

Introduction to Herbology

Shang Han Lun
Wen Bing Xue
Herbs that Release the Exterior

Febrile Disease

In the theory of externally-contracted febrile diseases, two schools of thought developed:

- **THE “COLD DAMAGE” SCHOOL**

Based on the *Shang Han Lun* by Zhang Zhong-Jing, this theory describes how cold penetrates through the six levels. Disease is identified and treated according to its location in the six levels.

- **THE “WARM DISEASES” SCHOOL**

Based on the *Wen Re Lun* and *Wen Bing Tiao Bian* by Ye Tian-Shi, this theory describes how heat pathogens penetrate through the four aspects.

Shang Han Lun

- 傷寒論 *Shāng Hán Lùn* was written by Zhang Zhong-Jing during the Eastern Han dynasty (~ 220 CE).
- Based on six-channel pattern identification from the *Huáng Dì Nèi Jīng*.
- Describes how external pathogens such as wind and cold penetrate through the skin and muscle layer and into the six channels.

傷 (伤) shāng - struck, hit, injured
寒 hán - cold
論 (论) lùn - treatise, discussion



The Six Levels

Tai Yang	Fever and chills, headache, stiff neck, floating pulse
Yang Ming	Great fever, great sweat, great thirst, large pulse
Shao Yang	Alternating fever and chills, rib-side distention, nausea, bitter taste in the mouth, wiry pulse
Tai Yin	Abdominal fullness and pain, vomiting, diarrhea, weak pulse
Shao Yin	Aversion to cold, cold limbs, somnolence, clear-food diarrhea, faint and fine pulse
Jue Yin	Heat above and cold below, hunger with no desire to eat, vomiting roundworms

Tai Yang Disease

- The Tai Yang channel is the first to be affected, therefore it is said that the Tai Yang governs the exterior.
- The Tai Yang channel passes through the head and neck. When the channel is blocked by wind or cold, pain and stiffness in the area appear.
- Simultaneous fever and chills are the result of the battle of the upright qi struggling to resist the invading pathogenic or evil qi.
- A floating pulse reflects the fact that the disease is on the exterior.
- There are two subcategories of Tai Yang disease:
 - **Tai Yang Excess Pattern** (a.k.a. *Shang Han*, “cold damage”)
 - **Tai Yang Deficiency Pattern** (a.k.a. *Zhong Feng*, “wind strike”)

Tai Yang Disease

TAI YANG EXCESS PATTERN

- Also called *Shang Han*, “cold damage”
- Symptoms include: simultaneous fever and chills (heat effusion and aversion to cold), headache, stiff neck, body ache, **absence of sweating**, panting, and a pulse that is **floating and tight**.
- Because an excess cold pathogen is blocking the pores, the sweat cannot get out.

TAI YANG DEFICIENCY PATTERN

- Also called *Zhong Feng*, “wind strike”
- Symptoms include: simultaneous fever and chills (heat effusion and aversion to cold), headache, stiff neck, body ache, **spontaneous sweating**, nasal congestion, and a pulse that is **floating and moderate**.
- This is a disharmony of the Ying and the Wei (nutritive qi and defensive qi). Because the wei qi is deficient, sweat leaks out. However, this sweating is not sufficient to expel the pathogen.

Wen Bing Xue

- 瘟热论 Wēn Rè Lùn was written much later in the history of Chinese medicine by Ye Tian-Shi (1667-1747)
- This theory attributes all externally-contracted diseases to heat rather than cold.
- Pathogens enter through the nose or mouth, then penetrate through the “four aspects.”
- These diseases are characterized by rapid onset, fever, dryness and damage to the fluids, quick progression, severe illness, and epidemics.



葉
天
士

Ye Tian-Shi wrote the Wen Re Lun. Other works, such as the Wen Bing Xiao Bian were written by his students and expanded on his ideas. The school is referred to generally as the Wen Bing Xue, or “warm disease theory.”

The Four Aspects

<p>Wei <i>defense</i></p>	<p>Fever, slight aversion to cold, presence or absence of sweating, dry mouth, red tongue, floating and rapid pulse</p>
<p>Qi <i>qi</i></p>	<p>Same as Yang Ming stage heat: great fever, great sweat, great thirst, large pulse</p>
<p>Ying <i>nutritive</i></p>	<p>Fever, severe irritability and restlessness, insomnia, red dry tongue, rapid pulse. Severe: delirium, mania, convulsions</p>
<p>Xue <i>blood</i></p>	<p>Fever, bleeding (nosebleed, vomiting blood, blood in stool or urine), distinct rash, thirst, scarlet tongue with prickles, rapid pulse</p>

Herbs that Release the Exterior

- These herbs promote sweating in order to expel external pathogenic factors (wind-heat, wind-cold, wind-dampness, summerheat) from the superficial levels of the body.
- The action of promoting sweating is called *diaphoresis*. These herbs are diaphoretics.
- Herbs in this category tend to be **acrid** and enter the **Lung** channel.
- Because these herbs promote sweating and disperse qi, caution should be used with patients with yin, blood, or qi deficiency. These herbs should not be used longterm.

Warm Acrid Herbs that Release the Exterior

These herbs treat external attack of wind-cold.

In terms of the Shang Han Lun, this is wind-cold at the Tai Yang level.

Sign and Symptoms:

- Fever and chills
- Headache, nasal congestion
- Stiff neck, muscle ache
- Absence of thirst
- Floating pulse

Ma Huang treats Tai Yang Excess: fever & chills, floating pulse, **absence of sweating**

Gui Zhi treats Tai Yang Deficiency: fever & chills, floating pulse, **presence of sweating**

Warm Acrid Herbs that Release the Exterior

Taste:	<ul style="list-style-type: none">• acrid
Temperature:	<ul style="list-style-type: none">• warm
Channels:	<ul style="list-style-type: none">• LU
Cautions & Contraindications:	<ul style="list-style-type: none">• These herbs are warm, acrid, and dispersing• Use caution in patients with qi deficiency, yin deficiency, sweating, or with long term use
Main Action:	<ul style="list-style-type: none">• Promotes sweating to release the exterior

má huáng *ephedra herba*

Temp: warm

Taste: acrid, slightly bitter

Channels: LU, UB

Dosage: 2-9 grams

麻
黄

1. promotes sweating to release the exterior
 - for Tai Yang syndrome with absence of sweating
2. stops cough and wheezing
3. promotes urination to treat edema
 - for wind-water edema in the upper body
4. treats bi syndrome

If Ma Huang is used for warm conditions, it should be combined with cold herbs (e.g. Shi Gao, Huang Qin) or cooked in honey.

guì zhī

cinnamomi ramulus

Temp: warm
Taste: acrid, sweet
Channels: LU, UB, HT
Dosage: 3-9 grams

桂
枝

1. releases the exterior and muscle layer

- harmonizes the Ying and Wei
 - for wind-cold deficiency patterns with presence of sweating

2. warms and unblocks yang qi

- warms the middle-jiao → abdominal pain due to cold, watery diarrhea
- warms the chest → chest bi, chest pain, SOB, palpitations
- warms the UB → edema, urine retention, can used externally as compress
- warms the channels and (indirectly) invigorates blood

Cool Acrid Herbs that Release the Exterior

These herbs treat external attack of wind-heat.

In terms of the Wen Bing, this is wind-heat at the Wei level.

External Attack of Wind-Heat:

- Fever and chills (fever more severe; mild chills)
- Sore throat
- Cough with phlegm (thick, yellow, scant)
- Rash
- Eye problems

Cool Acrid Herbs that Release the Exterior

Taste:	<ul style="list-style-type: none">• acrid
Temperature:	<ul style="list-style-type: none">• cool
Channels:	<ul style="list-style-type: none">• LU, LV
Cautions & Contraindications:	<ul style="list-style-type: none">• Use caution in patients with deficiency, sweating, or with long term use
Main Action:	<ul style="list-style-type: none">• Dispel wind-heat to release the exterior

bò hé

menthae haplocalycis herba

Temp: cool

Taste: acrid, aromatic

Channels: LU, LV

Dosage: 3-6 grams (add last 5 minutes)

1. expels wind-heat invasion
 - brightens eyes and benefits the throat
2. vents skin rash
 - for early stage rash, measles
3. gently moves Liver qi

薄荷

EXTERIOR INVASION

simultaneous fever & chills
floating pulse

WIND-COLD

headache, body ache, stiff neck
nasal congestion

WIND-HEAT

fever worse than chills
sore throat
cough with thick, yellow phlegm
dry, red, itchy eyes
skin rash

TAI YANG EXCESS

absence of sweating
tight pulse

TAI YANG DEFICIENCY

presence of sweating
moderate pulse

Home Remedies

- Ginger, orange peel, brown sugar, white onion
- Miso soup (ginger, white onion)
- Pho
- Pang Da Hai for sore throat, hoarseness, and voice loss