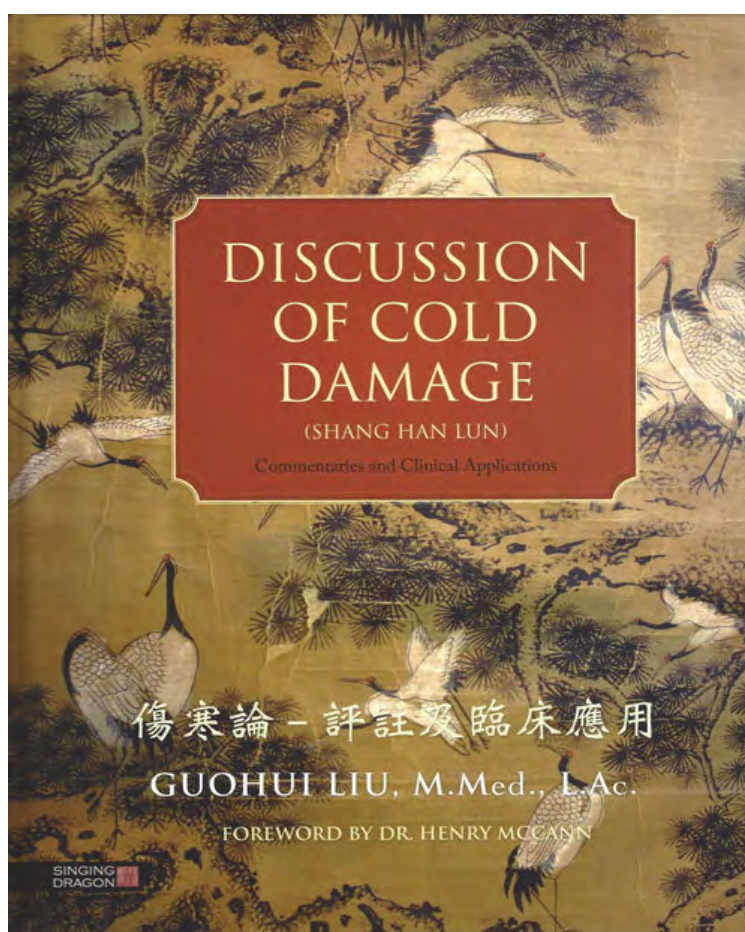




## Guohui, Liu Discussion of cold damage



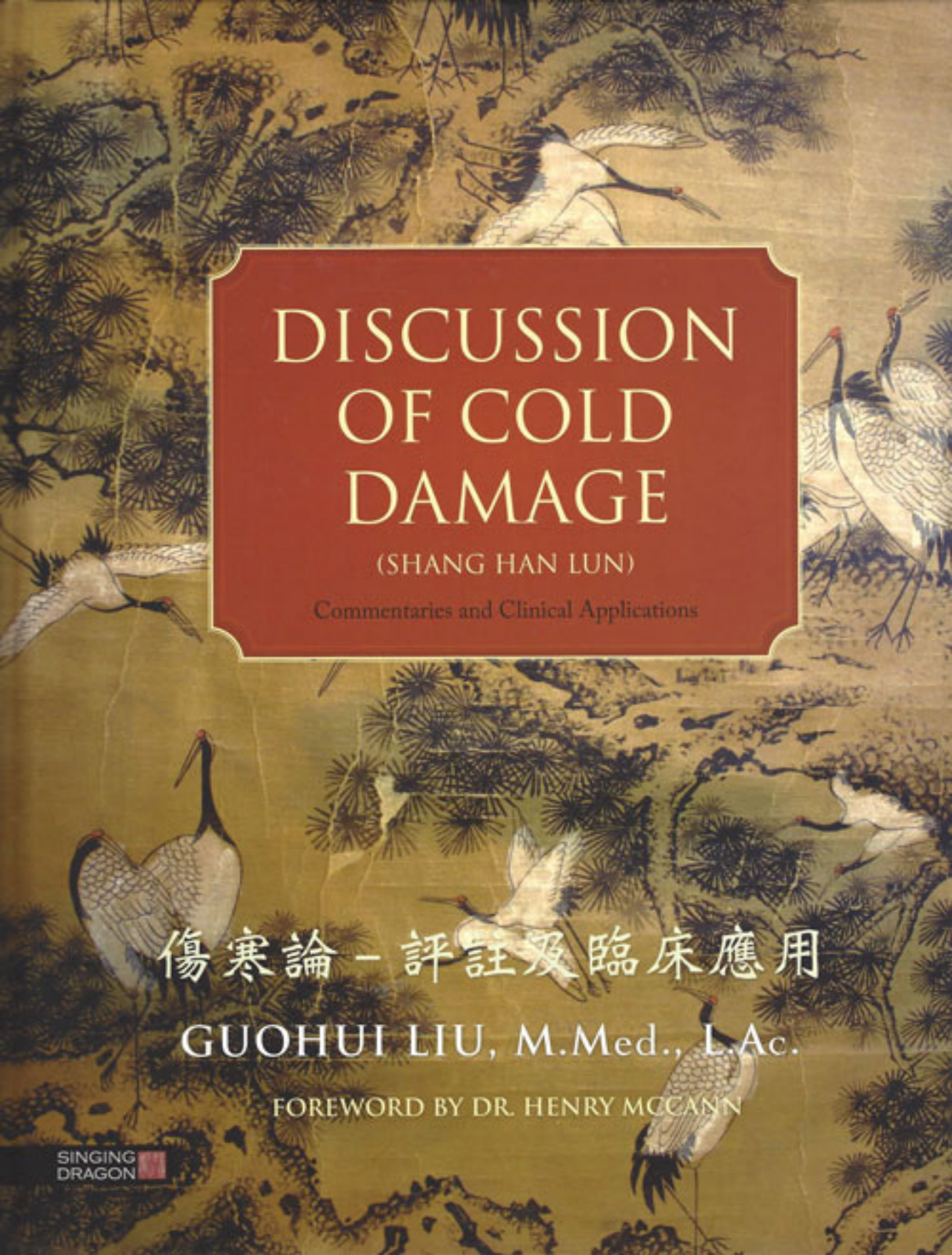
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# DISCUSSION OF COLD DAMAGE

(SHANG HAN LUN)

Commentaries and Clinical Applications

傷寒論 - 評註及臨床應用

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FOREWORD BY DR. HENRY MCCANN



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It is better to use Codonopsis Radix (*dāng shēn*) to replace Ginseng Radix (*rén shēn*) in this formula, because Codonopsis Radix (*dāng shēn*) has a sweet flavor and can slightly lift yang qi, which can counteract the cold nature and the descending function of Gypsum Fibrosum (*shí gāo*). In White Tiger plus Ginseng Decoction (*bái hǔ jiā rén shēn tāng*) these two herbs work together to vent heat out through the pores on the skin.<sup>262</sup>

Shang-Hsi-Bo would like to use the formula in this line whenever there is fever, vexation, strong thirst, spontaneous sweating, flooding and big pulses associated with thin and rapid pulses or a weak pulse, or loose stool.<sup>263</sup>

Clinical applications of this formula by contemporary practitioners for disorders in allopathic medicine which present with the pathology discussed in this line

This formula is applied for diabetes, acute gastritis, gastroenteritis, acute dysentery, pneumonia, aplastic anemia, Japanese encephalitis, epidemic encephalitis, hemorrhage, sunstroke, and influenza.

## Line 27

### Original text in Chinese

太陽病。發熱惡寒，熱多寒少。脈微弱者，

Tài yáng bìng, fā rè wù hán, rè duō hán shǎo, mài wēi ruò,

不可發汗。宜桂枝二越婢一湯。

Bù kě fā hàn, yí guì zhī èr yuè bì yī tāng.

桂枝湯 芍藥 麻黃 甘草 炙 各十八銖

guì zhī tāng, sháo yào má huáng gān cǎo zhì gē shí

十八銖

桂枝湯 芍藥 麻黃 甘草 炙 各十八銖

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guì zhī tāng, sháo yào má huáng gān cǎo zhì gē shí

十八銖

以水五升，煮麻黃一二沸，去上沫，

以水五升，煮麻黃一二沸，去上沫，

以水五升，煮麻黃一二沸，去上沫，

以水五升，煮麻黃一二沸，去上沫，

煮取二升，去滓。溫服一升。本云當裁為越婢湯，桂枝湯，

zhǔ qǔ èr shēng, qù zǐ. Wēn fú yī shēng. Běn yún dāng cái wéi yuè bì tāng, guì zhī tāng.

合之飲一升。今合為一方。桂枝湯二分，越婢湯一分。

hé zhī yīn yī shēng. jīn hé wéi yī fāng. guì zhī tāng èr fēn, yuè bì tāng yī fēn.

### Synopsis

Differentiation and treatment for the syndrome of mild cold on the body surface with slight stagnation of defensive qi and slight heat inside the body.

### Original text translated

In tai yang disease, there is fever and aversion to cold, in which fever is more intense than aversion to cold. If there are feeble and weak pulses, this is caused by the absence of yang. One cannot promote sweating. Two-Parts Cinnamon Twig Decoction with One-Part Maidservant from Yue's Decoction (*guì zhī èr yuè bì yī tāng*) is appropriate.

### Two-Parts Cinnamon Twig Decoction with One-Part Maidservant from Yue's Decoction (*guì zhī èr yuè bì yī tāng*)

Cinnamomi Ramulus ( <i>guì zhī</i> )	2.25 g (remove peel)
Paeoniae Radix Alba ( <i>bái sháo</i> )	2.25 g
Ephedrae Herba ( <i>má huáng</i> )	2.25 g
Glycyrrhizae Radix ( <i>gān cǎo</i> )	2.25 g (prepared)
Jujubae Fructus ( <i>dà zǎo</i> )	4 pieces (broken)
Zingiberis Rhizoma Recens ( <i>shēng jiāng</i> )	3.25 g (cut)
Gypsum Fibrosum ( <i>shí gāo</i> )	3 g (crushed and brocade wrapped)

Use 1000 ml water to cook these seven ingredients. First cook Ephedrae Herba (*má huáng*) for one or two boils and then skim the foam off the surface of the decoction. Add the rest of the herbs and continually cook to get 400 ml. Strain the decoction. Administer 200 ml decoction when it is lukewarm.

This formula was originally recorded as a mixture of decoctions made from Cinnamon Twig Decoction (*guì zhī tāng*) and Maidservant from

262. Shang-Hsi-Bo.

263. Shang-Hsi-Bo et al., Clinical Practice Record for Discussion of Cold (Shang-Hsi-Bo lùn lín chāng shí jùn lù). Tianjin: Tianjin Science and Technology Publishing House, 1984; 48.

Yue's Decoction (*yuè bì tāng*),<sup>264</sup> and drink 200 ml of this mixture. Nowadays, it is one formula which comprises Two-Parts Cinnamon Twig Decoction (*guì zhī tāng*) and One-Part Maidservant from Yue's Decoction (*yuè bì tāng*).

### Difficult or doubtful points

1. Because this sentence is so terse, it is extremely difficult to interpret what Zhang Ji really means in this line. Cheng Wu-Ji, Fang You-Zhi and Ke Qin, who were famous scholars to comment on Discussion of Cold Damage, found it was very hard to understand its real meaning in terms of matching symptoms with the formula in this line. They had to leave it as it was and let subsequent scholars explore it. When commentating on Zhang Nan's book, Original Ideas in Cold Damage (*傷寒論本旨 shāng hán lùn běn zhǐ*) published in 1835, Tian Jin-Yuan pointed out that Zhang Ji used a special writing style in this line which is called "a grammatical inversion." According to his idea, the sentence "Two-Parts Cinnamon Twig Decoction with One-Part Maidservant from Yue's Decoction (*guì zhī èr yuè bì yī tāng*) is appropriated" should be immediately followed by the sentence "Fever is more intense than aversion to cold."<sup>265</sup> Tian's interpretation, especially a grammatical inversion for writing, can be seen in other lines such as lines 41 and 46. Other scholars just interpret the meaning of this line based on its original phrasing. These two different reading methods for this line have generated hot debate about how to understand the sentence "脈微弱 *mài wēi ruò*" and the term "無陽 *wú yáng*" in the original text.
2. The key point to understand "脈微弱 *mài wēi ruò*" in this line is how to interpret the character "微 *wēi*." Zhang Nan interpreted it as "weak and feeble."<sup>266</sup> In his book, Inherit the Past and Usher in the Future for Medicine (*醫宗承啟 yī zōng chéng qǐ*), Wu Ren-Ju stated that "the character '微 *wēi*' should be interpreted as slight rather than weak and feeble. It just means that the pulse is not too strong. How can the pulses be weak

and feeble while fever is predominant?"<sup>267</sup> After reviewing use of the character "微 *wēi*" in all lines of Discussion of Cold Damage, one can find that this character is used for three meanings: a) weak and feeble (line 281); b) decreased (line 287); and c) slight (line 23). According to line 7, a disease which presents with fever and aversion to cold indicates that it occurs in yang. Clearly, fever is a symbol of enough yang. It is very hard to understand that yang qi that is very strong will produce feeble and weak pulses, which is a typical pulse for shao yin syndrome (line 281), especially in tai yang disease. Therefore, Zhang Zheng-Zhao pointed out that the character "微 *wēi*" in this line means that "although the pulse is felt as floating and forceful, its strength has decreased."<sup>268</sup> Nie Hui-Min further explained:

"脈微弱 *mài wēi ruò*" is relative compared to the floating and tight pulses in the exterior and excess shang han syndrome. Since cold has gradually turned into heat, the pulse has changed from the floating and tight one to the moderate and weak one."<sup>269</sup>

However, all those arguments are based on the original sequence of the text of this line. If one follows Tian Jin-Yuan's reading for this line, especially his interpretation of the structure of the sentence in this line and Zhang Nan's interpretation for the pulse, it also makes sense and might serve as a warning not to promote sweating for the feeble and weak pulses, as they indicate yang deficiency.

3. "Absence of yang" is a translation of the term "無陽 *wú yáng*" in this line. Based on different interpretations for the pulses in this line, there are two interpretations by past scholars for this term. Following Tian Jin-Yuan's interpretation of the sentence structure of this line, scholars at Nanjing College of Traditional Chinese Medicine believed the term "無陽 *wú yáng*" means yang deficiency that cannot be treated by promoting sweat,<sup>270</sup> while other scholars believed that this term did not mean

264 It contains Ephedrae Herba (*mù huáng*), Oryzopsis Fibrum (*zhī gāo*), Zingiberis Rhizoma Recens (*shēng jiāng*), Glycyrrhizae Radix Preparata (*zhī gān cǎo*) and Jujubae Fructus (*zǐ zāo*). See Zhang Ji, Essentials and Formula Discussions from the Golden Cabinet (*jīn guī yào lù fōng lín*), textually researched and annotated by Wen Di. Beijing: Chinese Publishing House, 1993: 82.

265 Zhang Nan, Original Ideas in Discussion of Cold Damage (*shāng hán lùn běn zhǐ*), included in Alert of Misunderstanding in Medical Gate (*yī mén bǎng hē èr jī*). Licheng: Three Friends Benefit Studio, 1999: 24.

266 Ibid., 24.

267 Wu Ren-Ju, Inherit the Past and Usher in the Future for Medicine (*yī zōng chéng qǐ*), included in Guan Qing-Zeng et al., Ancient and Contemporary Study for Discussion of Cold Damage (*shāng hán lùn gǔ jīn yán jiū*). Shenyang: Liaoning Scientific and Technological Publishing House, 1994: 294.

268 Zhang Zheng-Zhao, Back to Truth for Discussion of Cold Damage (*shāng hán lùn guī zhēn*). Changsha: Hunan Science and Technology Publishing House, 1993: 78.

269 Nie Hui-Min, Section One of Analysis of the Meaning of Discussion of Cold Damage (*shāng hán lùn yī yī*). Beijing: Ancient Chinese Medical Literature Publishing House, 1987: 56.

270 Teaching and Research Section of Nanjing College of Traditional Chinese Medicine, Translation and Explanation for Discussion of Cold Damage (*shāng hán lùn yī shì*). Shanghai: Shanghai Science and Technology Publishing House, 1980: 421.



yang absence or yang deficiency. Rather, it refers to either absence of exterior stagnated yang or slightly stagnated yang on the body surface. For example, Liu Du-Zhou and Fu Shi-Yuan wrote that "this term [無陽 *wú yáng*] means there is an absence of excess shang han syndrome."<sup>271</sup> The key to understand this term is how to interpret the character "無 *wú*" and understand it together with the previous sentences. Literally, the character "無 *wú*" can be interpreted as "absence" or "none." Yang can be interpreted as the exterior syndromes in tai yang disease, and tai yang disease can be further classified as the exterior syndromes and the interior syndromes such as zhong feng syndrome, shang han syndrome, the syndrome of water retention and blood amassment syndrome. If one pays attention to the change of pulses from the floating one to the relatively less forceful one and its accompanied symptoms, one should find that this syndrome is neither shang han syndrome nor zhong feng syndrome, which are typical exterior syndromes in tai yang disease. Thus, one might understand that term "無陽 *wú yáng*" means it is not a typical exterior (yang) syndrome anymore, which makes sense in this line as cold has been in the process of changing into heat, leading to mild cold on the body surface with slight stagnation of the defensive qi and slight heat inside the body.

In summary, there are two possibilities to interpret the pathology in the sentences "脉微弱者，此無陽也。" *mài wēi ruò zhě, cǐ wú yáng yě*, i.e. the pathology can be either yang deficiency or mild cold on the body surface with slight stagnation of the defensive qi and slight heat inside the body. Both of them make sense in this line. In either case, the promotion of sweating by Ephedra Decoction (*má huáng tāng*) or Cinnamon Twig Decoction (*guì zhī tāng*) is inappropriate. In order to differentiate them, other clinical presentations, such as the color of the tongue and tongue coating, sensation, thirst and so on, are needed.

### Commentary

1. One should understand that the sentence "one cannot promote sweating" means one cannot use Ephedra Decoction (*má huáng tāng*) or Cinnamon Twig Decoction (*guì zhī tāng*) alone to promote sweating, as such exterior cold and interior heat are supposed to be dispersed via the skin by

promoting very limited sweating. Three methods have guaranteed this formula will fulfill this goal:

- 1) The formula employed in this line only uses one fourth of Cinnamon Twig Decoction (*guì zhī tāng*) and one eighth of Mailservant from Yue's Decoction (*yuè bì tāng*).
- 2) The dosage of Ephedrae Herba (*má huáng*) in Mailservant from Yue's Decoction (*yuè bì tāng*) is very small compared to Ephedra Decoction (*má huáng tāng*), and the combination of Ephedrae Herba (*má huáng*) and Gypsum Fibrosum (*shí gāo*) would make Ephedrae Herba (*má huáng*) have much less function to open the pores on the skin, though there is Cinnamomi Ramulus (*guì zhī*) combined in this formula.
- 3) Compared to administration of Cinnamon Twig Decoction (*guì zhī tāng*) and Ephedra Decoction (*má huáng tāng*), the formula in this line requires neither to cover the body with a blanket nor to administer rice porridge to promote sweating.

Some scholars even consider this formula as an agent to relieve the exterior by acrid and cool herbs, which means it eliminates exogenous pathological factors like cold and heat via the skin rather than via the stool and urination. However, one should understand the difference between this formula and Honeysuckle and Forsythia Powder (*yín qiào sǎn*)<sup>272</sup> in warm pathogen disease, as the latter not only uses more cool or cold herbs than warm herbs but also uses light herbs to vent wind-heat or heat toxins on the body surface.

2. Since the description of manifestations in this line is very short, many scholars have predicted some interior heat symptoms and signs for the syndrome in this line based on comparing the formulas in lines 23, 25 and this line. Compared to lines 23 and 25, this line does not mention frequency of both fever and aversion to cold. Therefore, one should understand that fever and aversion to cold presents all the time rather than two to three times a day as described in lines 23 and 25. In his book, Description of the Meaning of Discussion of Cold Damage (傷寒述義 *shāng hán shù yì*), Motokata Tamba has compared the frequency of

<sup>271</sup> Liu Du-Zhou and Fu Shi-Yuan, Explanation for Discussion of Cold Damage (*shāng hán lùn quán jié*). Tianjin: Tianjin Scientific and Technological Publishing House, 1983: 24

<sup>272</sup> It contains Lonicerae Flos (*lín yin huǒ*), Forsythiae Fructus (*lián qiào*), Lophateri Herba (*dān zhú yè*), Arctii Fructus (*niú bíng zǐ*), Schizonepetae Herba (*jīng jié*), Sojae Semen Preparatum (*dān dòu chǔ*), Platycodi Radix (*jí gēng*), Phragmitis Rhizoma (*jú gēn*), Menthae Haplocalycis Herba (*bó hé*) and Glycyrrhizae Radix Preparata (*zhī gān cǎo*).

fever and aversion to cold in terms of severity of pathological factors:

Saying aversion to cold and fever that occurs three times a day indicates that pathological factors are slightly severe, while saying those symptoms that take place two times a day denotes that pathological factors are slightly

mild. There is no description about frequency of those symptoms in this line. This means that pathological factors are most severe.<sup>273</sup>

Table 1.4 presents a comparison of lines 23, 25 and 27 in terms of clinical manifestations, pathology and treatment.

Table 1.4 Comparison of lines 23, 25 and 27

Line	Common points	Differences		
		Pathology	Clinical manifestations	Treatment and formulas
23	Fever and aversion to cold due to mild cold stagnating on the body surface, slight dispersion of stagnated cold by inducing mild sweating	More stagnation of cold and the defensive qi due to failure of promoting slight sweating	Similar to malaria, fever and aversion to cold that occurs two to three times daily, general itching, a red face	Relatively stronger promotion of sweating by using Half Cinnamon Twig and Half Ephedra Decoction ( <i>gui zhī má huáng gē bàn tāng</i> )
25		Less stagnation of cold and the defensive qi after promoting sweating	Similar to malaria, fever and aversion to cold that occurs two times daily	Relatively weaker promotion of sweating by using Two-Parts Cinnamon Twig Decoction with One-Part Ephedra Decoction ( <i>gui zhī èr má huáng yī tāng</i> )
27		Mild cold on body surface with slight stagnation of the defensive qi and slight heat inside the body	Fever and aversion to cold that present all the time with thirst and vexation, and the predominance of fever over the symptom of aversion to cold	Relatively weaker promotion of sweating and dispersion of interior heat by Two-Parts Cinnamon Twig Decoction with One-Part Maidservant from Yue's Decoction ( <i>gui zhī èr yuè bì yī tāng</i> )

### Analysis of the formula

This is the only line that discusses Two-Parts Cinnamon Twig Decoction with One-Part Maidservant from Yue's Decoction (*gui zhī èr yuè bì yī tāng*). It is generally agreed that the pathology treated by the formula in this line is mild stagnation of wind-cold associated with stagnant interior heat. The formula in this line can be considered as the combination of one fourth of Cinnamon Twig Decoction (*gui zhī tāng*) and one eighth of Maidservant from Yue's Decoction (*yuè bì tāng*). This is why the formula is called Two-Parts Cinnamon Twig Decoction with One-Part Maidservant from Yue's Decoction (*gui zhī èr yuè bì yī tāng*). The formula in this line is similar to Half Cinnamon Twig and Half Ephedra Decoction (*gui zhī má huáng gē bàn tāng*) in line 23 and Two-Parts Cinnamon Twig Decoction with One-Part Ephedra Decoction (*gui zhī èr má huáng yī tāng*) in line 25. The only difference in terms of ingredients is that *Armeniacae Semen Amarum* (*xìng rén*) is omitted from the formulas in

those two lines while Gypsum Fibrosum (*shí gāo*) is added to disperse stagnant heat.

Many ancient and contemporary scholars have used the term “清熱 clear heat” for Gypsum Fibrosum (*shí gāo*) in the formula of this line. I believe that this description is not accurate for the function of Gypsum Fibrosum (*shí gāo*), especially when Gypsum Fibrosum (*shí gāo*) is combined with Ephedrae Herba (*má huáng*). Because Gypsum Fibrosum (*shí gāo*) bears an acrid flavor even though it is very cold and heavy, its function to disperse heat cannot be ignored, especially when it is accompanied by Ephedrae Herba (*má huáng*), which has a warm nature and an acrid flavor. When these two herbs are combined, the warm nature of Ephedrae Herba (*má huáng*) compromises the cold nature of Gypsum Fibrosum (*shí gāo*), letting Gypsum Fibrosum (*shí gāo*) disperse heat, i.e. vent heat out of the body through the pores on the skin, which are opened by Ephedrae Herba (*má huáng*).

The acrid flavor of Ephedrae Herba (*má huáng*) and Gypsum Fibrosum (*shí gāo*) can reinforce each other to disperse heat as well as wind-cold. This is why Zhang Ji does not use Coptidis Rhizoma (*huáng qín*), Scutellariae Radix (*huáng qín*) and Anemarrhenae Rhizoma (*zhī mǔ*), which are cold and bitter and can

273 Motokata Tamba, *Description of the Meaning of Discussion of Cold Damage (shang han shi yi)*. Beijing: People's Health Publishing House, 1955: 11



bring heat downward, to clear heat. From this point of view, the difference between clearing heat and dispersing heat is that the latter vents heat upward and outward, while the former brings heat inward and downward. The exogenous pathological factors, including wind-cold and heat, in the syndrome of this line is very mild and stagnated. Either too much cold or too much warm would not be good to treat them. This is why Gypsum Fibrosum (*shí gāo*) is not combined with *Anemarrhenae Rhizoma* (*zhī mǔ*) in the formula in line 26 but rather with *Ephedrae Herba* (*má huáng*) in this line, and the dosages of *Ephedrae Herba* (*má huáng*) and Gypsum Fibrosum (*shí gāo*) are very small compared to that of White Tiger plus Ginseng Decoction (*bái hú jǐ rén shēn tāng*), which is used to treat intense heat with both qi and yin deficiency in line 26.

### Applications of the formula

#### Key points to apply the formula

Since the description in this line is very terse, Li Pei-Sheng and colleagues have added some symptoms and signs based on analyzing the function of the formula. They wrote:

Because the function of the formula can slightly promote sweating associated with clearing heat, one can deduce that the pathology in this line is stagnation of cold on the exterior and stagnation of heat in the interior. Therefore, one can learn that its clinical features are the presentation of the exterior syndrome in tai yang as well as interior heat such as thirst, vexation and so on.<sup>274</sup>

Cheng Zhao-Huan and colleagues have also added some symptoms and signs: "Besides fever and aversion to cold, in which fever is more intense than cold, there is still absence of sweating, slight vexation, and floating and rapid pulses."<sup>275</sup> Li Jing and colleagues have offered the following symptoms and signs to apply the formula in this line: fever and aversion to cold, in which fever is more intense than aversion to cold, headache, a red face, vexation, thirst and a hesitant pulse.<sup>276</sup>

### Clinical experience of ancient and contemporary practitioners

According to his clinical experience, Zuo Ji-Yun, a famous physician from Chongqing, has suggested a valuable application for this formula:

Add *Atractylodes Macrocephalae Rhizoma* (*bái zhū*), increase the dosage of *Paeoniae Radix Alba* (*bái sháo*) and take out *Ephedrae Herba* (*má huáng*) for spontaneous sweating. Add *Poria* (*fú líng*) for abnormal urination, and add *Ginseng Radix* (*rén shēn*) when there is a weak pulse.<sup>277</sup>

Clinically, the syndromes due to the combination of the cold and the stagnant heat are quite common. Ye Yi-Ting, a veteran doctor who worked at Shanghai College of Traditional Chinese Medicine in the early 1980s, has offered a very practical differentiation and treatment based on Discussion of Cold Damage:

If there is a severe case, in which there is cold on the body surface and heat in the interior, presenting with high fever, remarkable aversion to cold, dry skin, absence of sweating, vexation and thirst, Major Bluegreen Dragon Decoction (*dà qīng lóng tāng*) should be prescribed. If there is a mild case, in which fever is not high, aversion to cold is not remarkable and thirst is not strong, it is suitable to use Two-Parts Cinnamon Twig Decoction with One-Part Maidservant from Yue's Decoction (*guì zhī èr yuè bì yī tāng*).

There is a herbal difference between both formulas, i.e. the previous one has *Armeniacae Semen Amarum* (*xīng rén*) and the latter one has *Paeoniae Radix Alba* (*bái sháo*), and the rest of the herbs are the same, but their dosages are quite different, i.e. the ratio of *Ephedrae Herba* (*má huáng*) between the two formulas is 8:1, the ratio of Gypsum Fibrosum (*shí gāo*) between the two formulas is 4:1 and the ratio of *Cinnamomi Ramulus* (*guì zhī*), *Zingiberis Rhizoma Recens* (*shēng jiāng*), *Jujubae Fructus* (*dà zǎo*) and *Glycyrrhizae Radix Preparata* (*zhī gān cǎo*) between the two formulas is less than 3:1. If there is more stagnation of cold on the body surface and very mild interior heat, it is not suitable to apply these two formulas. One should use *Pueraria Decoction* (*gé gēn tāng*) instead.<sup>278</sup>

<sup>274</sup> Li Pei-Sheng et al., Teaching Reference Books for Traditional Chinese Medical Colleges: Discussion of Cold Damage (*gǎo dǒng zhōng yī xué xiào jiào xué cǎn kǎo shù: shàng hán lùn*). Beijing: People's Health Publishing House, 1987: 86.

<sup>275</sup> Cheng Zhao-Huan et al., Comprehension in the Heart for Discussion of Cold Damage (*shàng hán lùn xīn wù*). Beijing: Learning Garden Publishing House, 1989: 101.

<sup>276</sup> Li Jing et al., Study of the Formulas, Syndromes and Herbs in Discussion of Cold Damage (*shàng hán lùn jīng zhōng yào yuán jù*). Harbin: Heilongjiang Scientific and Technological Publishing House, 1992: 25.

<sup>277</sup> Zuo Ji-Yun, Collections and References of Classified Formulas and Case Studies Related to Discussion of Cold Damage (*shàng hán lùn lì fēng jī àn huì cǎn*). Tianjin: Tianjin Scientific and Technological Publishing House, 2000: 43.

<sup>278</sup> Zhou Long-Mei and Li Qi-Zhong, Veteran Physician Ye Yi-Ting's Experiences in Applying Formulas from Discussion of Cold Damage. *Shanghai Journal of Traditional Chinese Medicine*, 1982 (9): 28.



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