Tang + Gan Mai Da Zao Tang

- Vagus nerve irritability and dysfunction
- Brain inflammation
- GERD
- Post covid syndrome related brain fog





# Chai Hu Jia Long Gu Mu Li Tang + Tao He Cheng Qi Tang

➤ Bi-polar disorder



THANK FOR YOUR TIME!  
Q & A

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