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SYNOPSIS OF PRESCRIPTIONS
OF THE GOLDEN CHAMBER
(JINGUI YAOLUE)



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[东汉] 张仲景 著

罗希文 英译

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总 序

杨牧之

《大中华文库》终于出版了。我们为之高兴，为之鼓舞，但也倍感压力。

当此之际，我们愿将郁积在我们心底的话，向读者倾诉。

—

中华民族有着悠久的历史和灿烂的文化，系统、准确地将中华民族的文化经典翻译成外文，编辑出版，介绍给全世界，是几代中国人的愿望。早在几十年前，西方一位学者翻译《红楼梦》，将书名译成《一个红楼上的梦》，将林黛玉译为“黑色的玉”。我们一方面对国外学者将中国的名著介绍到世界上去表示由衷的感谢，一方面为祖国的名著还不被完全认识，甚至受到曲解，而感到深深的遗憾。还有西方学者翻译《金瓶梅》，专门摘选其中自然主义描述最为突出的篇章加以译介。一时间，西方学者好像发现了奇迹，掀起了《金瓶梅》热，说中国是“性开放的源头”，公开地在报刊上鼓吹中国要“发扬开放之传统”。还有许多资深、友善的汉学家译介中国古代的哲学著作，在把中华民族文化介绍给全世界的工作方面作出了重大贡献，但或囿于理解有误，或缘于对中国文字认识的局限，质量上乘的并不多，常常是隔靴搔痒，说不到点子上。大哲学家黑格尔曾经说过：中国有

最完备的国史。但他认为中国古代没有真正意义上的哲学，还处在哲学史前状态。这么了不起的哲学家竟然作出这样大失水准的评论，何其不幸。正如任何哲学家都要受时间、地点、条件的制约一样，黑格尔也离不开这一规律。当时他也只能从上述水平的汉学家译过去的文字去分析、理解，所以，黑格尔先生对中国古代社会的认识水平是什么状态，也就不难想象了。

中国离不开世界，世界也缺少不了中国。中国文化摄取外域的新成分，丰富了自己，又以自己的新成就输送给别人，贡献于世界。从公元5世纪开始到公元15世纪，大约有一千年，中国走在世界的前列。在这一千多年的时间里，她的光辉照耀全世界。人类要前进，怎么能不全面认识中国，怎么能不认真研究中国的历史呢？

二

中华民族是伟大的，曾经辉煌过，蓝天、白云、阳光灿烂，和平而兴旺；也有过黑暗的、想起来就让人战栗的日子，但中华民族从来是充满理想，不断追求，不断学习，渴望和平与友谊的。

中国古代伟大的思想家孔子曾经说过：“三人行，必有我师焉。择其善者而从之，其不善者而改之。”孔子的话就是要人们向别人学习。这段话正是概括了整个中华民族与人交往的原则。人与人之间交往如此，在与周边的国家交往中也是如此。

秦始皇第一个统一了中国，可惜在位只有十几年，来不及做更多的事情。汉朝继秦而继续强大，便开始走出去，了

解自己周边的世界。公元前 138 年，汉武帝派张骞出使西域。他带着一万头牛羊，总值一万万钱的金帛货物，作为礼物，开始西行，最远到过“安息”（即波斯）。公元前 36 年，班超又率 36 人出使西域。36 个人按今天的话说，也只有一个排，显然是为了拜访未曾见过面的邻居，是去交朋友。到了西域，班超派遣甘英作为使者继续西行，往更远处的大秦国（即罗马）去访问，“乃抵条支而历安息，临西海以望大秦”（《后汉书·西域传》）。“条支”在“安息”以西，即今天的伊拉克、叙利亚一带，“西海”应是今天的地中海。也就是说甘英已经到达地中海边上，与罗马帝国隔海相望，“临大海欲渡”，却被人劝阻而未成行，这在历史上留下了遗憾。可以想见班超、甘英沟通友谊的无比勇气和强烈愿望。接下来是唐代的玄奘，历经千难万险，到“西天”印度取经，带回了南亚国家的古老文化。归国后，他把带回的佛教经典组织人翻译，到后来很多经典印度失传了，但中国却保存完好，以至于今天，没有玄奘的《大唐西域记》，印度人很难编写印度古代史。明代郑和“七下西洋”，把中华文化传到东南亚一带。鸦片战争以后，一代又一代先进的中国人，为了振兴中华，又前赴后继，向西方国家学习先进的科学思想和文明成果。这中间有我们的领导人朱德、周恩来、邓小平；有许许多多大科学家、文学家、艺术家，如郭沫若、李四光、钱学森、冼星海、徐悲鸿等。他们的追求、奋斗，他们的博大胸怀，兼收并蓄的精神，为人类社会增添了光彩。

中国文化的形成和发展过程，就是一个以众为师、以各国人民为师，不断学习和创造的过程。中华民族曾经向周边国家和民族学习过许多东西，假如没有这些学习，中华民族绝不可能创造出昔日的辉煌。回顾历史，我们怎么能够不对

伟大的古埃及文明、古希腊文明、古印度文明满怀深深的感激?怎么能够不对伟大的欧洲文明、非洲文明、美洲文明、澳洲文明,以及中国周围的亚洲文明充满温情与敬意?

中华民族为人类社会曾作出过独特的贡献。在15世纪以前,中国的科学技术一直处于世界遥遥领先的地位。英国科学家李约瑟说:“中国在公元3世纪到13世纪之间,保持着一个西方所望尘莫及的科学知识水平。”美国耶鲁大学教授、《大国的兴衰》的作者保罗·肯尼迪坦言:“在近代以前时期的所有文明中,没有一个国家的文明比中国更发达,更先进。”

世界各国的有识之士千里迢迢来中国观光、学习。在这个过程中,中国唐朝的长安城渐渐发展成为国际大都市。西方的波斯、东罗马,东亚的高丽、新罗、百济、南天竺、北天竺,频繁前来。外国的王侯、留学生,在长安供职的外国官员,商贾、乐工和舞士,总有几十个国家,几万人之多。日本派出的“遣唐使”更是一批接一批。传为美谈的日本人阿部仲麻吕(晁衡)在长安留学的故事,很能说明外国人与中国的交往。晁衡学成仕于唐朝,前后历时五十余年。晁衡与中国的知识分子结下了深厚的友情。他归国时,传说在海中遇难身亡。大诗人李白作诗哭悼:“日本晁卿辞帝都,征帆一片绕蓬壶。明月不归沉碧海,白云愁色满苍梧。”晁衡遇险是误传,但由此可见中外学者之间在中国长安交往的情谊。

后来,不断有外国人到中国来探寻秘密,所见所闻,常常让他们目瞪口呆。《希腊纪事》(希腊人波桑尼阿著)记载公元2世纪时,希腊人在中国的见闻。书中写道:“赛里斯人用小米和青芦喂一种类似蜘蛛的昆虫,喂到第五年,虫肚子胀裂开,便从里面取出丝来。”从这段对中国古代养蚕技术的



描述，可见当时欧洲人与中国人的差距。公元9世纪中叶，阿拉伯人来到中国。一位阿拉伯作家在他所著的《中国印度闻见录》中记载了曾旅居中国的阿拉伯商人的见闻：

——一天，一个外商去拜见驻守广州的中国官吏。会见时，外商总盯着官吏的胸部，官吏很奇怪，便问：“你好像总盯着我的胸，这是怎么回事？”那位外商回答说：“透过你穿的丝绸衣服，我隐约看到你胸口上长着一个黑痣，这是什么丝绸，我感到十分惊奇。”官吏听后，失声大笑，伸出胳膊，说：“请你数数吧，看我穿了几件衣服。”那商人数过，竟然穿了五件之多，黑痣正是透过这五层丝绸衣服显现出来的。外商惊得目瞪口呆，官吏说：“我穿的丝绸还不算是最好的，总督穿的要更精美。”

——书中关于茶(他们叫干草叶子)的记载，可见阿拉伯国家当时还没有喝茶的习惯。书中记述：“中国国王本人的收入主要靠盐税和泡开水喝的一种干草税。在各个城市里，这种干草叶售价都很高，中国人称这种草叶叫‘茶’，这种干草叶比苜蓿的叶子还多，也略比它香，稍有苦味，用开水冲喝，治百病。”

——他们对中国的医疗条件十分羡慕，书中记载道：“中国人医疗条件很好，穷人可以从国库中得到药费。”还说：“城市里，很多地方立一石碑，高10肘，上面刻有各种疾病和药物，写明某种病用某种药医治。”

——关于当时中国的京城，书中作了生动的描述：中国的京城很大，人口众多，一条宽阔的长街把全城分为两半，大街右边的东区，住着皇帝、宰相、禁军及皇家的总管、奴婢。在这个区域，沿街开凿了小河，流水潺潺；路旁，葱茏的树木井然有序，一幢幢宅邸鳞次栉比。大街左边的西区，

住着庶民和商人。这里有货栈和商店，每当清晨，人们可以看到，皇室的总管、宫廷的仆役，或骑马或步行，到这里来采购。

此后的史籍对西人来华的记载，渐渐多了起来。13世纪意大利旅行家马可·波罗，尽管有人对他是否真的到过中国持怀疑态度，但他留下一部记述元代事件的《马可·波罗游记》却是确凿无疑的。这部游记中的一些关于当时中国的描述使得西方人认为是“天方夜谭”。总之，从中西文化交流史来说，这以前的时期还是一个想象和臆测的时代，相互之间充满了好奇与幻想。

从16世纪末开始，由于航海技术的发展，东西方航路的开通，随着一批批传教士来华，中国与西方开始了直接的交流。沟通中西的使命在意大利传教士利玛窦那里有了充分的体现。利玛窦于1582年来华，1610年病逝于北京，在华二十余年。除了传教以外，做了两件具有历史象征意义的事，一是1594年前后在韶州用拉丁文翻译《四书》，并作了注释；二是与明代学者徐光启合作，用中文翻译了《几何原本》。

西方传教士对《四书》等中国经典的粗略翻译，以及杜赫德的《中华帝国志》等书对中国的介绍，在西方读者的眼前展现了一个异域文明，在当时及稍后一段时期引起了一场“中国热”，许多西方大思想家都曾注目于中国文化。有的推崇中华文明，如莱布尼兹、伏尔泰、魁奈等，有的对中华文明持批评态度，如孟德斯鸠、黑格尔等。莱布尼兹认识到中国文化的某些思想与他的观念相近，如周易的卦象与他发明的二进制相契合，对中国文化给予了热情的礼赞；黑格尔则从他整个哲学体系的推演出发，认为中国没有真正意义上的哲学，还处在哲学史前的状态。但是，不论是推崇还是批

评，是吸纳还是排斥，中西文化的交流产生了巨大的影响。随着先进的中国科学技术的西传，特别是中国的造纸、火药、印刷术和指南针四大发明的问世，大大改变了世界的面貌。马克思说：“中国的火药把骑士阶层炸得粉碎，指南针打开了世界市场并建立了殖民地，而印刷术则变成了新教的工具，变成对精神发展创造必要前提的最强大的杠杆。”英国的哲学家培根说：中国的四大发明“改变了全世界的面貌和一切事物的状态”。

三

大千世界，潮起潮落。云散云聚，万象更新。中国古代产生了无数伟大的科学家：祖冲之、李时珍、孙思邈、张衡、沈括、毕昇……产生了无数科技成果：《齐民要术》、《九章算术》、《伤寒杂病论》、《本草纲目》……以及保存至今的世界奇迹：浑天仪、地动仪、都江堰、敦煌石窟、大运河、万里长城……但从15世纪下半叶起，风水似乎从东方转到了西方，落后的欧洲只经过400年便成为世界瞩目的文明中心。英国的牛顿、波兰的哥白尼、德国的伦琴、法国的居里、德国的爱因斯坦、意大利的伽利略、俄国的门捷列夫、美国的费米和爱迪生……光芒四射，令人敬仰。

中华民族开始思考了。潮起潮落究竟是什么原因？中国人发明的火药，传到欧洲，转眼之间反成为欧洲列强轰击中国大门的炮弹，又是因为什么？

鸦片战争终于催醒了中国人沉睡的迷梦，最先“睁眼看世界”的一代精英林则徐、魏源迈出了威武雄壮的一步。曾国藩、李鸿章搞起了洋务运动。中国的知识分子喊出“民主

与科学”的口号。中国是落后了，中国的志士仁人在苦苦探索。但落后中饱含着变革的动力，探索中孕育着崛起的希望。“向科学进军”，中华民族终于又迎来了科学的春天。

今天，世界毕竟来到了 21 世纪的门槛。分散隔绝的世界，逐渐变成联系为一体的世界。现在，全球一体化趋势日益明显，人类历史也就在愈来愈大的程度上成为全世界的历史。当今，任何一种文化的发展都离不开对其它优秀文化的汲取，都以其它优秀文化的发展为前提。在近现代，西方文化汲取中国文化，不仅是中国文化的传播，更是西方文化自身的创新和发展；正如中国文化对西方文化的汲取一样，既是西方文化在中国的传播，同时也是中国文化在近代的转型和发展。地球上所有的人类文化，都是我们共同的宝贵遗产。既然我们生活的各个大陆，在地球史上曾经是连成一气的“泛大陆”，或者说是一个完整的“地球村”，那么，我们同样可以在这个以知识和学习为特征的网络时代，走上相互学习、共同发展的大路，建设和开拓我们人类崭新的“地球村”。

西学仍在东渐，中学也将西传。各国人民的优秀文化正日益迅速地为中国文化所汲取，而无论西方和东方，也都需要从中国文化中汲取养分。正是基于这一认识，我们组织出版汉英对照版《大中华文库》，全面系统地翻译介绍中国传统文化典籍。我们试图通过《大中华文库》，向全世界展示，中华民族五千年的追求，五千年的梦想，正在新的历史时期重放光芒。中国人民就像火后的凤凰，万众一心，迎接新世纪文明的太阳。

1999 年 8 月 北京

PREFACE TO THE *LIBRARY OF CHINESE CLASSICS*

Yang Muzhi

The publication of the *Library of Chinese Classics* is a matter of great satisfaction to all of us who have been involved in the production of this monumental work. At the same time, we feel a weighty sense of responsibility, and take this opportunity to explain to our readers the motivation for undertaking this cross-century task.

1

The Chinese nation has a long history and a glorious culture, and it has been the aspiration of several generations of Chinese scholars to translate, edit and publish the whole corpus of the Chinese literary classics so that the nation's greatest cultural achievements can be introduced to people all over the world. There have been many translations of the Chinese classics done by foreign scholars. A few dozen years ago, a Western scholar translated the title of *A Dream of Red Mansions* into "A Dream of Red Chambers" and Lin Daiyu, the heroine in the novel, into "Black Jade." But while their endeavours have been laudable, the results of their labours have been less than satisfactory. Lack of knowledge of Chinese culture and an inadequate grasp of the Chinese written language have led the translators into many errors. As a consequence, not only are Chinese classical writings widely misunderstood in the rest of the world, in some cases their content has actually been distorted. At one time, there was a "Jin Ping Mei craze" among Western scholars, who thought that they had uncovered a miraculous phenomenon, and published theories claiming that China was the "fountainhead of eroticism," and that a Chinese "tradition of permissiveness" was about to be laid bare. This distorted view came about due to the translators of the *Jin Ping Mei* (*Plum in the Golden Vase*) putting one-sided stress on the



raw elements in that novel, to the neglect of its overall literary value. Meanwhile, there have been many distinguished and well-intentioned Sinologists who have attempted to make the culture of the Chinese nation more widely known by translating works of ancient Chinese philosophy. However, the quality of such work, in many cases, is unsatisfactory, often missing the point entirely. The great philosopher Hegel considered that ancient China had no philosophy in the real sense of the word, being stuck in philosophical "prehistory." For such an eminent authority to make such a colossal error of judgment is truly regrettable. But, of course, Hegel was just as subject to the constraints of time, space and other objective conditions as anyone else, and since he had to rely for his knowledge of Chinese philosophy on inadequate translations it is not difficult to imagine why he went so far off the mark.

China cannot be separated from the rest of the world; and the rest of the world cannot ignore China. Throughout its history, Chinese civilization has enriched itself by absorbing new elements from the outside world, and in turn has contributed to the progress of world civilization as a whole by transmitting to other peoples its own cultural achievements. From the 5th to the 15th centuries, China marched in the front ranks of world civilization. If mankind wishes to advance, how can it afford to ignore China? How can it afford not to make a thoroughgoing study of its history?

2

Despite the ups and downs in their fortunes, the Chinese people have always been idealistic, and have never ceased to forge ahead and learn from others, eager to strengthen ties of peace and friendship.

The great ancient Chinese philosopher Confucius once said, "Wherever three persons come together, one of them will surely be able to teach me something. I will pick out his good points and emulate them; his bad points I will reform." Confucius meant by this that we should always be ready to learn from others. This maxim encapsulates the principle the Chinese people have always followed in their dealings with other peoples, not only on an individual basis but also at the level of state-to-state relations.

After generations of internecine strife, China was unified by Emperor



Qin Shi Huang (the First Emperor of the Qin Dynasty) in 221 B.C. The Han Dynasty, which succeeded that of the short-lived Qin, waxed powerful, and for the first time brought China into contact with the outside world. In 138 B.C., Emperor Wu dispatched Zhang Qian to the western regions, i.e. Central Asia. Zhang, who traveled as far as what is now Iran, took with him as presents for the rulers he visited on the way 10,000 head of sheep and cattle, as well as gold and silks worth a fabulous amount. In 36 B.C., Ban Chao headed a 36-man legation to the western regions. These were missions of friendship to visit neighbours the Chinese people had never met before and to learn from them. Ban Chao sent Gan Ying to explore further toward the west. According to the "Western Regions Section" in the *Book of Later Han*, Gan Ying traveled across the territories of present-day Iraq and Syria, and reached the Mediterranean Sea, an expedition which brought him within the confines of the Roman Empire. Later, during the Tang Dynasty, the monk Xuan Zang made a journey fraught with danger to reach India and seek the knowledge of that land. Upon his return, he organized a team of scholars to translate the Buddhist scriptures, which he had brought back with him. As a result, many of these scriptural classics which were later lost in India have been preserved in China. In fact, it would have been difficult for the people of India to reconstruct their own ancient history if it had not been for Xuan Zang's *A Record of a Journey to the West in the Time of the Great Tang Dynasty*. In the Ming Dynasty, Zheng He transmitted Chinese culture to Southeast Asia during his seven voyages. Following the Opium Wars in the mid-19th century, progressive Chinese, generation after generation, went to study the advanced scientific thought and cultural achievements of the Western countries. Their aim was to revive the fortunes of their own country. Among them were people who were later to become leaders of China, including Zhu De, Zhou Enlai and Deng Xiaoping. In addition, there were people who were to become leading scientists, literary figures and artists, such as Guo Moruo, Li Siguang, Qian Xuesen, Xian Xinghai and Xu Beihong. Their spirit of ambition, their struggles and their breadth of vision were an inspiration not only to the Chinese people but to people all over the world.

Indeed, it is true that if the Chinese people had not learned many

things from the surrounding countries they would never have been able to produce the splendid achievements of former days. When we look back upon history, how can we not feel profoundly grateful for the legacies of the civilizations of ancient Egypt, Greece and India? How can we not feel fondness and respect for the cultures of Europe, Africa, America and Oceania?

The Chinese nation, in turn, has made unique contributions to the community of mankind. Prior to the 15th century, China led the world in science and technology. The British scientist Joseph Needham once said, "From the third century A.D. to the 13th century A.D. China was far ahead of the West in the level of its scientific knowledge." Paul Kennedy, of Yale University in the U.S., author of *The Rise and Fall of the Great Powers*, said, "Of all the civilizations of the pre-modern period, none was as well-developed or as progressive as that of China."

Foreigners who came to China were often astonished at what they saw and heard. The Greek geographer Pausanias in the second century A.D. gave the first account in the West of the technique of silk production in China: "The Chinese feed a spider-like insect with millet and reeds. After five years the insect's stomach splits open, and silk is extracted therefrom." From this extract, we can see that the Europeans at that time did not know the art of silk manufacture. In the middle of the 9th century A.D., an Arabian writer includes the following anecdote in his *Account of China and India*:

"One day, an Arabian merchant called upon the military governor of Guangzhou. Throughout the meeting, the visitor could not keep his eyes off the governor's chest. Noticing this, the latter asked the Arab merchant what he was staring at. The merchant replied, 'Through the silk robe you are wearing, I can faintly see a black mole on your chest. Your robe must be made out of very fine silk indeed!' The governor burst out laughing, and holding out his sleeve invited the merchant to count how many garments he was wearing. The merchant did so, and discovered that the governor was actually wearing five silk robes, one on top of the other, and they were made of such fine material that a tiny mole could be seen through them all! Moreover, the governor explained that the robes he was wearing were not made of the finest silk at all; silk of the highest



grade was reserved for the garments worn by the provincial governor.”

The references to tea in this book (the author calls it “dried grass”) reveal that the custom of drinking tea was unknown in the Arab countries at that time: “The king of China’s revenue comes mainly from taxes on salt and the dry leaves of a kind of grass which is drunk after boiled water is poured on it. This dried grass is sold at a high price in every city in the country. The Chinese call it ‘cha.’ The bush is like alfalfa, except that it bears more leaves, which are also more fragrant than alfalfa. It has a slightly bitter taste, and when it is infused in boiling water it is said to have medicinal properties.”

Foreign visitors showed especial admiration for Chinese medicine. One wrote, “China has very good medical conditions. Poor people are given money to buy medicines by the government.”

In this period, when Chinese culture was in full bloom, scholars flocked from all over the world to China for sightseeing and for study. Chang’an, the capital of the Tang Dynasty was host to visitors from as far away as the Byzantine Empire, not to mention the neighboring countries of Asia. Chang’an, at that time the world’s greatest metropolis, was packed with thousands of foreign dignitaries, students, diplomats, merchants, artisans and entertainers. Japan especially sent contingent after contingent of envoys to the Tang court. Worthy of note are the accounts of life in Chang’an written by Abeno Nakamaro, a Japanese scholar who studied in China and had close friendships with ministers of the Tang court and many Chinese scholars in a period of over 50 years. The description throws light on the exchanges between Chinese and foreigners in this period. When Abeno was supposedly lost at sea on his way back home, the leading poet of the time, Li Bai, wrote a eulogy for him.

The following centuries saw a steady increase in the accounts of China written by Western visitors. The Italian Marco Polo described conditions in China during the Yuan Dynasty in his *Travels*. However, until advances in the science of navigation led to the opening of east-west shipping routes at the beginning of the 16th century Sino-Western cultural exchanges were coloured by fantasy and conjecture. Concrete progress was made when a contingent of religious missionaries, men well versed in Western science and technology, made their way to China, ushering in an era of

direct contacts between China and the West. The experience of this era was embodied in the career of the Italian Jesuit Matteo Ricci. Arriving in China in 1582, Ricci died in Beijing in 1610. Apart from his missionary work, Ricci accomplished two historically symbolic tasks — one was the translation into Latin of the “Four Books,” together with annotations, in 1594; the other was the translation into Chinese of Euclid’s *Elements*.

The rough translations of the “Four Books” and other Chinese classical works by Western missionaries, and the publication of Père du Halde’s *Description Geographique, Historique, Chronologique, Politique, et Physique de l’Empire de la Chine* revealed an exotic culture to Western readers, and sparked a “China fever,” during which the eyes of many Western intellectuals were fixed on China. Some of these intellectuals, including Leibniz, held China in high esteem; others, such as Hegel, nursed a critical attitude toward Chinese culture. Leibniz considered that some aspects of Chinese thought were close to his own views, such as the philosophy of the *Book of Changes* and his own binary system. Hegel, on the other hand, as mentioned above, considered that China had developed no proper philosophy of its own. Nevertheless, no matter whether the reaction was one of admiration, criticism, acceptance or rejection, Sino-Western exchanges were of great significance. The transmission of advanced Chinese science and technology to the West, especially the Chinese inventions of paper-making, gunpowder, printing and the compass, greatly changed the face of the whole world. Karl Marx said, “Chinese gunpowder blew the feudal class of knights to smithereens; the compass opened up world markets and built colonies; and printing became an implement of Protestantism and the most powerful lever and necessary precondition for intellectual development and creation.” The English philosopher Roger Bacon said that China’s four great inventions had “changed the face of the whole world and the state of affairs of everything.”

3

Ancient China gave birth to a large number of eminent scientists, such as Zu Chongzhi, Li Shizhen, Sun Simiao, Zhang Heng, Shen Kuo and Bi



Sheng. They produced numerous treatises on scientific subjects, including *The Manual of Important Arts for the People's Welfare*, *Nine Chapters on the Mathematical Art*, *A Treatise on Febrile Diseases* and *Compendium of Materia Medica*. Their accomplishments included ones whose influence has been felt right down to modern times, such as the armillary sphere, seismograph, Dujiangyan water conservancy project, Dunhuang Grottoes, Grand Canal and Great Wall. But from the latter part of the 15th century, and for the next 400 years, Europe gradually became the cultural centre upon which the world's eyes were fixed. The world's most outstanding scientists then were England's Isaac Newton, Poland's Copernicus, France's Marie Curie, Germany's Rontgen and Einstein, Italy's Galileo, Russia's Mendeleev and America's Edison.

The Chinese people then began to think: What is the cause of the rise and fall of nations? Moreover, how did it happen that gunpowder, invented in China and transmitted to the West, in no time at all made Europe powerful enough to batter down the gates of China herself?

It took the Opium War to wake China from its reverie. The first generation to make the bold step of "turning our eyes once again to the rest of the world" was represented by Lin Zexu and Wei Yuan. Zeng Guofan and Li Hongzhang started the Westernization Movement, and later intellectuals raised the slogan of "Democracy and Science." Noble-minded patriots, realizing that China had fallen behind in the race for modernization, set out on a painful quest. But in backwardness lay the motivation for change, and the quest produced the embryo of a towering hope, and the Chinese people finally gathered under a banner proclaiming a "March Toward Science."

On the threshold of the 21st century, the world is moving in the direction of becoming an integrated entity. This trend is becoming clearer by the day. In fact, the history of the various peoples of the world is also becoming the history of mankind as a whole. Today, it is impossible for any nation's culture to develop without absorbing the excellent aspects of the cultures of other peoples. When Western culture absorbs aspects of Chinese culture, this is not just because it has come into contact with Chinese culture, but also because of the active creativity and development of Western culture itself; and vice versa. The various cultures of

the world's peoples are a precious heritage which we all share. Mankind no longer lives on different continents, but on one big continent, or in a "global village." And so, in this era characterized by an all-encompassing network of knowledge and information we should learn from each other and march in step along the highway of development to construct a brand-new "global village."

Western learning is still being transmitted to the East, and vice versa. China is accelerating its pace of absorption of the best parts of the cultures of other countries, and there is no doubt that both the West and the East need the nourishment of Chinese culture. Based on this recognition, we have edited and published the *Library of Chinese Classics* in a Chinese-English format as an introduction to the corpus of traditional Chinese culture in a comprehensive and systematic translation. Through this collection, our aim is to reveal to the world the aspirations and dreams of the Chinese people over the past 5,000 years and the splendour of the new historical era in China. Like a phoenix rising from the ashes, the Chinese people in unison are welcoming the cultural sunrise of the new century.

August 1999

体 例

1. 汉语版采用中医研究院编、人民卫生出版社出版的《金匱要略语释》，1974年3月第二版修订第五次印刷本。
2. 本书两种文字对照，只用原文，没有解释。
3. 汉语正文病症叙述以及方剂名称用小四号宋体，补充部分用小五号宋体。方剂组成部分以及服用注意事项用五号宋体，每味药的剂量以及服用说明中的补充部分用六号宋体。
4. 正文病症叙述、方剂名称、方剂组成部分、服用事项分别成段，中间空行。
5. 汉语部分使用简体字，特殊情况例外。有与繁体字对应的简体字，但是使用简体字会引发歧义的，仍用繁体字；没有与繁体字对应的简体字，仍用繁体字。

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脏腑经络先后病脉证第一

论十三首 脉证二条

CHAPTER I

ON PULSE, SYMPTOM COMPLEX AND TRANSMISSION OF DISEASES OF THE VISCERA, BOWELS, CHANNELS AND COLLATERALS

1-1 问曰：“上工治未病，何也？”师曰：“夫治未病者，见肝之病，知肝传脾，当先实脾。四季脾王不受邪，即勿补之。中工不晓相传，见肝之病，不解实脾。惟治肝也。夫肝之病，补用酸，助用焦苦，益用甘味之药调之。酸入肝，焦苦入心，甘入脾，脾能伤肾，肾气微弱，则水不行，水不行，则心火气盛，则伤肺，肺被伤，则金气不行，金气不行，则肝气盛，则肝自愈。此治肝补脾之要妙也。肝虚则用此法，实则不在用之。经曰：‘虚虚实实。补不足，损有余’，是其义也，余脏准此。”

CLAUSE 1-1

Question: Would you kindly explain the meaning of “A superior doctor will cure a disease before its onset?”

Master: “To cure a disease before its onset” means that when the Liver is affected, a prescription is chosen to replenish the Spleen, as the doctor knows the Liver disease will be transmitted into the Spleen. During the last periods of each season, the Spleen Vital Energy is strong enough to resist transmission of the pathogenic factors, so the Spleen does not

need to be replenished. A mediocre doctor would not know about the transmission. So he would not replenish the Spleen when the Liver is affected.

For a case of Liver disease, drugs with a sour taste should be used to replenish the deficient Liver. Scorched, bitter and sweet ingredients should be used as an adjuvant to harmonize the syndrome.

Ingredients with a sour taste function on the Liver, scorched and bitter drugs function on the Heart and sweet ingredients function on the Spleen. When the Spleen is replenished with sweet drugs, the Kidney will be checked. Then the restricted Kidney will be weak in Vital Energy, rendering it unable to circulate Water. While the Water stagnates, the Heart Vital Energy will be strong enough to curb the Lung. A deficient Lung will not check the Liver. So the Liver vital Energy will be strong enough to heal the Liver syndrome. By replenishing the Liver disease will be healed. This marvelous treatment is suitable for Liver diseases of a deficient nature. It is not applicable to Liver diseases of an excessive nature.

Medical classic states: "Purging the Deficiency and replenishing the Excess will make a deficient case more deficient and an excessive case more excessive. It is therefore a set principle." The statement, "When the Liver is affected, the Spleen should be replenished" quoted above, is a case in conformity with this principle. For diseases of all the other Viscera, this principle is always applicable.

1-2 夫人稟五常，因风气而生长，风气虽能生万物，亦能害万物，如水能浮舟，亦能覆舟；若五脏元真通畅，人即安和，客气邪风，中人多死，千般灾难，不越三条：一者，经络受邪，

入脏腑为内所因也；二者，四肢九窍，血脉相传，壅塞不通，为外皮肤所中也；三者，房室、金刃、虫兽所伤，以此详之，病由都尽。若人能养慎，不令邪风干忤经络，适中经络，未流传脏腑，即医治之，四肢才觉重滞，即导引吐纳，针灸膏摩，勿令九窍闭塞。更能无犯王法，禽兽灾伤，房室勿令竭乏，服食节其冷热苦酸辛甘，不遭形体有衰，病则无由入其腠理。腠者，是三焦通会元真之处，为血气所注；理者，是皮肤脏腑之文理也。

CLAUSE 1-2

Man lives in a world with Five Evolutive Phases (Five Elements, *Wuxing*) and grows up in a suitable climate. The climate can promote and give birth to all creatures under heaven, but may also injure and hurt these creatures; similar to the way water keeps a boat afloat, but can also overturn it. Good health results when the Congenital Vital Energy of the Five Viscera circulates normally.

When man is strongly influenced by exogenous pathogenic climatic factors, he will perish. All human catastrophes fall within the following three categories of *causa morbid*:

One should carefully protect one's Body Resistance and avoid the attack of climatic pathogenic factors. Otherwise, Channels and Collaterals will be violated and health endangered. In case pathogenic factors have invaded the Channels and Collaterals, medical treatment should be given in time to stop the transmission of pathogenic factors into the Viscera and Bowels. If there is heaviness and uneasiness in the extremities, *Daoyin*, *Tuna*, acupuncture and *Gaomo* therapies should be practiced to clear the nine orifices. Besides, one should avoid violation of his Majesty's law, avoid animal bites and all accidents and injuries. One should also regulate sexual life, wear clothing suitable to season and maintain moderate diet



with bitter, sour, pungent and sweet flavors. In this way, one can maintain good health and prevent the intrusion of pathogenic factors through *Couli*. *Co* is a juncture where the Triple Burners and Body Resistance converge and a Channel wherein the Vital Energy and the Blood flow. *Li* is the texture on skin, Viscera and Bowels.

1-3 问曰：“病人有气色见于面部，愿闻其说。”师曰：“鼻头色青，腹中痛，苦冷者死—云腹中冷，苦痛者死；鼻头色微黑者，有水气；色黄者，胸上有寒；色白者，亡血也。设微赤非时者死。其目正圆者痉，不治。又色青为痛，色黑为劳，色赤为风，色黄者便难，色鲜明者有留饮。”

CLAUSE 1-3

Question: Different facial complexions indicate different diseases. Could the Master explain this in detail?

4

Master: Take the nose as an example.

When the tip of the nose is blue-purple (cyanosis) this indicates abdominal pain. If the patient is sensitive to cold, it will be a fatal case.

When the tip of the nose is black-dark, this indicates stagnation of the pathogenic Water.

Yellow nose indicates Cold stagnation in chest.

White nose indicates hemorrhage.

Slightly red nose appearing at an inappropriate season indicates a fatal case.

Jing disease indicated by the patient's staring of vision is difficult to cure.

Different complexions manifest diseases as follows:

Blue-purple (cyanosis) complexion indicates pain; black-dark

complexion manifests internal injury caused by overstrain; red complexion signifies pathogenic Wind; and yellowish complexion is a sign of constipation.

Bright-colored complexion suggests stagnant Fluid-retention.

Black-dark (*hei*) of the skin or complexion seen usually in severe and chronic cases due to stagnation of the Vital Energy and the Blood, indicating Cold, pains, and reduced Vital function of the Kidney.

1-4 师曰：“病人语声寂然喜惊呼者，骨节间病；语声喑喑然不彻者，心膈间病；语声啾啾然细而长者，头中病一作痛。”

CLAUSE 1-4

Master: The patient usually remains still but cries out occasionally. This is an indication of joint disease. If the patient speaks in a low murmuring voice, he is suffering from an ailment of the chest and diaphragm. Or if he speaks in a faint, long and clear voice, he is suffering from a headache.

1-5 师曰：“息摇肩者，心中坚；息引胸中上气者，咳；息张口短气者，肺痿唾沫。”

CLAUSE 1-5

Master: The patient shrugs his shoulders when breathing. This signifies existence of pathogenic factors in the chest. Breath ascending to the throat while the patient breathes is a symptom of cough. When the patient must open his mouth to breathe and still feels short of breath, it is an indication of pulmonary asthenia accompanied by copious salivation and sputum.

1-6 师曰：“吸而微数，其病在中焦，实也，当下之即愈，虚者不治。在上焦者，其吸促，在下焦者，其吸远，此皆难治。呼吸动摇振振者，不治。”

CLAUSE 1-6

Master: If the patient's inspiration is a bit rapid, it can be diagnosed as excessive pathogenic factors in the Middle Portion of Body Cavity. A purgative will provide the cure.

When the patient is in a state of deficient nature (of weak build), the case will be difficult to cure. When the pathogenic factors in the Upper Portion of Body Cavity make the patient inspire with short and rapid breaths, or when the pathogenic factors in the Lower Portion of Body Cavity make the patient inspire with long and deep breaths, both cases will be difficult to treat. While the patient has to shake his body to aid in respiration, then he is suffering from an incurable disease.

1-7 师曰：“寸口脉动者，因其王时而动，假令肝王色青，四时各随其色。肝色青而反色白，非其时色脉，皆当病。”

CLAUSE 1-7

Master: Pulse at *cunkou* will follow the changes in Vital Energy of a certain Viscus in different seasons. Vital Energy of the Viscera will appear as different colors when they are strong in certain seasons. For example, blue-purple (cyanosis) signifies strong Vital Energy in the Liver. Under normal conditions, the four seasons will give birth to their respective colors. When blue-purple (cyanosis) of the Liver Vital Energy does not appear as it should, but white (pallor) color appears, it is an indication of disease. In

all cases when unseasonal colors or pulses appear, they can be diagnosed as symptoms and signs of diseases.

1-8 问曰：“有未至而至，有至而不至，有至而不去，有至而太过，何谓也？”师曰：“冬至之后，甲子夜半少阳起，少阳之时阳始生，天得温和。以未得甲子，天因温和，此为未至而至也；以得甲子，而天未温和，为至而不至也；以得甲子，而天大寒不解，此为至而不去也；以得甲子，而天温如盛夏五六月时，此为至而太过也。”

CLAUSE 1-8

Question: Could you explain the following: premature arrival, late arrival, late departure and excessive temperature.

Master: On the midnight of the first day of the first *Jiazi* (sixty-day cycle) after the Winter Solstice, Lesser Yang begins to germinate and the weather gradually becomes warm. If the weather begins to warm up before the onset of Lesser Yang, this is termed “premature arrival” (*wei zhi er zhi*). On the other hand, if the weather does not warm up after the germination of Lesser Yang, it is a case of “late arrival” (*zhi er bu zhi*). When the weather remains severe after the start of Lesser Yang, it is a case of “late departure” (*zhi er bu qu*). And when the weather turns as hot as summer just after the beginning of the first *Jiazi*, it is termed “excessive temperature” (*zhi er tai guo*).

1-9 师曰：“病人脉浮者在前，其病在表；浮者在后，其病在里。腰痛背强不能行，必短气而极也。”

CLAUSE 1-9

Master: When the pulse is floating at the front, it indicates a syndrome at the Exterior. When pulse is floating at the back, the syndrome is located in the Interior with symptoms of lumbago and stiffness in the back that make it difficult for the patient to move and cause a serious shortness of breath.

1-10 问曰：“经云‘厥阳独行’，何谓也？”师曰：“此为有阳无阴，故称厥阳。”

CLAUSE 1-10

Question: It is written in the Classic: “The exuberant Yang prevails and moves about alone.” Could you explain the meaning?

Master: This is because when the exuberant Yang prevails, there will be no Yin, and Yang moves alone. So it is called “*jue Yang*.”

1-11 问曰：“寸脉沉大而滑，沉则为实，滑则为气。实气相搏，血气入脏即死，入腑即愈，此为卒厥。何谓也？”师曰：“唇口青，身冷，为入脏，即死；如身和，汗自出，为入腑，即愈。”

CLAUSE 1-11

Question: The pulse under the forefinger is deep, gigantic (grand) and slippery. Deep pulse indicates a syndrome of an excessive nature. A slippery pulse reveals the existence of the Vital Energy. When the Excess and the Vital Energy intermingle, conflict with each other, and then invade the Viscera, the case will be fatal. This is called “*Cu Jue*.” When they invade the Bowels, the case will not be serious. Could Master explain this?



Master: Symptoms and signs of blue-purple lips and sensitivity to cold are indications of the invasion of pathogenic factor into the Viscera, which is fatal. When the patient feels no uneasiness and perspires spontaneously, it is a case of pathogenic factor invading the Bowels. Such cases are easy to cure.

1-12 问曰：“脉脱，入脏即死，入腑即愈，何谓也？”师曰：“非为一病，百病皆然。譬如浸淫疮，从口起流向四肢者可治，从四肢流来入口者不可治；病在外者可治，入里者即死。”

CLAUSE 1-12

Question: The pulse suddenly disappears. When the syndrome invades the Viscera, death results. But the case will not be fatal if it invades the Bowels. Why?

Master: This is true of all diseases. Take *jinyinchuang*, a form of sore, as an example. When it develops from the mouth to the extremities, it is curable. But when it spreads from the extremities to the mouth, it will be a fatal case. Syndrome at the Exterior indicates a curable case; syndrome invading the Interior will be fatal.

1-13 问曰：“阳病十八何谓也？”师曰：“头痛，项、腰、脊、臂、脚掣痛。”“阴病十八何谓也？”师曰：“咳，上气、喘，哕，咽，肠鸣胀满，心痛拘急。五脏病各有十八，合为九十病；人又有六微，微有十八病，合为一百八病，五劳、七伤、六极、妇人三十六病，不在其中。清邪居上，浊邪居下，大邪中表，小邪中里，繫饪之邪，从口入者，宿食也。五邪中人，各有法度，风中于前，寒中于暮，湿伤于下，雾伤于上。风令脉浮，

寒令脉急，雾伤皮腠，湿流关节，食伤脾胃，极寒伤经，极热伤络。”

CLAUSE 1-13

Question: What are the eighteen diseases of a Yang nature?

Master: Headache, pains in the neck, spine, arm, and referred pain in the foot.

Question: And the eighteen diseases of a Yin nature?

Master: Cough, asthma, tachypnea, nausea, difficulty in swallowing, abdominal distention, intestinal gurgling (borborygmus), heart-stroke, or contraction of limbs. Each of the Five Viscera is subject to eighteen diseases, or ninety in total. Each of the Six Bowels is subject to eighteen diseases which makes one hundred and eight in total. Besides, they are five factors causing fatigue or overstrain (*wu lao*), seven types of injury (*qi shang*), six types of exhaustion (*liu ji*) and thirty-six gynecological diseases.

Pathogenic factors of a clear and light nature will invade the upper part of the human body; pathogenic factors of a heavy and turbid nature will invade the lower part of the human body. The six climatic pathogenic factors will invade the Exterior and the seven emotional factors will harm the Interior. Intemperance in eating will cause indigestion. Each of the five pathogenic factors has its own way of invading the body. Pathogenic Wind will invade the human body in the morning, while pathogenic Cold will invade it in the evening. Humidity will find its way into human body from the lower part, while fog will invade the upper part. Pathogenic Wind causes the pulse to float, pathogenic Cold accelerates the pulse. Fog injures the skin and *Couli*. Humidity flows in the joints. Intemperance in eating will damage the Spleen and the Stomach. Excessive Cold will injure the Channels while excessive Heat will injure the Collaterals.

1-14 问曰：“病有急当救里救表者，何谓也？”师曰：“病，医下之，续得下利清谷不止，身体疼痛者，急当救里；后身体疼痛，清便自调者，急当救表也。”

CLAUSE 1-14

Question: There are some cases when Exterior syndromes should be given priority in treating an urgent case, and others when Interior syndromes should be given priority. Could you explain this?

Master: When a purgative is adopted, the patient will suffer continuous diarrhea containing undigested food, and general aching. In such cases, the Interior syndrome should be considered urgent. Or when the patient has normal stool with general aching, the Exterior syndrome can be treated first.

1-15 夫病痼疾，加以卒病，当先治其卒病，后乃治其痼疾也。

CLAUSE I-15

When a patient with a chronic disease is affected by a new disease, the new disease should be given priority in treatment, after which the chronic disease can be treated.

1-16 师曰：“五脏病各有得者愈；五脏病各有所恶，各随其所不喜者为病。病者素不应食，而反暴思之，必发热也。”

CLAUSE 1-16

Master: Diseases of the Five Viscera have their respective healthful and harmful foods. When a patient eats food he likes, he is likely to recover quickly. Or, on the other hand, when he is given food he dislikes, his disease

will be aggravated. If patient expresses a desire for food he usually dislikes, he is likely to contract a fever.

1-17 夫诸病在脏，欲攻之，当随其所得而攻之，如渴者与猪苓汤，余皆仿此。

CLAUSE 1-17

While the disease is affecting the Viscera, attacking or purgative therapy is appropriate only when corresponding symptoms and signs are observed. For example, if the patient is thirsty for water, Decoction of Polyporus Umbellatus can be administered. Similar treatment can be applied for all other cases.



痉湿喝病脉证治第二

论一首 脉证治十二条 方十一首

CHAPTER II

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF *JING*, HUMIDITY AND *YE* DISEASES

2-1 太阳病，发热无汗，反恶寒者，名曰刚痉。

CLAUSE 2-1

Initial Yang syndrome: Syndrome with symptoms and signs of fever, no perspiration, but aversion to cold is termed *Gang Jing*.

2-2 太阳病，发热汗出，而不恶寒，名曰柔痉。

CLAUSE 2-2

Initial Yang syndrome: Syndrome with symptoms and signs of fever and perspiration, but with no aversion to cold, is termed *Rou Jing*.

2-3 太阳病，发热，脉沉而细者，名曰痉，为难治。

CLAUSE 2-3

Initial Yang syndrome with fever and deep and slender pulse is termed *Jing* disease, and is difficult to cure.

2-4 太阳病，发汗太多，因致痉。

CLAUSE 2-4

Initial yang syndrome: Profuse perspiration will cause a *Jing* disease.

2-5 夫风病，下之则痉，复发汗，必拘急。

CLAUSE 2-5

Using a purgative for a syndrome caused by pathogenic Wind will result in a *Jing* disease. If diaphoresis is adopted as a further treatment, the patient will suffer contraction of the extremities.

2-6 疮家，虽身疼痛，不可发汗，汗出则痉。

CLAUSE 2-6

Diaphoresis should not be applied for patients with skin sores, even if he had body pain. If applied, the patient will suffer spasms (contraction of extremities).

2-7 病者，身热足寒，颈项强急，恶寒，时头热，面赤目赤，

独头动摇，卒口噤，背反张者，痉病也；若发其汗者，寒湿相得，其表益虚，即恶寒甚，发其汗已，其脉如蛇。一云其脉滑。《脉经》云：其脉滑滑如蛇”。又《伤寒论》“目赤”作“目脉赤”，“独头动摇”作“独头面摇”，且无“若发其汗……”以下二十五字。

CLAUSE 2-7

Jing diseases have the following symptoms and signs: Fever throughout the body with cold feet; rigid neck; aversion to cold; fever in head with flushed face and red eyes; shaking of head; sudden trismus and opisthotonus. If diaphoresis is adopted in such cases, Cold and Humidity will intermingle bringing about a greater Deficiency in the Exterior. The patient will develop an even greater aversion to cold. After adoption of diaphoresis, the pulse resembles a snake.

2-8 暴腹胀大者，为欲解，脉如故；反伏弦者痉。

CLAUSE 2-8

When a patient suffering from a *Jing* disease suddenly feels abdominal distention, he is about to recover. If the pulse remains the same but then turns into hidden-tight, the disease is not subsiding.

2-9 夫痉脉，按之紧如弦，直上下行。一作筑筑而弦。《脉经》云：“痉家，其脉伏坚，直上下”。

CLAUSE 2-9

Pulse of a *Jing* disease: When pressed, it is tense and tight with full pulsation from Inch to Cubit.

2-10 痲病有灸疮，难治。

CLAUSE 2-10

Jing disease: the case will be difficult to treat if the patient has skin sores caused by moxibustion.

2-11 太阳病，其症备，身体强几几然，脉反沉迟，此为痲，栝蒌桂枝汤主之。

栝蒌桂枝汤方

栝蒌根二两 桂枝三两 芍药三两 甘草二两 生姜三两 大枣十二枚

上六味，以水九升，煮取三升，分温三服，取微汗，汗不出，食顷，啜热粥发之。

16

CLAUSE 2-11

Initial Yang syndrome with all corresponding symptoms and signs and a rigid feeling throughout the body (neck and back) but with deep and slow pulse is a *Jing* disease. Decoction of Radix Trichosanthis and Ramulus Cinnamomi can be prescribed as a remedy.

Decoction of Radix Trichosanthis and Ramulus Cinnamomi
(*Gualou Guizhi Tang*):

Radix Trichosanthis	2 liang
Ramulus Cinnamomi	3 liang
Radix Paeoniae	3 liang
Radix Glycyrrhizae	2 liang

Rhizoma Zingiberis Recens 3 liang
Fructus Ziziphi Jujubae 12 pcs.

Stew the drugs in nine *sheng* of water until three *sheng* remain. Serve the lukewarm decoction in three doses to induce a light sweat. If there is no sweat, hot porridge can be served to improve the effect of the decoction.

2-12 太阳病，无汗而小便反少，气上冲胸，口噤不得语，欲作刚痉，葛根汤主之。

葛根汤方

葛根四两 麻黄三两，去节 桂枝二两，去皮 芍药二两 甘草二两，炙 生姜三两 大枣十二枚

上七味，㕮咀，以水一斗，先煮麻黄葛根，减二升，去沫，内诸药，煮取三升，去滓，温服一升，覆取微似汗，不须啜粥，余如桂枝汤法，将息及禁忌。

CLAUSE 2-12

Initial Yang syndrome: *Gang Jing* disease will appear when the following symptoms and signs are observed: No perspiration, but with little urination, sensation of gas rushing up towards the thorax, and trismus with aphasia. Decoction of Radix Puerariae will be a curative.

Decoction of Radix Puerariae

(*Gegen Tang*):

Radix Puerariae 4 liang

Herba Ephedrae	3 liang
Ramulus Cinnamomi	2 liang
Radix Paeoniae	2 liang
Radix Glycyrrhizae Praeparata	2 liang
Rhizoma Zingiberis Recens	3 liang
Fructus Ziziphi Jujubae	12 pcs.

Chop up the drugs. Stew Radix Puerariae in one *dou* of water until eight *sheng* remain. Skim off foam and add remaining ingredients, stewing it until three *sheng* remain. Filter the decoction and serve one *sheng* of the lukewarm decoction per dose. Cover the patient to induce a light sweat; no need to take porridge. Treatment should be identical to that when Decoction of Ramulus Cinnamomi is prescribed.

2-13 痉为病，一本“痉”字上有“刚”字，胸满，口噤，卧不着席，脚挛急，必齮齿，可与大承气汤。

大承气汤方

大黄四两，酒洗 厚朴半斤，炙，去皮 枳实五枚，炙 芒硝三合

上四味，以水一斗，先煮二物，取五升，去滓，内大黄，煮取二升，去滓，内芒硝，更上火微一二沸，分温再服，得下止服。

CLAUSE 2-13

Decoction of Greater *Chengqi* can be prescribed for a *Jing* disease (according to another edition, for a *Gang Jing* disease) when the following symptoms and signs are observed: Fullness in the chest, trismus, serious

opisthotonus that prevent the patient from lying flat on bed, with contraction of legs and grinding of teeth.

Decoction of Greater *Chengqi*
(*Da Chengqi Tang*):

Radix et Rhizoma Rhei (steeped in wine)	4 <i>liang</i>
Cortex Magnoliae Officinalis Praeparata	0.5 <i>jin</i>
Fructus Aurantii Immaturus	5 pcs.
Natrii Sulfas	3 <i>ge</i>

(This prescription also appears in *Shanghan Lun*, Clause 208.)

Stew Cortex Magnoliae Officinalis and Fructus Aurantii Immaturus in one *dou* of Water until five *sheng* remain. Remove dregs and add Radix et Rhizoma Rhei. Stew until two *sheng* remain. Filter the decoction and add Natrii Sulfas, stew until it dissolves. Serve lukewarm decoction in two doses. When loose stool appears, stop taking the decoction.

2-14 太阳病，关节疼痛而烦，脉沉而细一作缓者，此名湿痹。
《玉函》云中湿。湿痹之候，小便不利，大便反快，但当利其小便。

CLAUSE 2-14

Initial Yang syndrome: Rheumatic arthritis due to Humidity (*Shibi*) can be diagnosed when the following syndrome and signs are observed: Arthralgia, restlessness, pulse deep and slender (according to another edition, pulse is moderate). When syndrome of dysuria and smooth stool are observed, diuretic should be prescribed.

2-15 湿家之为病，一身尽疼—云疼烦，发热，身色如熏黄也。

CLAUSE 2-15

Humidity diseases exhibit symptoms and signs of general aching according to another edition, general aching and restlessness, fever, and "fumigated yellow" complexion.

2-16 湿家，其人但头汗出，背强，欲得被覆向火，若下之早则哕，或胸满，小便不利—云利。舌上如胎者，以丹田有热，胸上有寒，渴欲得饮而不能饮，则口燥烦也。

CLAUSE 2-16

The patient who is suffering from chronic disease caused by pathogenic Humidity will sweat only on head, have a stiff back, prefer heavy clothing and warm environment (he prefers to remain near a fire). When purgative is given too early, nausea will occur. There will also be symptoms and signs of fullness in the chest, or dysuria (according to another edition, normal urination). When a thick coating appears on the tongue, it can be diagnosed as pathogenic Heat in the Elixir Field and pathogenic Cold in the chest. The patient is thirsty but cannot drink, so he suffers from a parched mouth.

2-17 湿家，下之，额上汗出，微喘，小便利—云不利者死，若下利不止者亦死。

CLAUSE 2-17

The malpractice of prescribing purgatives for a patient who suffers from a Humidity disease will end in death when the following symptoms



and signs are observed: Sweating on forehead, slight wheezing, incontinence of urination. Case will also be fatal when continuous diarrhea is observed.

2-18 风湿相搏，一身尽疼痛，法当汗出而解，值天阴雨不止，医云：“此可发汗。”汗之病不愈者，何也？盖发其汗，汗大出者，但风气去，湿气在，是故不愈也。若治风湿者，发其汗，但微微似欲出汗者，风湿俱去也。

CLAUSE 2-18

When pathogenic Wind and Humidity intermingle and struggle against each other, the patient will suffer from general aches. Correct therapy is to disperse pathogenic factors through diaphoresis. On a rainy day, the doctor says, "Diaphoresis will do." But after attempting diaphoresis, the syndrome does not subside. Why does this happen?

Master: This must be a case of diaphoresis inducing profuse perspiration. Profuse perspiration will dispel pathogenic Wind, but not the Humidity, the syndrome remains. To disperse the Wind and Humidity simultaneously, only light perspiration should be induced.

2-19 湿家病，身疼发热，面黄而喘，头痛鼻塞而烦，其脉大，自能饮食，腹中和无病，病在头中寒湿，故鼻塞，内药鼻中则愈。《脉经》云：“病人喘”，而无“湿家病”以下至“而喘”十一字。

CLAUSE 2-19

Pathogenic Cold-Humidity factors in the head will cause the following symptoms and signs in a patient suffering from Humidity disease: General aches, fever, sallow facial complexion, wheezing, headache with stuffy

nose, restlessness, with huge pulse, normal appetite and harmony of abdomen (digestive tract is normal). Stuffy nose is caused by the pathogenic Cold-Humidity in head. Drugs can be taken through the nasal cavity to dispel the syndrome.

2-20 湿家身烦疼，可与麻黄加术汤。发其汗为宜，慎不可以火攻之。

麻黄加术汤方

麻黄三两，去节 桂枝二两，去皮 甘草二两，炙 杏仁七十个，去皮尖 白术四两

上五味，以水九升，先煮麻黄，减二升，去上沫，内诸药，煮取二升半，去滓，温服八合，覆取微似汗。

CLAUSE 2-20

Decoction of *Herba Ephedrae* adding *Rhizoma Atractylodis Macrocephalae* can be adopted as a diaphoretic for a patient suffering from Humidity disease with general aching and restlessness. Prescribing such a diaphoretic is suitable. Fire therapy should never be used in such cases.

Decoction of *Herba Ephedrae* adding *Rhizoma Atractylodis Macrocephalae*

(*Mahuang Jia Zhu Tang*):

<i>Herba Ephedrae</i>	3 liang
<i>Ramulus Cinnamomi</i>	2 liang
<i>Radix Glycyrrhizae Praeparata</i>	2 liang

Semen Armeniacae Amarum 70 pcs.

Rhizoma Atractylodis Macrocephalae 4 liang

Stew Herba Ephedrae in nine *sheng* of water until seven *sheng* remain. Skim off foam and add other drugs. Stew until two and a half *sheng* remain. Filter the decoction. Serve eight *ge* of lukewarm decoction per dose and cover the patient to induce light perspiration.

2-21 病者一身尽疼，发热，日晡所剧者，名风湿，此病伤于汗出当风，或久伤取冷所致也，可与麻黄杏仁薏苡甘草汤。

麻黄杏仁薏苡甘草汤方

麻黄半两，去节，汤泡 甘草一两，炙 薏苡仁半两 杏仁十个，去皮尖，炒

上剉麻豆大，每服四钱匕，水盞半，煮八分，去滓，温服，有微汗，避风。

CLAUSE 2-21

Syndrome of general aches and fever that become aggravated in the afternoon indicate a Wind-Humidity disease caused by exposure to wind when the patient is sweating all over or by remaining in a cold spot for long periods on a hot day. Decoction of Herba Ephedrae, Semen Armeniacae Amarum, Semen Coicis and Radix Glycyrrhizae may be prescribed.

Decoction of Herba Ephedrae, Semen Armeniacae Amarum, Semen Coicis and Radix Glycyrrhizae

(*Mahuang Xingren Yiyi Ganciao Tang*):

Herba Ephedrae	0.5 liang
Radix Glycyrrhizae praeparata	1 liang
Semen Coicis	0.5 liang
Semen Armeniacae Amarum	10 pcs.

Chop up the drugs. Allow four *qianbi* for each dose. Stew the drugs in one and a half cups of water until eight *fen* remain. Filter the decoction and serve warm to induce light perspiration. Keep the patient away from wind.

2-22 风湿脉浮，身重，汗出恶风者，防己黄芪汤主之。

防己黄芪汤方

防己一两 黄芪一两一分，去芦 甘草半两，炒 白术七钱半

上剉麻豆大，每抄五钱匕，生姜四片，大枣一枚，水盞半，煎八分，去滓温服，良久再服。喘者，加麻黄半两；胃中不和者，加芍药三分；气上冲者，加桂枝三分；下有陈寒者，加细辛三分；服后当如虫行皮中，从腰下如冰，后坐被上，又以一被绕腰以下，温令微汗，差。

CLAUSE 2-22

Decoction of Radix Stephaniae Tetrandrae and Radix Astragali Hedysari may be prescribed for Wind-Humidity disease with floating pulse, heaviness in movement, perspiration and sensitivity to wind.

Decoction of Radix Stephaniae Tetrandrae and Radix Astragali Hedysari

(Fangji Huangqi Tang):

Radix Stephaniae Tetrandrae	1 liang
Radix Astragali Hedysari	1 liang 1 fen
Radix Glycyrrhizae praeparata	0.5 liang
Rhizoma Atractylodis Macrocephalae	7.5 qian

Chop up the drugs. Five *qianbi* per dose. Stew in one and a half cups of water with four pieces of Rhizoma Zingiberis Recens and one piece of Fructus Ziziphi Jujubae until eight *fen* remain. Filter the decoction and serve warm. A second dose can be served after a long interval.

Additions and Subtractions:

- 1) If the syndrome includes wheezing, add one and a half *liang* of Herba Ephedrae;
- 2) For discomfort in the Stomach, add three *fen* of Radix Paeoniae;
- 3) For feeling of abnormal gas ascending, add three *fen* of Ramulus Cinnamomi;
- 4) For chronic Cold syndrome in the Lower Portion of Body Cavity, add three *fen* of Herba Asari.

After taking the decoction, the patient should feel “worms-crawling under the skin” and icy cold at lower lumbar region. Have the patient sit on a quilt and wrap another quilt around his waist to induce a sweat. Light sweat signifies the patient is recovering.



2-23 伤寒八九日，风湿相搏，身体疼烦，不能自转侧，不呕不渴，脉浮虚而涩者，桂枝附子汤主之；若大便坚，小便自利者，去桂加白术汤主之。

桂枝附子汤方

桂枝四两，去皮 附子三枚，炮，去皮，破八片 甘草二两，炙 生姜三两，切 大枣十二枚，擘

上五味，以水六升，煮取二升，去滓，分温三服。

白术附子汤方

白术二两 附子一枚半，炮，去皮 甘草一两，炙 生姜一两半，切 大枣六枚

上五味，以水三升，煮取一升，去滓，分温三服。一服觉身痹，半日许再服，三服都尽，其人如冒状，勿怪，即是术附并走皮中，逐水气，未得除故耳。

CLAUSE 2-23

Febrile disease caused by Cold, eight to nine days: When Wind and Humidity factors conflict, the patient will suffer acute body pain, and moving around will be difficult. If the patient is not nauseous or thirsty and has floating-deficient and hesitant pulse, Decoction of Ramulus Cinnamomi and Radix Aconiti Praeparata can be a curative.

If there is constipation and normal urination, decoction subtracting Ramulus Cinnamomi adding Rhizoma Atractylodis Macrocephalae can be given.

**Decoction of Ramulus Cinnamomi and Radix Aconiti Praeparata
(Guizhi Fuzi Tang):**

Ramulus Cinnamomi	4 liang
Radix Aconiti Praeparata	3 pcs.
Radix Glycyrrhizae praeparata	2 liang
Rhizoma Zingiberis Recens	3 liang
Fructus Ziziphi Jujubae	12 pcs.

Stew the drugs in six *sheng* of water until two *sheng* remain. Filter the decoction and serve in three doses.

**Decoction of Rhizoma Atractylodis Macrocephalae and Radix Aconiti
Praeparata**

(Baizhu Fuzi Tang):

Rhizoma Atractylodis Macrocephalae	2 liang
Radix Aconiti Praeparata	1.5 pcs.
Radix Glycyrrhizae praeparata	1 liang
Rhizoma Zingiberis Recens	1 liang
Fructus Ziziphi Jujubae	6 pcs.

Stew the drugs in three *sheng* of water until one *sheng* remains. Filter the decoction and serve in three doses. After taking the first dose, the patient will have a sensation of numbness. After half a day, give the second dose. After taking three doses, the patient will feel dizzy; this is a normal reaction. When Radix Aconiti Praeparata and Rhizoma Atractylodis Macrocephalae move under the skin to disperse Water-Humidity, dizziness occurs before pathogenic factors are dispersed.

2-24 风湿相搏，骨节疼烦，掣痛不得屈伸，近之则痛剧，汗出短气，小便不利，恶风不欲去衣，或身微肿者，甘草附子汤主之。

甘草附子汤方

甘草二两，炙 附子二枚，炮，去皮 白术二两 桂枝四两，去皮

上四味，以水六升，煮取三升，去滓，温服一升，日三服，初服得微汗则解。能食汗出复烦者，服五合。恐一升多者，服六七合为妙。

CLAUSE 2-24

Conflicting Wind and Humidity factors cause acute pain in joints which impairs movement of joints due to serious referred pain. The pain is aggravated if pressure is applied. The patient is short of breath, perspires, avoids wind, is reluctant to remove clothing, suffers from dysuria and a slight swelling of the body. Decoction of Radix Glycyrrhizae and Radix Aconiti Praeparata can be prescribed.

Decoction of Radix Glycyrrhizae and Radix Aconiti Praeparata
(*Gancao Fuzi Tang*):

Radix Glycyrrhizae praeparata	2 liang
Radix Aconiti Praeparata	2 pcs.
Rhizoma Atractylodis Macrocephalae	2 liang
Ramulus Cinnamomi	4 liang

Stew the above drugs in six *sheng* of water until three *sheng* remain. Filter the decoction and give three doses per day of one *sheng* each. After



the first dose, there will be a slight perspiration and the syndrome will disappear. The patient has a good appetite. When perspiration stops, the patient will feel restless again. Give another five *ge* of the decoction. If one *sheng* appears to be too much for initial dose, reduce to six to seven *ge*.

2-25 太阳中暍，发热恶寒，身重而疼痛，其脉弦细朮迟，小便已，洒洒然毛耸，手足逆冷，小有劳，身即热，口开前板齿燥。若发其汗，则其恶寒甚；加温针则发热甚；数下之则淋甚。

CLAUSE 2-25

Initial Yang syndrome caused by *Ye* (heatstroke): the patient has both fever and aversion to cold, heaviness of movement and general aching, with pulse tight, slender, void and slow. After passing urine, the patient feels cold as if his hair were standing on end. He also feels cold in the extremities. If he does any work, fever will be aggravated. When he opens his mouth, his front teeth appear parched. When sweating is induced, aversion to cold will be aggravated. If warming needles are given, fever will intensify. If purgatives are adopted repeatedly, serious strangury will result.

2-26 太阳中热者，暍是也，汗出恶寒，身热而渴，白虎加人参汤主之。《伤寒论》无“白虎”以下八字，并以此条揭中暍之首，沈本、《金鉴》亦列为首条，《玉函》、《脉经》无“加人参”三字。

白虎加人参汤方

知母六两 石膏一斤，碎 甘草二两 粳米六合 人参三两

上五味，以水一斗，煮米熟，汤成，去滓，温服一升，日三服。

CLAUSE 2-26

Initial Yang syndrome caused by heatstroke is a case of *Ye*. Decoction of *Baihu* adding *Radix Ginseng* can be adopted when the following symptoms and signs are observed: perspiration, aversion to cold, fever and thirst.

Decoction of *Baihu* adding *Radix Ginseng*
(*Baihu Jia Renshen Tang*):

Rhizoma Anemarrhenae	6 liang
Gypsum Fibrosum	1 jin
Radix Glycyrrhizae	2 liang
Semen Oryzae Nonglutinosae	6 ge
Radix Ginseng	3 liang

Stew the drugs in one *dou* of water until *Semen Oryzae Nonglutinosae* is thoroughly cooked. Filter the decoction and serve one *sheng* of lukewarm decoction per dose three times per day.

2-27 太阳中暍，身热疼重，而脉微弱，此以夏月伤冷水，水行皮中所致也，一物瓜蒂汤主之。《伤寒论》、《脉经》等无“一物瓜蒂汤主之”七字。

一物瓜蒂汤方

瓜蒂二十个

上剉，以水一升，煮取五合，去滓，顿服。

CLAUSE 2-27

Initial Yang syndrome caused by *Ye* (heatstroke) has the following symptoms and signs when caused by exposure to cold water in summer: fever, general aching and heaviness, with feeble and weak pulse. Such symptoms are caused by the circulation of pathogenic Water under the skin. Decoction of Pedicellus Melo can be prescribed.

Decoction of Pedicellus Melo
(*Yiwu Guadi Tang*):

Pedicellus Melo

20 pcs.

Stew the drug in one *sheng* of water until five *ge* remain. Filter the decoction and take all at once.

百合狐惑阴阳毒病脉证治第三

论一首 证三条 方十二首

CHAPTER III

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF BULBUS LILII SYNDROME, HUHUO SYNDROME AND YINYANGDU SYNDROME

3-1 论曰：百合病者，百脉一宗，悉致其病也。意欲食复不能食，常默默，欲卧不能卧，欲行不能行，饮食或有美时，或有不用闻食臭时，如寒无寒，如热无热，口苦，小便赤，诸药不能治，得药则剧吐利，如有神灵者，身形如和，其脉微数。每溺时头痛者，六十日乃愈；若溺时头不痛，淅然者，四十日愈；若溺快然，但头眩者，二十日愈。其症或未病而预见，或病四五日而出，或病二十日，或一月微见者，各随症治之。“不用闻食臭”的“用”字，徐本、沈本作“欲”字。

CLAUSE 3-1

Classic states: The hundred Channels originate from one root. Any one of them may cause a Bulbus Lili syndrome. Symptoms and signs of the syndrome may include: The patient wants to eat, but is reluctant to swallow food and unwilling to speak. Or he prefers to lie in bed, yet cannot lie quietly due to restlessness. He may want to walk about, but soon becomes tired. Now and then he may enjoy eating certain delicacies, but at other times he cannot even tolerate the smell of food. He may feel either cold or

hot, but without fever or chill. He also has a bitter taste in his mouth and passes reddish urine. No drugs appear able to cure the syndrome. After taking medicine, acute vomiting and diarrhea may occur. The disease "haunts" the patient, and though his appearance is normal, he is actually suffering. His pulse is somewhat speedy. If the patient has a headache while he is passing urine, he may recover within sixty days. If he has no headache but feels chills when passing urine, he is likely to recover within forty days. If he feels comfortable after urination but has a slight sensation of vertigo, he can recover within twenty days. Symptoms and signs of the Bulbus Lili syndrome may appear before the onset of the disease, or from four or five to twenty days, or a month after the onset. Treatment should be given according to the specific case.

3-2 百合病，发汗后者，百合知母汤主之。

百合知母汤方

百合七枚，擘 知母三两，切

上先以水洗百合，渍一宿，当白沫出，去其水，更以泉水二升，煎取一升，去滓；别以泉水二升，煎知母，取一升，去滓，后合和煎，取一升五合，分温再服。

CLAUSE 3-2

When Bulbus Lili syndrome occurs after the adoption of diaphoretic, Decoction of Bulbus Lili and Rhizoma Anemarrhenae can be used as a curative.

Decoction of Bulbus Lili and Rhizoma Anemarrhenae
(*Baihe Zhimu Tang*):

Bulbus Lili (break open)	7 pcs.
Rhizoma Anemarrhenae	3 liang

Wash Bulbus Lili and soak in water overnight. When white form appears, remove drug and place in two *sheng* of spring water. Stew until one *sheng* remains. Filter the decoction. Stew Rhizoma Anemarrhenae separately in two *sheng* of spring water until one *sheng* remains. Filter the decoction. Combine decoctions and stew until one and a half *sheng* remain. Serve lukewarm decoction in two doses.

3-3 百合病，下之后者，滑石代赭汤主之。

滑石代赭汤方

百合七枚，擘 滑石三两，碎，绵裹 代赭石如弹子大，一枚，碎，绵裹

上先以水洗百合，渍一宿，当白沫出，去其水，更以泉水二升，煎取一升，去滓；别以泉水二升，煎滑石、代赭，取一升，去滓，后合和，重煎，取一升五合，分温服。

CLAUSE 3-3

When Bulbus Lili syndrome occurs after giving purgative, Decoction of Talcum and Ochra Haematitum can be used.

Decoction of Talcum and Ochra Haematitum
(*Huashi Daizhe Tang*):

Bulbus Lili (break open)	7 pcs.
Talcum (break open, wrap in silk)	3 liang
Haematitum (size of a bullet)	1 pc.

Wash Bulbus Lili and soak in water overnight. When white foam appears, remove drug and place in two *sheng* of spring water. Stew until one *sheng* remains. Filter the decoction. Stew Talcum and Haematitum in two *sheng* of spring water until one *sheng* remains. Filter the decoction. Combine two decoctions and stew until one and a half *sheng* remain. Serve the decoction warm.

3-4 百合病，吐之后者，百合鸡子汤主之。

百合鸡子汤方

百合七枚，擘 鸡子黄一枚

上先以水洗百合，渍一宿，当白沫出，去其水，更以泉水二升，煎取一升，去滓，内鸡子黄，搅匀，煎五分，温服。

CLAUSE 3-4

The following prescription is suitable for Bulbus Lili syndrome which appears after emetics are given.

Decoction of Bulbus Lili and Egg Yolk
(*Baihe Jizi Tang*):

Bulbus Lili (break open)	7 pcs.
Egg yolk	1 pc.



Wash *Bulbus Lili*, soak in water overnight. When white foam appears, remove the drug and place in two *sheng* of spring water. Stew until one *sheng* remains. Filter the decoction. Add egg yolk to the decoction and stir until blended in. Stew the decoction again until five *fen* remain. Serve the decoction warm. .

3-5 百合病不经吐下发汗，病形如初者，百合地黄汤主之。

百合地黄汤方

百合七枚，擘 生地黄汁一升

上先以水洗百合，渍一宿，当白沫出，去其水，更以泉水二升，煎取一升，去滓，内地黄汁，煎取一升五合，分温再服，中病勿更服，大便当如漆。

CLAUSE 3-5

If no emetic, purgative or diaphoretic has been prescribed for *Bulbus Lili* syndrome, yet symptoms and signs of *Bulbus Lili* syndrome are still present, Decoction of *Bulbus Lili* and *Radix Rehmanniae* will be effective in curing the case.

Decoction of *Bulbus Lili* and *Radix Rehmanniae*

(*Baihe Dihuang Tang*):

<i>Bulbus Lili</i> (break open)	7 pcs.
Juice of <i>Radix Rehmanniae</i>	1 sheng

Wash *Bulbus Lili*, soak in water overnight. When white foam appears,

remove the drug and place in two *sheng* of spring water. Stew until one *sheng* remains. Filter the decoction and add juice of Radix Rehmanniae. Stew until one *sheng* remains. Filter the decoction and add juice of Radix Rehmanniae. Stew the decoction again until one and a half *sheng* remain. Serve the warm decoction in two doses. When cure is effected, stop taking the medicine. Feces will be black as lacquer.

3-6 百合病一月不解，变成渴者，百合洗方主之。

百合洗方

上以百合一升，以水一斗，渍之一宿，以洗身，洗已，食煮饼，勿以盐豉也。

CLAUSE 3-6

When Bulbus Lili syndrome lasts for an entire month, the patient will become thirsty. Washing therapy of Bulbus Lili can be adopted.

Washing Therapy of Bulbus Lili (*Baihe Xifang*)

Soak one *sheng* of Bulbus Lili in one *dou* of water overnight.

Wash the patient with the solution. Feed the patient boiled wheat cakes. Do not add salt or Semen Sojae prescription to the food.

3-7 百合病渴不差者，栝蒌牡蛎散主之。



栝蒌牡蛎散方

栝蒌根 牡蛎熬，等分

上为细末，饮服方寸匕，日三服。

CLAUSE 3-7

If the syndrome (described in Clause 3-6) remains after the adoption of Washing therapy, Powder of Radix Trichosanthis and Concha Ostreae can be given.

Powder of Radix Trichosanthis and Concha Ostreae
(*Gualou Muli San*):

Radix Trichosanthis
Concha Ostreae

Grind the drugs in equal amounts into powder. Take one *fangcunbi* (1 gram) of the powder with water three times a day.

3-8 百合病变发热者一作发寒热，百合滑石散主之。

百合滑石散方

百合一两，炙 滑石三两

上为散，饮服方寸匕，日三服，当微利者止服，热则除。

CLAUSE 3-8

When fever accompanies the syndrome of Bulbus Lili syndrome, Powder of Bulbus Lili and Talcum can be adopted.

Powder of Bulbus Lili and Talcum

(*Baihe Huashi San*):

Bulbus Lili Praeparata	1 <i>liang</i>
Talcum	3 <i>liang</i>

Pound the drugs into powder. Take one *fangcunbi* (1 gram) with water, three times a day. When slight diarrhea appears, stop taking the drug, as Heat has been eliminated.

3-9 百合病见于阴者，以阳法救之；见于阳者，以阴法救之。见阳攻阴，复发其汗，此为逆；见阴攻阳，乃复下之，此亦为逆。

CLAUSE 3-9

Bulbus Lili syndrome of a *Yin* nature should be treated with *Yang*; Bulbus Lili syndrome of a *Yang* nature should be treated with *Yin*. When syndrome of a *Yang* nature is observed, it is incorrect to attack the *Yin*. Prescribing a diaphoretic will result in malpractice. When syndrome of a *Yin* nature appears, attacking the *Yang* is also an incorrect treatment: If a purgative is adopted, this is also a malpractice.

3-10 狐惑之为病，状如伤寒，默默欲眠，目不得闭，卧起不安。蚀于喉为惑，蚀于阴为狐，不欲饮食，恶闻食臭，其面目乍赤、乍黑、乍白；蚀于上部则声喝一作嘎，甘草泻心汤主之。

甘草泻心汤方

甘草四两 黄芩 人参 干姜各三两 黄连一两 大枣十二枚 半夏半斤

上七味，水一斗，煮取六升，去滓，再煎，温服一升，日三服。

CLAUSE 3-10

Symptoms and signs of *Huhuo* syndrome are similar to those of febrile diseases caused by Cold. The patient is reluctant to speak and tends to sleep. But he cannot shut his eyes when he feels restless. When ulceration appears in throat, this is a *Huo* syndrome; when ulceration appears on external genitals, it is a Humidity syndrome. Decoction of Radix Glycyrrhizae *Xiexin* can be adopted when the following symptoms and signs are observed: reluctance to eat, aversion to food odors, facial complexion occasionally red, sometimes black or pale. When ulceration appears in throat, the patient's voice becomes hoarse.

Decoction of Radix Glycyrrhizae *Xiexin*

(*Gancao Xiexin Tang*):

Radix Glycyrrhizae	4 liang
Radix Scutellariae	3 liang
Radix Ginseng	3 liang
Rhizoma Zingiberis	3 liang
Rhizoma Coptidis	1 liang

Fructus Ziziphi Jujubae

12 pcs.

Rhizoma Pinelliae

0.5 jin

Stew the drugs in one *dou* of water until six *sheng* remain. Filter the decoction and stew again. Serve one *sheng* lukewarm decoction per dose three times a day.

3-11 蚀于下部则咽干，苦参汤洗之。《巢源》在“咽干”下有“此皆由湿毒气所为也”九字。

苦参汤方

苦参半斤 槐白皮、狼牙各四两

上剉，以水五斗，煎三升半，洗之。

CLAUSE 3-11

When ulceration appears on external genitals, the patient has a parched feeling in his throat. Decoction of Radix Sophorae Flavescentis can be used in Washing Therapy.

Decoction of Radix Sophorae Flavescentis

(*Kushen Tang*):

Radix Sophorae Flavescentis

0.5 jin

Cortex Sophorae

4 liang

Herba Agrimoniae

4 liang

Stew the drugs in five *dou* of water until three and a half *sheng* remain. Wash the diseased area.

3-12 蚀于肛者，雄黄熏之。

雄黄熏方

雄黄

上一味为末，筒瓦二枚合之烧，向肛熏之。

CLAUSE 3-12

When ulceration appears on the anus, Fumigation Therapy of Realgar can be adopted.

Fumigating Therapy of Realgar
(*Xionghuang Xun Fang*)

Pound Realgar into powder. Spread powder on inner surfaces of two round tiles and place together to make a tube. Scorch the tiles and fumigate the anus.

3-13 病者脉数，无热微烦，默默但欲卧，汗出。初得之三四日，目赤如鸠眼，七八日目四眦一本此有“黄”字黑；若能食者，脓已成也，赤小豆当归散主之。

赤小豆当归散方

赤小豆三升，浸令芽出，曝干 当归三两（原缺分两，据《千金要方》补入）

上二味，杵为散，浆水服方寸匕，日三服。

CLAUSE 3-13

The patient has no fever, but is somewhat restless with speedy pulse. He is reluctant to speak and prefers to lie in bed. Sweating is also present. For the first three or four days, his eyes are as red as those of a turtle dove. By the seventh or eighth day, his canthi turn black. If the patient has a good appetite, pus will form. The following medicament will provide a cure.

Powder of Radix Angelicae Sinensis and Semen Phaseoli
(*Chixiaodou Danguai San*):

Semen Phaseoli (soak in water until it
sprouts, dry it in the open air)

3 *sheng*

Radix Angelicae Sinensis

3 *liang*

Pound the drugs into powder. Take one *fangcunbi* with *jiangshui* water three times a day.

3-14 阳毒之为病，面赤斑斑如锦文，咽喉痛，唾脓血。五日可治，七日不可治，升麻鳖甲汤主之。

CLAUSE 3-14

Yangdu syndrome has the following symptoms and signs: Erythema on the face as bright as brocade designs, pharyngalgia, spittle with bloody pus. If discovered within five days, syndrome is curable; after seven days, syndrome is difficult to cure. Decoction of Rhizoma Cimicifugae and

Carapax Trionycis is an effective cure.

3-15 阴毒之为病，面目青，身痛如被杖，咽喉痛，五日可治，七日不可治，升麻鳖甲汤去雄黄蜀椒主之。

升麻鳖甲汤方

升麻二两 当归一两 蜀椒炒，去汗，一两 甘草二两 鳖甲手指大一片，炙
雄黄半两，研

上六味，以水四升，煮取一升，顿服之，老小再服，取汗。《肘后》、《千金方》，阳毒用升麻汤，无鳖甲，有桂；阴毒用甘草汤，无雄黄。又“以水四升”，《肘后》作“以水二升”。

CLAUSE 3-15

Yindu syndrome has the following symptoms and signs: Bluish facial complexion, pharyngalgia, and general aching as if the patient were suffering a severe beating with sticks. Within five days, syndrome is still curable; after seven days, it is difficult to cure. Decoction of Rhizoma Cimicifugae and Carapax Trionycis subtracting Pericarpium Zanthoxyli and Realgar can be prescribed.

Decoction of Rhizoma Cimicifugae and Carapax Trionycis
(*Shengma Biejia Tang*):

Rhizoma Cimicifugae	2 liang
Radix Angelicae Sinensis	1 liang
Pericarpium Zanthoxyli Praeparata	1 liang

Radix Glycyrrhizae 2 *liang*
Carapax Trionycis Praeparata (thumb-size) 1 pc.
Realgar

Stew the drugs in four *sheng* of water until one *sheng* remains. Serve the decoction in one dose. For the aged and the young, serve in two doses. Cover the patient to induce a sweat.



疟病脉证并治第四

证二条 方六首

CHAPTER IV

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF MALARIA

4-1 师曰：“疟脉自弦，弦数者多热，弦迟者多寒。弦小紧者下之差，弦迟者可温之，弦紧者可发汗、针灸也，浮大者可吐之，弦数者风发也，以饮食消息止之。”

CLAUSE 4-1

Master says: Pulse of a patient with Malaria is always tight. Tight-speedy pulse indicates a syndrome of Heat nature. Tight-slow pulse indicates a case of Cold nature. Cases with Tight-small-tense pulse can be cured with purgative. Tight-slow pulse responds well to drugs with warming agents. Cases with tight-tense pulse can be treated with diaphoretic or acupuncture and moxibustion therapy. Emetic can be given when pulse is floating-huge. Tight-speedy pulse indicates evanescence of pathogenic factors. A suitable diet is a proper treatment.

4-2 病疟，以月一日发，当以十五日愈；设不差，当月尽解；如其不差，当如何？师曰：“此结为癥瘕，名曰疟母，急治之，宜鳖甲煎丸。”

鳖甲煎丸方

鳖甲十二分，炙 乌扇三分，烧 黄芩三分 柴胡六分 鼠妇三分，
 熬 干姜三分 大黄三分 芍药五分 桂枝三分 葶苈一分，熬 石
 苇三分，去毛 厚朴三分 牡丹五分，去心 瞿麦二分 紫葳三分 半
 夏一分 人参一分 蜚虫五分，熬 阿胶三分，炙 蜂窠四分，炙 赤
 硝十二分 蜣螂六分，熬 桃仁二分

上二十三味，为末，取煨灶下灰一斗，清酒一斛五斗，浸灰，候酒尽一半，着鳖甲于中，煮令泛烂如胶漆，绞取汁，内诸药，煎为丸，如梧子大，空心服七丸，日三服。《千金》用鳖甲十二片，又有海藻三分、大戟一分，蜚虫五分，无鼠妇、赤硝二味，以鳖甲煎和诸药为丸。

CLAUSE 4-2

If Malaria begins to attack on the first day of the month, it should subside on the fifteenth day. If it does not subside, it will disappear at the end of the month. If it does not subside, can Master explain why?

Master: This is due to the formation of *Zhengjia*. The syndrome is called Malaria with splenomegaly. Treatment must be given immediately. Pills of Carapax Trionycis will provide a cure.

Pills of Carapax Trionycis
 (*Biejia Jian Wan*):

Carapax Trionycis Praeparata	12 fen
Rhizoma Belamcandae (burned)	12 fen
Radix Scutellariae	3 fen
Radix Bupleuri	6 fen
Armadillidium Vulgare (stewed)	3 fen



Rhizoma Zingiberis	3 fen
Radix et Rhizoma Rhei	3 fen
Radix Paeoniae	5 fen
Ramulus Cinnamomi	3 fen
Semen Lepidii sue Descurainiae (stewed)	1 fen
Folium Pyrrosiae	3 fen
Cortex Magnoliae Officinalis	3 fen
Cortex Moutan Radicis	5 fen
Herba Dianthi	2 fen
Flos Campsis	3 fen
Rhizoma Pinelliae	1 fen
Radix Ginseng	1 fen
Eupolyphaga seu Steleophaga (stewed)	5 fen
Colla Corii Asini Praeparata	3 fen
Nidus Vespae Praeparata	4 fen
Chixiao (Niter)	12 fen
Catharsius Molossus (or Dung Beetle, stewed)	6 fen
Semen Persicae	2 fen

Pound the drugs into powder. Remove one *dou* of ash from furnace and soak in one *hu* and five *dou* of rice wine. Place Carapax Trionycis in the wine and stew till half consumed. Stew until decoction is as thick as glue. Add remaining drugs to the decoction and stew. Make pills the size of Chinese parasol seeds. Give seven pills per dose before meals three times a day.

4-3 师曰：“阴气孤绝，阳气独发，则热而少气烦冤，手足热而欲呕，名曰瘧疟，若但热不寒者，邪气内藏于心，外舍分肉之间，令人消烁肌肉。”“肌”，赵本作“脱”字。

CLAUSE 4-3

Master: When Yin is isolated and exhausted, Yang Vital Energy will be unrestrained and cause a fever with restlessness and irritation, accompanied by heat in hands and feet and nausea. This is termed *Dannue*, or Malaria with fever but without chills, a syndrome caused by an accumulation of pathogenic factors in the epigastrium and the muscles. This will consume the muscles and make the patient thin and weak.

4-4 温疟者，其脉如平，身无寒但热，骨节疼烦，时呕，白虎加桂枝汤主之。

白虎加桂枝汤方

知母六两 石膏一斤 甘草二两，炙 粳米二合 桂枝三两，去皮

上剉，每五钱，水一盞半，煎至八分，去滓，温服，汗出愈。

CLAUSE 4-4

Symptoms and signs of *Wennue* (febrile Malaria) generally include fever without chills, normal pulse condition, arthralgia with restlessness and occasional nausea. Decoction of *Baihu* adding *Ramulus Cinnamomi* will cure the syndrome.

Decoction of *Baihu* adding *Ramulus Cinnamomi*
(*Baihu Jia Guizhi Tang*):

Rhizoma Anemarrhenae	6 liang
Gypsum Fibrosum	1 jin
Radix Glycyrrhizae Praeparata	2 liang

Semen Oryzae Nonglutinosae

2 ge

Ramulus Cinnamomi

3 liang

Pound the drugs. Divide into five *qian* doses. Stew each dose in one and a half cups of water until eight *fen* remain. Filter the decoction and serve warm. When perspiration is induced, syndrome disappears as well.

4-5 疟多寒者，名曰牡疟，蜀漆散主之。“牡”，程本、《金鉴》作“牝”字。

蜀漆散方

蜀漆洗，去腥 云母烧二日夜 龙骨等分

上三味，杵为散，未发前以浆水服半钱，温疟加蜀漆半分，临发时服一钱匕。一方云母作云实。

附：《外台秘要》方

牡蛎汤 治牡疟

牡蛎四两，熬 麻黄四两，去节 甘草二两 蜀漆三两

上四味，以水八升，先煮蜀漆、麻黄，去上沫，得六升，内诸药，煮取二升，温服一升，若吐，则勿更服。

柴胡去半夏加栝蒌汤 治疟疾发渴者，亦治劳疟。

柴胡八两 人参 黄芩 甘草各三两 栝蒌根四两 生姜二两



大枣十二枚

上七味，以水一斗二升，煮取六升，去滓，再煎服三升，温服一升，日二服。

柴胡桂姜汤 治疟寒多，微有热，或但寒不热。服一剂如神。

柴胡半斤 桂枝三两，去皮 干姜二两 栝蒌根四两 黄芩三两 牡蛎三两，熬
甘草二两，炙

上七味，以水一斗二升，煮取六升，去滓再煎，取三升，温服一升，日三服。初服微烦，复服汗出便愈。

CLAUSE 4-5

Malaria of a Cold nature is termed *Munue*. Powder of Ramulus et Folium Dichroae will provide a cure.

Powder of Ramulus et Folium Dichroae
(*Shuqi San*):

Ramulus et Folium Dichroae (washed)

Muscovitum (burned for two days)

Os Draconis

Pound the drugs in equal quantities into powder. Take half a *qianbi* of the powder with *jiangshui* water (see Clause 3-13) before Malaria attacks. In cases of *Wennue* (febrile Malaria), increase dosage of Ramulus et Folium Dichroae by half a *fen*. Serve one *qianbi* before the onset of an attack.

Appendix:

Prescriptions from Medical Secrets of an Official

(*Waitai Miyao*, hereinafter *Waitai*):

Decoction of Concha Ostreae

(*Muli Tang*):

For treatment of *Munue*

Concha Ostreae (stewed)

Herba Ephedrae 4 liang

Radix Glycyrrhizae 4 liang

Ramulus et Folium Dichroae 3 liang

Stew Herba Ephedrae and Ramulus et Folium Dichroae in eight *sheng* of water until six *sheng* remain. Skim off foam and add other drugs. Stew until two *sheng* remain. Serve one *sheng* of warm decoction per dose. If the patient vomits, stop taking the decoction.

Decoction of Radix Bupleuri subtracting Rhizoma Pinelliae Adding Radix Trichosanthis

(*Chaihu Qu Banxia Jia Gualougen Tang*):

Radix Bupleuri 8 liang

Radix Ginseng 3 liang

Radix Scutellariae 3 liang

Radix Glycyrrhizae 3 liang

Radix Trichosanthis 4 liang

Rhizoma Zingiberis Recens 2 liang

Fructus Ziziphi Jujubae 12 pcs.

Stew the drugs in one *dou* plus two *sheng* of water until six *sheng*

remain. Filter the decoction and stew again until three *sheng* remain. Serve one *sheng* of warm decoction per dose twice a day.

This decoction is good for Malaria with thirst and Malaria caused by over-exertion.

Decoction of Radix Bupleuri, Ramulus Cinnamomi and Rhizoma Zingiberis

(*Chaihu Gui Jiang Tang*):

Radix Bupleuri	0.5 jin
Ramulus Cinnamomi	3 liang
Rhizoma Zingiberis	2 liang
Radix Trichosanthis	4 liang
Radix Scutellariae	3 liang
Concha Ostreae (stewed)	3 liang
Radix Glycyrrhizae Praeparata •	2 liang

Stew the drugs in one *dou* plus two *sheng* of water until six *sheng* remain. Filter the decoction and stew until three *sheng* remain. Give three doses per day. After the first dose, the patient feels slightly restless. Second dose will induce perspiration and cure the syndrome.



中风历节病脉证并治第五

论一首 脉证三条 方十一首

CHAPTER V

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF APOPLEXY AND ACUTE ARTHRITIS

5-1 夫风之为病，当半身不遂，或但臂不遂者，此为痹，脉微而数，中风使然。

CLAUSE 5-1

Disease brought on by pathogenic Wind will cause hemiplegia. When a patient cannot move one or both arms freely, it is a case of *Bi* syndrome with feeble-speedy pulse caused by pathogenic Wind.

5-2 寸口脉浮而紧，紧则为寒，浮则为虚，寒虚相搏，邪在皮肤。浮者血虚，络脉空虚，贼邪不泻，或左或右，邪气反缓，正气即急，正气引邪，喎僻不遂。邪在于络，肌肤不仁；邪在于经，即重不胜；邪入于腑，即不识人；邪入于脏，舌即难言，口吐涎。

侯氏黑散 治大风，四肢烦重，心中恶寒不足者。《外台》治风痲。



菊花四十分 白术十分 细辛三分 茯苓三分 牡蛎三分 桔梗八分 防风十分
分 人参三分 矾石三分 黄芩五分 当归三分 干姜三分 芍药三分 桂枝三分

上十四味，杵为散，酒服方寸匕，日一服，初服二十日，温酒调服，禁一切鱼肉大蒜，常宜冷食，六十日止，即药积在腹中不下也，热食即下矣，冷食自能助药力。

CLAUSE 5-2

Pulse at *cunkou* is floating-tense. Tense pulse indicates existence of pathogenic Cold, floating pulse signifies a case of a deficient nature. Pathogenic Cold will enter the body when it is in a deficient state. Pathogenic Cold first rests on the skin. Floating pulse indicates Blood Deficiency with Channels and Collaterals void and defenseless, allowing pathogenic factors to circulate throughout the body, sometimes on the left side, sometimes on the right. When either side of the body is affected, muscles and Channels become loose. By comparison, the side which is not affected seems tense, and distortion of the mouth and eyes takes place on this side, with hemiplegia. This is called "attraction of pathogens by the Body Resistance" (*Zhengqi Yinxie*). When pathogens rest in Collaterals, numbness of the skin results. When pathogenic factors enter the Channels, normal movement of the extremities is hampered. When Bowels are affected by the pathogenic factors, the patient will not be able to recognize people around him. If Viscera are affected, aphasia and salivation will occur. *Houshi Heisan* is a prescription effective for severe cases of apoplexy, with heaviness in the extremities and chills, as in a deficient case.

Black Powder of *Houshi*

(*Houshi Heisan*):

Flos Chrysanthemi	40 fen
Rhizoma Atractylodis Macrocephalae	10 fen
Herba Asari	3 fen
Poria	3 fen
Concha Ostreae	3 fen
Radix Platycodi	8 fen
Radix Ledebouriellae	10 fen
Radix Ginseng	3 fen
Alumen	3 fen
Radix Scutellariae	5 fen
Radix Angelicae Sinensis	3 fen
Rhizoma Zingiberis	3 fen
Rhizoma Ligustici Chuanxiong	3 fen
Ramulus Cinnamomi	3 fen

Pound the drugs into powder. Take one *fangcunbi* with wine per dose once a day. During the first twenty days, take with warm wine. Avoid eating fish, meat, garlic, and eat cold food when possible. Continue for sixty days. Drugs will accumulate in the abdomen. If hot meals are taken, drugs will not remain in the abdomen. Cold food can increase the efficacy of the drugs.

5-3 寸口脉迟而缓，迟则为寒，缓则为虚。营缓则为亡血，卫缓则为中风。邪气中经，则身痒而瘾疹；心气不足，邪气入中，则胸满而短气。

风引汤 除热瘫痢。

大黄 干姜 龙骨各四两 桂枝三两 甘草 牡蛎各二两 寒水石 滑石
赤石脂 白石脂 紫石英 石膏各六两

上十二味，杵，粗筛，以韦囊盛之，取三指撮，并花水三升，煮三沸，温服一升。治大人风引，少小惊痫瘈瘲，日数十发，医所不疗。除热方。巢氏云：“脚气宜风引汤”。

防己地黄汤 治病如狂状妄行，独语不休，无寒热，其脉浮。

防己一分 桂枝三分 防风三分 甘草一分

上四味，以酒一杯，渍之一宿，绞取汁，生地黄二斤，㕮咀，蒸之如斗米饭久，以铜器盛其汁，更绞地黄汁，和分再服。

头风摩散方

大附子一枚，炮 盐等分

上二味为散，沐了，以方寸匕，已摩疾上，令药力行。

CLAUSE 5-3

Pulse at *Cunkou* is slow-moderate. Slow pulse signifies Cold; moderate pulse indicates Deficiency. Moderate pulse in *Ying* indicates loss of Blood. Moderate pulse in Vital Resistance indicates disease caused by Wind (*Zhongfeng*). When pathogenic factors invade the Channels, itch and rash will appear on the skin. With a Deficiency in the Heart Vital Energy, pathogenic factors will penetrate into the Interior, causing a fullness in the chest and a shortness of breath. Decoction of *Fengyin* is a curative for apoplexy with epilepsy and spasms of a Heat nature.

Decoction of *Fengyin*
(*Fengyin Tang*):

Radix et Rhizoma Rhei	4 liang
Rhizoma Zingiberis	4 liang
Os Draconis	4 liang
Ramulus Cinnamomi	3 liang
Radix Glycyrrhizae	2 liang
Concha Ostreae	2 liang
Calcitum	6 liang
Talcum	6 liang
Halloysitum Rubrum	6 liang
Baishizhi (<i>Kaolin</i>)	6 liang
Fluoritum	6 liang
Gypsum Fibrosum	6 liang

Pound the drugs into powder. Pass through a coarse mesh screen and store in a leather pouch. Stew "as much as can be pinched between three fingers" in three *sheng* of fresh spring water. Serve one *sheng* of warm decoction per dose.

Decoction of Radix Stephaniae Tetrandrae and Radix Rehmanniae
(*Fangji Dihuang Tang*):

Radix Stephaniae Tetrandrae	1 fen
Ramulus Cinnamomi	3 fen
Radix Ledebouriellae	3 fen
Radix Glycyrrhizae	1 fen



Steep the drugs in a cup of wine overnight. Filter the decoction. Steam two *jin* of Radix Rehmanniae for as much time as it takes to cook one *dou* of rice. Extract juice of Radix Rehmanniae and store in brass container. Mix the two decoctions and serve in two doses.

Circular-rubbing Therapy for Head-wind
(*Toufeng Mo San*):

Radix Aconiti Praeparata	1 large piece
Sal (Salt)	equal weight

Pound the drugs into powder. After washing the head, rub the affected area in a circular motion with the drug until a cure is effected.

5-4 寸口脉沉而弱，沉即主骨，弱即主筋，沉即为肾，弱即为肝，汗出入水中，如水伤心。历节黄汗出，故曰历节。

CLAUSE 5-4

Pulse at *Cunkou* is deep-weak. Deep pulse indicates the disease is affecting the bones, and is also a manifestation of a Kidney disease. Weak pulse indicates disease in tendons, and is also a manifestation of a Liver disease. When the patient is immersed in water when sweating all over, the pathogenic Water will affect his Heart. Acute arthritis will occur with yellowish sweat.

5-5 趺阳脉浮而滑，滑则谷气实，浮则汗自出。

CLAUSE 5-5

Pulse at *Fuyang* (anterior tibial artery) is floating-slippery. Slippery pulse indicates Excess of Cereal Vital Energy. Floating pulse signifies spontaneous perspiration.

5-6 少阴脉浮而弱，弱则血不足，浮则为风，风血相搏，即疼痛如掣。

CLAUSE 5-6

Pulse of *Shaoyin* (Lesser Yin pulse of malleolus artery) is floating-weak. Weak pulse indicates insufficiency of Blood. Floating pulse is an indication of pathogenic Wind. When the deficient Blood is attacked by the Wind, there will be referred pain.

5-7 盛人脉涩小，短气自汗出，历节疼不可屈伸，此皆饮酒汗出当风所致。

CLAUSE 5-7

The pulse of a patient with plump physique is hesitant and small. Other symptoms and signs include shortness of breath, spontaneous perspiration, and acute arthritis preventing patient from moving his extremities. This is caused by exposure to wind when the patient is sweating after drinking wine.

5-8 诸肢节疼痛，身体尪羸，脚肿如脱，头眩短气，温温欲吐，桂枝芍药知母汤主之。

桂枝芍药知母汤方

桂枝四两 芍药三两 知母四两 麻黄二两 生姜五两 白术五两 甘草二两
防风四两 附子二枚，炮

上九味，以水七升，煮取二升，温服七合，日三服。

CLAUSE 5-8

Decoction of Ramulus Cinnamomi, Radix Paeoniae and Rhizoma Anemarrhenae is a curative for acute arthritis with the following symptoms and signs: Arthralgia in all joints of the extremities, thin and weak physique, severe swelling of feet (as if they are falling off the legs), vertigo and shortness of breath, restlessness and nausea.

Decoction of Ramulus Cinnamomi, Radix Paeoniae and Rhizoma Anemarrhenae

(*Guizhi Shaoyao Zhimu Tang*):

Ramulus Cinnamomi	4 liang
Radix Paeoniae	3 liang
Rhizoma Anemarrhenae	4 liang
Herba Ephedrae	2 liang
Rhizoma Zingiberis Recens	5 liang
Rhizoma Atractylodis Macrocephalae	5 liang
Radix Glycyrrhizae	2 liang
Radix Ledebouriellae	4 liang
Radix Aconiti Praeparata	2 pcs.

Stew the drugs in seven *sheng* of water until two *sheng* remain. Serve seven *ge* of the warm decoction per dose three times a day.



5-9 味酸则伤筋，筋伤则缓，名曰泄；咸则伤骨，骨伤则痿，名曰枯；枯泄相搏，名曰断泄。荣气不通，卫不独行，荣卫俱微，三焦无所御，四属断绝，身体羸瘦，独足肿大，黄汗出，胫冷，假令发热，便为历节也。

CLAUSE 5-9

Consumption of too many sour foods will harm the tendons, and they will become loose; this is called *Xie* (disability). Consumption of too much salt will harm the bones, and they will become flaccid; this is called *Ku* (withering). When *Xie* (disability) and *Ku* (withering) occur at the same time, this is a case of *Duan Xie* (disability and withering, an incurable disease). When Nutrient Essence does not circulate smoothly, normal flow of Vital Resistance is also hampered. When normal circulation of Nutrient Essence and Body Resistance in the Three Portions of Body Cavity are obstructed, skin, muscle, fat and marrow are deprived of their nourishment. The patient becomes thin and weak, with swollen feet, yellowish sweat, and chill in shins. When the patient has a fever, it is a case of acute arthritis (*Lijie*).

5-10 病历节不可屈伸，疼痛，乌头汤主之。

乌头汤方 治脚气疼痛，不可屈伸。尤本在“治”上有“亦”字，程本、《金鉴》删去“治”以下九字，恐系后人所加。

麻黄 芍药 黄芪 甘草炙，各三两 川乌五枚，咬咀，以蜜二升煎取一升，即出乌头

上五味，咬咀四味，以水三升，煮取一升，去滓，内蜜煎中，更煎之，服七合，不知，尽服之。

矾石汤 治脚气冲心。

矾石二两

上一味，以浆水一斗五升，煎三五沸，浸脚，良。

附方

《古今录验》续命汤 治中风痲，身体不能自收，口不能言，冒昧不知痛处，或拘急不得转侧。姚云：与大续命同，并治妇人产后去血者及老人小儿。

麻黄 桂枝 当归 人参 石膏 干姜 甘草各三两 芍药一两 杏仁四十枚

上九味，以水一斗，煮取四升，温服一升，当小汗，薄覆脊，凭几坐，汗出则愈，不汗更服，无所禁，勿当风。并治但伏不得卧，咳逆上气，面目浮肿。

《千金》三黄汤 治中风手足拘急，百节疼痛，烦热心乱，恶寒，经日不欲饮食。

麻黄五分 独活四分 细辛二分 黄芪二分 黄芩三分

上五味，以水六升，煮取二升，分温三服，一服小汗，二服大汗。心热加大黄二分，腹满加枳实一枚，气逆加人参三分，悸加牡蛎三分，渴加栝蒌根三分，先有寒，加附子一枚。

《近效方》术附子汤 治风虚，头重眩苦极，不知食味，暖肌补中，益精气。

白术二两 附子一枚半，炮，去皮 甘草一两，炙

上三味剉，每五钱匕，姜五片，枣一枚，水盞半，煎七分，去滓温服。

崔氏八味丸 治脚气上人，少腹不仁。

干地黄八两 山茱萸 薯蓣各四两 泽泻 茯苓 牡丹皮各三两 桂枝 附子炮，各一两

上八味，末之，炼蜜和丸，梧子大，酒下十五丸，日再服。

《千金方》越婢加术汤 治肉极，热则身体津脱，腠理开，汗大泄，厉风气，下焦脚弱。

麻黄六两 石膏半斤 生姜三两 甘草二两 白术四两 大枣十五枚

上六味，以水六升，先煮麻黄，去上沫，内诸药，煮取三升，分温三服。恶风加附子一枚，炮。

CLAUSE 5-10

For acute arthritis (*Lijie*), with paralysis of the extremities and arthralgia, give Decoction of Rhizoma Aconiti.

Decoction of Rhizoma Aconiti

(*Wutou Tang*):

Cures arthralgia of the foot joints and paralysis.

Herba Ephedrae 3 liang

Radix Paeoniae 3 liang

Radix Astragali 3 liang

Radix Glycyrrhizae Praeparata 3 liang

Rhizoma Aconiti (chop up the drug, stew in two *sheng* of honey until one *sheng* remains, remove the drug) 5 pcs.

Stew the first four drugs in three *sheng* of water until one *sheng* remains. Filter the decoction. Pour honey (in which Rhizoma Aconiti had been stewed) into the decoction and stew again. Serve seven *ge* for the first dose. If not efficacious, give the remainder.

Decoction of Alumen
(*Fanshi Tang*):

Alumen 2 *liang*

Stew Alumen in one *dou* five *sheng* of *jiangshui* water. Soak the affected feet in this solution.

Appendix:

Prescription from *Records of Present-day and Ancient Proven Prescriptions*:

Decoction of *Xuming*: Efficacious for apoplexy with the following symptoms and signs: difficulty in normal body movements, aphasia, pains in different parts of the body, contraction of extremities which hampers turning the body:

Decoction of *Xuming*
(*Xuming Tang*):

Herba Ephedrae 3 *liang*



Ramulus Cinnamomi	3 liang
Radix Angelicae Sinensis	3 liang
Radix Ginseng	3 liang
Gypsum Fibrosum	3 liang
Rhizoma Zingiberis	3 liang
Radix Glycyrrhizae	3 liang
Rhizoma Ligustici Chuanxiong	1 liang
Semen Armeniacae Amarum	40 pcs.

Stew drugs in one *dou* of water until four *sheng* remain. Give one *sheng* of warm decoction per dose. Cover the patient's waist with a thin quilt while he leans on a chair. Light perspiration signifies recovery. Further doses can be given if no perspiration is induced. Don't expose the patient to the wind. No need to avoid particular foods. This decoction is also efficacious for patients who curl up in bed but do not sleep well, and who suffer from coughing and inspiratory dyspnea and facial swelling.

Prescription from *Qianjin*:

Decoction of *Sanhuang*: Efficacious for treating apoplexy with contraction of extremities, acute arthralgia in all the joints, restlessness, fever and irritation, aversion to cold and anorexia.

Decoction of *Sanhuang*

(*Sanhuang Tang*):

Herba Ephedrae	5 fen
Radix Angelicae Pubescentis	4 fen
Herba Asari	2 fen
Radix Astragali Hedysari	2 fen

Radix Scutellariae

3 fen

Stew the drugs in six *sheng* of water until two *sheng* remain. Serve the warm decoction in three doses. The first dose will induce light perspiration and the second will bring about profuse perspiration.

Additions and Subtractions:

1. When symptom of heartburn is observed, add two *fen* of Radix et Rhizoma Rhei:

2. When symptom of abdominal distention is observed, add one piece of Fructus Aurantii Immaturus;

3. When symptom of inspiratory dyspnea is observed, add three *fen* of Radix Ginseng;

4. When palpitation is observed, add three *fen* of Concha Ostreae:

5. When symptom of thirst is observed, add three *fen* of Radix Trichosanthis:

6. When aversion to cold at the initial state of the disease is observed, add one piece of Radix Aconiti Praeparata.

Prescription from *Prescriptions with Ready Efficacy*:

Decoction of Rhizoma Atractylodis Macrocephalae and Radix Aconiti Praeparata: Efficacious for curing Wind-deficient syndrome with severe vertigo, anorexia and sense of heaviness in movement. This prescription replenishes the Interior Vital Energy, warms the muscle and strengthens the Essence and Vital Energy (*Jing Qi*).

Decoction of Rhizoma Atractylodis Macrocephalae and Radix Aconiti Praeparata





(*Zhu Fu Tang*):

Rhizoma Atractylodis Macrocephalae	2 <i>liang</i>
Radix Aconiti Praeparata	1.5 pcs.
Radix Glycyrrhizae Praeparata	1 <i>liang</i>

Pound the drugs into powder. Stew five *qianbi* in one and a half cups of water with five slices of Rhizoma Zingiberis Recens and one piece of Fructus Ziziphi Jujubae until seven *fen* remain. Filter the decoction and serve warm.

Pills of Eight Ingredients

(*Cuishu Bawei Wan*):

Radix Rehmanniae	8 <i>liang</i>
Fructus Corni	4 <i>liang</i>
Rhizoma Dioscoreae	4 <i>liang</i>
Rhizoma Alismatis	3 <i>liang</i>
Poria	3 <i>liang</i>
Cortex Moutan Radicis	3 <i>liang</i>
Ramulus Cinnamomi	1 <i>liang</i>
Radix Aconiti Praeparata	1 <i>liang</i>

Pound the drugs into powder. Make pills with honey (Mel) the size of Chinese parasol seeds. Take fifteen pills with wine per dose two times per day.

Prescription from *Qianjin*:

Decoction of *Yuebei* adding Rhizoma Atractylodis Macrocephalae, efficacious for syndromes with the following symptoms and signs:

exhaustion of muscles, fever with profuse perspiration which exhausts Body Fluid and opens the *Couli*, invasion of pathogenic Wind, weakness in the feet.

Decoction of *Yuebei* adding *Rhizoma Atractylodis Macrocephalae* (*Yuebei Jia Zhu Tang*):

Herba Ephedrae	6 <i>liang</i>
Gypsum Fibrosum	0.5 <i>jin</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Radix Glycyrrhizae	2 <i>liang</i>
Rhizoma Atractylodis Macrocephalae	4 <i>liang</i>
Fructus Ziziphi Jujubae	15 pcs.

Stew Herba Ephedrae in six *sheng* of water. Filter the decoction and add other drugs. Stew again until three *sheng* remain. Serve the decoction warm in three doses. When the patient is sensitive to wind, add one piece of Radix Aconiti Praeparata.



血痹虚劳病脉证并治第六

论一首 脉证九条 方九首

CHAPTER VI

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF ARTHRALGIA DUE TO STAGNATION OF BLOOD AND CONSUMPTIVE DISEASES

6-1 问曰：“血痹病从何得之？”师曰：“夫尊荣人骨弱肌肤盛，重因疲劳汗出，卧不时动摇，加被微风遂得之。但以脉自微涩，在寸口关上小紧，宜针引阳气，令脉和、紧去则愈。”“遂得之”下，《千金》有“形如风状”四字，“紧”上无“小”字。

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CLAUSE 6-1

Question: What is the cause of arthralgia due to stagnation of Blood?

Master: Persons who live lives of leisure generally have weak bones and rich flesh and muscle. After working for a short period of time, they will feel tired and begin to sweat. When they lie in bed, they will toss and turn frequently. If they are exposed to a breeze at this time, they will suffer from arthralgia due to stagnation of Blood. The pulse will be feeble and hesitant and slender-tense at Inch and Bar. Acupuncture therapy can be adopted to stimulate Yang Vital Energy. When the tense pulse disappears and the pulse returns to normal, the patient is recovering.



6-2 血痹，阴阳俱微，寸口关上微，尺中小紧，外证身体不仁，如风痹状，黄芪桂枝五物汤主之。

黄芪桂枝五物汤方

黄芪三两 芍药三两 桂枝三两 生姜六两 大枣十二枚

上五味，以水六升，煮取二升，温服七合，日三服。

CLAUSE 6-2

Arthralgia due to stagnation of Blood with Deficiency in both Yin and Yang has the following symptoms and signs: Pulse feeble at Inch and Bar and Slender-tense at Cubit. Exterior symptoms include local numbness and other manifestations of arthralgia due to pathogenic Wind. Decoction of Five Drugs with Radix Astragali Hedysari and Ramulus Cinnamomi will provide a cure.

Decoction of Five Drugs with Radix Astragali Hedysari and Ramulus Cinnamomi

(Huangqi Guizhi Wu Wu Tang):

Radix Astragali Hedysari	3 liang
Radix Paeoniae	3 liang
Ramulus Cinnamomi	3 liang
Rhizoma Zingiberis Recens	6 liang
Fructus Ziziphi Jujubae	12 pcs.

Stew drugs in six *sheng* of water until two *sheng* remain. Serve seven *ge* of lukewarm decoction per dose three times a day. (According to another edition, prescription includes Radix Ginseng).

6-3 夫男子平人，脉大为劳，极虚亦为劳。

CLAUSE 6-3

A man who looks healthy but has a huge pulse is suffering from a consumptive disease (general debility). When the pulse is extremely deficient, it also indicates a consumptive disease.

6-4 男子面色薄者，主渴及亡血，卒喘悸，脉浮者里虚也。

CLAUSE 6-4

Pallid facial complexion in a male patient indicates thirst and loss of Blood. When the patient suddenly feels like gasping and exhibits palpitations and a floating pulse, he is suffering from Interior Deficiency.

6-5 男子脉虚沉弦，无寒热，短气，里急，小便不利，面色白，时目瞑，兼衄，少腹满，此为劳使之然。

CLAUSE 6-5

Consumptive diseases of male patients bear the following symptoms and signs: Pulse is deficient, deep and tight, with shortness of breath, abdominal contraction, dysuria, pallid facial complexion, abdominal distention, epistaxis and occasional reluctance to open the eyes. But the patient does not feel cold and feverish.

6-6 劳之为病，其脉浮大，手足烦，春夏剧，秋冬瘥，阴寒精自出，酸削不能行。

CLAUSE 6-6

Consumptive disease: The pulse is floating-huge, with burning sensation on palms of hands and feet. The disease becomes aggravated in spring and summer but subsides in autumn and winter. Seminal emission occurs due to Yin and Cold. Weak and emaciated legs make the patient unable to walk.

6-7 男子脉浮弱而涩，为无子，精气清冷一作冷。

CLAUSE 6-7

If the pulse of a male patient is floating-weak and hesitant, this indicates a case of sterility, as the seminal fluid is thin and cold.

6-8 夫失精家，少腹弦急，阴头寒，目眩一作目眶痛，发落。脉极虚芤迟，为清谷亡血失精，脉得诸芤动微紧，男子失精，女子梦交，桂枝龙骨牡蛎汤主之。

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桂枝龙骨牡蛎汤方 《小品》云，虚羸浮热汗出者，除桂，加白薇、附子各三分，故曰二加龙骨汤。

桂枝 芍药 生姜各三两 甘草二两 大枣十二枚 龙骨 牡蛎各三两

上七味，以水七升，煮取三升，分温三服。

天雄散方

天雄三两，炮 白术八两 桂枝六两 龙骨三两

上四味，杵为散，酒服半钱匕，日三服，不知稍增之。

CLAUSE 6-8

A patient suffering from frequent seminal emissions is also troubled by the following ailment: Abdominal contraction, cold over glans penis, vertigo and baldness. When pulse is extremely deficient and void-slow, this indicates diarrhea with undigested cereals, and loss of blood and sperm. Void, moving, or feeble and tense pulse indicates seminal emission for the male patient or dreaming of sexual intercourse for the female patient. Decoction of Ramulus Cinnamomi adding Os Draconis and Concha Ostreae can provide a cure.

Decoction of Ramulus Cinnamomi adding Os Draconis and Concha Ostreae

(*Guizhi Jia Longgu Muli Tang*):

Ramulus Cinnamomi	3 liang
Radix Paeoniae	3 liang
Rhizoma Zingiberis Recens	3 liang
Radix Glycyrrhizae	2 liang
Fructus Ziziphi Jujubae	12 pcs.
Os Draconis	3 liang
Concha Ostreae	3 liang

Stew drugs in seven *sheng* of water until three *sheng* remain. Serve lukewarm in three doses.

Powder of Rhizoma Aconiti (*Tianxiong*)

(*Tianxiong San*):

Rhizoma Aconiti (Tianxiong)	3 liang
Rhizoma Atractylodis Macrocephalae	8 liang
Ramulus Cinnamomi	6 liang
Os Draconis	3 liang

Pound the drugs into powder. Take one and a half *qianbi* with wine three times a day. If not effective, increase the dosage slightly.

6-9 男子平人，脉虚弱细微者，喜盗汗也。

CLAUSE 6-9

In normal male patients, if pulse is deficient, weak, slender and feeble, he is likely to sweat at night.

6-10 人年五六十，其病脉大者，痹侠背行。若肠鸣、马刀侠瘦者，皆为劳得之。

CLAUSE 6-10

The pulse of a patient at the age of fifty or sixty is huge. He has a feeling of numbness in the region along the spine. Consumptive disease will cause borborygmus, and armpit and cervical tubercles.

6-11 脉沉小迟，名脱气，其人疾行则喘喝，手足逆寒，腹满，甚则溇泄，食不消化也。



CLAUSE 6-11

The pulse of a patient suffering from a consumptive disease is deep-slender-slow. Such cases are called "exhaustion of the Vital Energy." When the patient walks quickly, he begins to pant. Other symptoms include coldness in the extremities, abdominal distention, and loose stool caused by indigestion.

6-12 脉弦而大，弦则为减，大则为芤，减则为寒，芤则为虚，虚寒相搏，此名为革。妇人则半产漏下，男子则亡血失精。

CLAUSE 6-12

The pulse is tight and huge. When pressed deeply, it is not as strong as a true tight pulse. Though huge, it is void within. Such pulse is called "void-tight" pulse. Tight pulse of reduced strength indicates prevalence of pathogenic Cold. Void pulse reflects Interior Deficiency. When void-tight pulse occurs in female patients, this indicates premature delivery or mild, chronic bloody vaginal discharge. In male patients, it indicates loss of blood and sperm.

6-13 虚劳里急，悸，衄，腹中痛，梦失精，四肢酸疼，手足烦热，咽干口燥，小建中汤主之。

小建中汤方

桂枝三两，去皮 甘草三两，炙 大枣十二枚 芍药六两 生姜三两 胶饴一升

上六味，以水七升，煮取三升，去滓，内胶饴，更上微火消解，温

服一升，日三服。呕家不可用建中汤，以甜故也。

CLAUSE 6-13

Consumptive disease: Decoction of Lesser *Jianzhong* can be given for the following symptoms and signs: Abdominal contraction, palpitation, epistaxis, abdominal pain, nocturnal emission, weakness and aching in the extremities, burning sensation on palms of hands and feet, parched mouth and throat.

Decoction of Lesser *Jianzhong* (*Xiao Jianzhong Tang*)

Ramulus Cinnamomi	3 <i>liang</i>
Radix Glycyrrhizae Praeparata	2 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.
Radix Paeoniae	6 <i>liang</i>
Rhizoma Zingiberis Recens	3 <i>liang</i>
Saccharum Granorum (malt extract)	1 <i>sheng</i>

Stew the drugs in seven *sheng* of water until three *sheng* remain. Filter the decoction, add Saccharum Granorum and stew again over slow fire until Saccharum Granorum melts. Serve one *sheng* of lukewarm decoction per dose three times a day.

6-14 虚劳里急，诸不足，黄芪建中汤主之。

黄芪建中汤方

于小建中汤内加黄芪一两半，余依上法。



气短胸满者加生姜；腹满者去枣，加茯苓一两半；及疗肺虚损不足，补气加半夏三两。

CLAUSE 6-14

Consumptive disease with abdominal contraction and symptoms and signs of deficient case can be treated with decoction of Radix Astragali Hedysari *Jianzhong*.

Decoction of Radix Astragali Hedysari *Jianzhong*
(*Huangqi Jianzhong Tang*):

Decoction of Lesser *Jianzhong* Adding

Radix Astragali Hedysari 1.5 liang

Additions and Subtractions:

1. When fullness in the chest and shortness of breath are observed, add Rhizoma Zingiberis Recens;
2. When abdominal distention is observed, subtract Fructus Ziziphi Jujubae and add 1.5 liang of Poria;
3. Add three liang of Rhizoma Pinelliae to replenish Vital Energy of deficient Lung.

6-15 虚劳腰痛，少腹拘急，小便不利者，八味肾气丸主之。
方见脚气中。

CLAUSE 6-15

Consumptive disease with symptoms and signs of lumbago, abdominal contraction and dysuria can be treated with Pills of Eight Ingredients of

the Kidney Vital Energy.

6-16 虚劳诸不足，风气百疾，薯蕷丸主之。

薯蕷丸方

薯蕷三十分 当归 桂枝 曲（《千金》作“神曲”） 干地黄 豆黄卷各十分
甘草二十八分 人参七分 芎藭 芍药 白术 麦门冬 杏仁各六分 柴胡 桔
梗 茯苓各五分 阿胶七分 干姜三分 白敛二分 防风六分 大枣百枚，为膏

上二十一味，末之，炼蜜和丸如弹子大，空腹酒服一丸，一百丸为剂。

CLAUSE 6-16

Consumptive disease with symptoms and signs of a deficient case, and all cases caused by exogenous pathogenic Wind can be treated with Pills of Rhizoma Dioscoreae.

Pills of Rhizoma Dioscoreae

(*Shuyu Wan*):

Rhizoma Dioscoreae	30 fen
Radix Angelicae Sinensis	10 fen
Ramulus Cinnamomi	10 fen
Medicated leaven	10 fen
Radix Rehmanniae	10 fen
Semen Sojae Germinatum	10 fen
Radix Glycyrrhizae	28 fen
Radix Ginseng	7 fen

Rhizoma Ligustici Chuanxiong	6 fen
Radix Paeoniae	6 fen
Rhizoma Atractylodis Macrocephalae	6 fen
Radix Ophiopogonis	6 fen
Semen Armeniacae Amarum	6 fen
Radix Bupleuri	5 fen
Radix Platycodi	5 fen
Poria	5 fen
Colla Corii Asini	7 fen
Rhizoma Zingiberis	3 fen
Radix Ampelopsis	2 fen
Radix Ledebouriellae	6 fen
Fructus Ziziphi Jujubae (ground into paste)	100 pcs.

Pound the drugs into powder and mix with honey (Mel). Form into bullet-sized pills (the size of an egg yolk). Take one pill with wine before meal. This formula makes one hundred pills.

6-17 虚劳虚烦不得眠，酸枣汤主之。

酸枣汤方

酸枣仁二升 甘草一两 知母二两 茯苓二两 芎蒭二两 《深师》有生姜二两

上五味，以水八升，煮酸枣仁得六升，内诸药，煮取三升，分温三服。

CLAUSE 6-17

Consumptive disease with restlessness and insomnia can be treated

with Decoction of Semen Ziziphi Spinosae.

Decoction of Semen Ziziphi Spinosae
(*Suanzaoren Tang*):

Semen Ziziphi Spinosae	2 sheng
Radix Glycyrrhizae	1 liang
Rhizoma Anemarrhenae	2 liang
Poria	2 liang
Rhizoma Ligustici Chuanxiong	2 liang

Stew Semen Ziziphi Spinosae in eight *sheng* of water until six *sheng* remain. Add remaining drugs and stew again until three *sheng* remain. Serve the lukewarm decoction in three doses.

6-18 五劳虚极羸瘦，腹满，不能饮食，食伤、忧伤、饮伤、房室伤、饥伤、劳伤、经络荣卫气伤，内有干血，肌肤甲错，两目黯黑，缓中补虚，大黄蜜虫丸主之。

大黄蜜虫丸方

大黄十分，蒸 黄芩二两 甘草三两 桃仁一升 杏仁一升 芍药四两 干地黄十两 干漆一两 虻虫一升 水蛭百枚 蛭螬一升 蜜虫半升

上十二味，末之，炼蜜和丸小豆大，酒饮服五丸，日三服。

附方

《千金翼》炙甘草汤—云复脉汤 治虚劳不足，汗出而闷，脉

结悸，行动如常，不出百日，危急者十一日死。

甘草四两，炙 桂枝 生姜各三两 麦门冬半升 麻仁半升 人参 阿胶各一两 大枣三十枚 生地黄一斤

上九味，以酒七升，水八升，先煮八味，取三升，去滓，内胶消尽，温服一升，日三服。

《肘后》獭肝散 治冷劳，又主鬼疰一门相染。

獭肝一具

炙干末之，水服方寸匕，日三服（“炙干”《肘后》原方作“阴干”）。

CLAUSE 6-18

The patient is extremely feeble and thin and suffers from the five strains, with abdominal distention and anorexia. This is caused by unregulated eating and drinking, melancholy, hunger and overexertion in sexual activity or physical labor. Channels and collaterals, Nutrient Essence, Vital Resistance and Vital Energy are all impaired. In such cases blood stasis will result. The patient's skin is scaly, with rings around the eyes. The therapy aims to harmonize and ease the Interior and replenish the Deficiency. Pills of Radix et Rhizoma Rhei and Eupolyphaga seu Steleophaga are efficacious.

Pills of Radix et Rhizoma Rhei and Eupolyphaga seu Steleophaga
(*Dahuang Zhechong Wan*):

Radix et Rhizoma Rhei (steamed)

10 fen

Radix Scutellariae	2 liang
Radix Glycyrrhizae	3 liang
Semen Persicae	1 sheng
Radix Paeoniae	4 liang
Radix Rehmanniae	10 liang
Lacca Sinica Exsiccatae	1 liang
Tabanus	1 sheng
Hirudo	100 pcs.
Holotrichia Diomphalia	1 sheng
Eupolyphaga seu Steleophaga	0.5 sheng

Pound the drugs into powder. Form pills the size of Semen Phaseoli with honey. Take five pills each time with wine three times a day.

Appendix:

Prescription from *A Supplement to the Prescriptions Worth a Thousand Gold* (hereinafter *Qianjin S.*):

Decoction of Radix Glycyrrhizae Praeparata
(*Zhi Gancao Tang*)

Radix Glycyrrhizae Praeparata	4 liang
Ramulus Cinnamomi	3 liang
Rhizoma Zingiberis Recens	0.5 sheng
Fructus Cannabis	0.5 sheng
Radix Ginseng	2 liang
Colla Corii Asini	2 liang
Fructus Ziziphi Jujubae	30 pcs.



Radix Rehmanniae

1 jin

Stew all herbs except Colla Corii Asini in seven *sheng* of wine and eight *sheng* of water until three *sheng* remain. Filter the decoction and add Colla Corii Asini and stir until it melts. Serve one *sheng* of lukewarm decoction per dose three times a day.

Prescription from *A Handbook of Prescription for Emergencies* (*Zhou Hou Bei Ji Fang*) by Ge Hong:

Otter Liver Powder is effective in curing consumptive diseases of a Cold nature, as well as an infectious disease called *Guizhu*.

Otter Liver Powder

(*Ta Gan San*):

Bake one otter's liver and pound it into powder. Take one *fangcunbi* with water three times a day.



肺痿肺痛咳嗽上气病脉证治第七

论三首 脉证四条 方十六首

CHAPTER VII

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF PULMONARY ASTHENIA, PULMONARY ABSCESS, COUGH AND INSPIRATORY DYSPNEA

7-1 问曰：“热在上焦者，因咳为肺痿。肺痿之病，从何得之？”师曰：“或从汗出；或从呕吐；或从消渴，小便利数；或从便难，又被快药下利；重亡津液，故得之。”曰：“寸口脉数，其人咳，口中反有浊唾涎沫者何？”师曰：“为肺痿之病。若口中辟辟燥，咳即胸中隐隐痛，脉反滑数，此为肺痈。咳唾脓血，脉数虚者为肺痿，数实者为肺痈。”

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CLAUSE 7-1

Question: when pathogenic Heat is present in the Upper Portion of Body Cavity, the patient will suffer from coughing, followed by pulmonary asthenia. What is the cause of pulmonary asthenia?

Master: Exhaustion of the Body Fluid is the cause. Body Fluid may be exhausted by profuse perspiration, repeated vomiting, great thirst accompanied by frequent urination, incontinence of urination, constipation, or loose stool after administration of acute purgative.

Question: pulse is speedy at the Inch. The patient coughs with sputum



and saliva in his mouth. Why is this?

Master: This is a case of pulmonary asthenia. If the patient's mouth is parched and dry, if he experiences pain in his chest when coughing, and if pulse is slippery-speedy, it is a case of pulmonary abscess. Pulmonary asthenia always has symptoms of coughing with bloody pus and speedy-deficient pulse; whereas pulse of a patient suffering pulmonary abscess is always speedy-excessive.

7-2 问曰：“病咳逆，脉之，何以知此为肺痈？当有脓血，吐之则死？其脉何类？”师曰：“寸口脉微而数，微则为风，数则为热；微则汗出，数则恶寒。风中于卫，呼气不入；热过于荣，吸而不出；风伤皮毛，热伤血脉；风舍于肺，其人则咳、口干、喘满、咽燥不渴、时唾浊沫、时时振寒。热之所过，血为之凝滞，蓄结痈脓，吐如米粥。始萌可救，脓成则死。”

CLAUSE 7-2

Question: A patient coughs with inspiratory dyspnea. After feeling the pulse, a case of pulmonary abscess with bloody pus can be diagnosed. When the patient vomits bloody pus, death will follow. What is the pulse in such a situation? Could you kindly explain the syndrome?

Master: Pulse at the Inch is feeble and speedy. Feeble pulse indicates pathogenic Wind with spontaneous perspiration. Speedy pulse indicates pathogenic Heat with aversion to cold. At the initial stage of the disease, pathogenic Wind affects the Vital Resistance, though pathogenic Wind will not accumulate at the Interior as it is expelled through expiration. When pathogenic Heat enters the Nutrient Essence, it remains in the Interior and cannot be expelled through expiration. Pathogenic Wind only harms the skin and the Exterior, whereas the Heat harms the Blood and

the vessels. When pathogenic Wind invades the Lung, the patient will exhibit the following symptoms and signs: coughing, parched feeling in mouth, wheezing with dyspnea, parched throat without thirst, repeated spitting of saliva and occasional shivering. When pathogenic Heat is rampant in the Lung, the Blood stagnates and forms abscess and pus. The patient then vomits porridge-like sputum with bloody pus. The patient can be saved if treatment is given when the syndrome begins to manifest itself. But the patient will die if the abscess is completely formed.

7-3 上气，面浮肿，肩息，其脉浮大，不治；又加利，尤甚。

CLAUSE 7-3

The patient with inspiratory dyspnea is suffering from an incucalle disease if he is also suffering from facial dropsy, must shrug his shoulders to breathe, and exhibits floating-huge pulse. Case will be more serious if diarrhea is also present.

7-4 上气，喘而躁者，属肺胀，欲作风水，发汗则愈。

CLAUSE 7-4

The patient suffers from inspiratory dyspnea, wheezing and restlessness. This is a case of Lung-distention, which will lead to edema due to Wind-evil. Diaphoresis can be adopted to disperse the syndrome.

7-5 肺痿吐涎沫而不咳者，其人不渴，必遗尿、小便数。所以然者，以上虚不能制下故也。此为肺中冷，必眩、多涎唾，

甘草干姜汤以温之；若服汤已渴者，属消渴。“若”以下九字，《脉经》无，《千金》作“若渴者，为消渴”六字，为细注。

甘草干姜汤方

甘草四两，炙 干姜二两，炮

上咬咀，以水三升，煮取一升五合，去滓，分温再服。

CLAUSE 7-5

Patients suffering from pulmonary asthenia spit saliva repeatedly, though coughing and thirst are not present. They do suffer from enuresis and frequent urination though. When the Upper Portion of Body Cavity is extremely deficient, it loses control over the Lower Portion of Body Cavity. When pathogenic Cold prevails in the Lung, the patient experiences vertigo and copious salivation. Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis can serve as a warming agent. After taking the decoction, if the patient begins to feel thirsty, he is suffering a case of great thirst with frequent urination.

Decoction of Radix Glycyrrhizae and Rhizoma Zingiberis
(*Gancao Ganjiang Tang*):

Radix Glycyrrhizae Praeparata	4 liang
Rhizoma Zingiberis Praeparata	2 liang

Chop up the drugs. Stew in three *sheng* of water until 1.5 *sheng* remain. Filter the decoction and serve lukewarm in two doses.

7-6 咳而上气，喉中水鸡声，射干麻黄汤主之。

射干麻黄汤方

射干十三枚（一法三两） 麻黄四两 生姜四两 细辛 紫苑 款冬花各三两
五味子半升 大枣七枚 半夏大者，洗，八枚（一法半升）

上九味，以水一斗二升，先煮麻黄两沸，去上沫，内诸药，煮取三升，分温三服。

CLAUSE 7-6

The patient coughs with inspiratory dyspnea and a sound in his throat resembling the croaking of a frog. Decoction of *Rhizoma Belamcandae* and *Herba Ephedrae* may be prescribed to cure the syndrome.

Decoction of *Rhizoma Belamcandae* and *Herba Ephedrae*
(*Shegan Mahuang Tang*):

<i>Rhizoma Belamcandae</i>	13 pcs.
<i>Herba Ephedrae</i>	4 liang
<i>Rhizoma Zingiberis Recens</i>	4 liang
<i>Herba Asari</i>	3 liang
<i>Radix Asteris</i>	3 liang
<i>Flos Farfarae</i>	3 liang
<i>Fructus Schisandrae</i>	0.5 sheng
<i>Fructus Ziziphi Jujubae</i>	7 pcs.
<i>Rhizoma Pinelliae</i> (large, washed)	8 pcs.

Stew *Herba Ephedrae* in one *dou* two *sheng* of water. Skim off the



foam and add the remaining drugs. Stew again until three *sheng* remain. Serve the lukewarm decoction in three doses.

7-7 咳逆上气，时时吐浊，但坐不得眠，皂荚丸主之。

皂荚丸方

皂荚八两，刮去皮，用酥炙

上一味，末之，蜜丸梧子大，以枣膏和汤服三丸，日三、夜一服。

CLAUSE 7-7

The patient coughs with inspiratory dyspnea and spits saliva repeatedly. He cannot easily fall asleep but must sit upright to obtain relief. Pills of *Fructus Gleditsiae Sinensis* can be given as a remedy.

Pills of *Fructus Gleditsiae Sinensis*

(*Zaojia Wan*):

Fructus Gleditsiae Sinensis (fried in butter) 8 *liang*

Pound the drug into powder and form pills adding honey as big as seed of Chinese parasol. Blend three pills with paste of *Fructus Zujubae* and make a decoction. Give three doses in the day and one at night.

7-8 咳而脉浮者，厚朴麻黄汤主之。

厚朴麻黄汤方

厚朴五两 麻黄四两 石膏如鸡子大（《千金》作三两） 杏仁半升 半夏半升 干姜二两 细辛二两 小麦一升 五味子半升

上九味，以水一斗二升，先煮小麦熟，去滓，内诸药，煮取三升，温服一升，日三服。

CLAUSE 7-8

Syndrome of coughing and floating pulse can be treated with Decoction of Cortex Magnoliae Officinalis and Herba Ephedrae.

Decoction of Cortex Magnoliae Officinalis and Herba Ephedrae
(*Houpo Mahuang Tang*):

Cortex Magnoliae Officinalis	5 liang
Herba Ephedrae	4 liang
Gypsum Fibrosum	an egg-sized pc.
Semen Armeniacae Amarum	0.5 sheng
Rhizoma Pinelliae	0.5 sheng
Rhizoma Zingiberis	2 liang
Herba Asari	2 liang
Fructus Tritici	1 liang
Fructus Schisandrae	0.5 sheng

Stew Fructus Tritici in one *dou* two *sheng* of water until well-cooked. Filter the decoction and add remaining drugs. Stew until three

sheng remain. Serve one *sheng* of lukewarm decoction per dose three times a day.

7-9 脉沉者，泽漆汤主之。

泽漆汤方

半夏半升 紫参五两（一作紫苑） 泽漆三斤，以东流水五斗，煮取一斗五升 生姜
五两 白前五两 甘草 黄芩 人参 桂枝各三两

上九味，㕮咀，内泽漆汁中煮取五升，温服五合，至夜尽。

CLAUSE 7-9

When the pulse is deep, Decoction of Herba Ephorbiae Helioscopiae can be adopted.

Decoction of Herba Ephorbiae Helioscopiae

(*Zeqi Tang*):

Rhizoma Pinelliae	0.5 <i>sheng</i>
Zishen (Radix Asteris, according to another edition)	5 <i>liang</i>
Herba Ephorbiae Helioscopiae (stew in 5 <i>dou</i> of sterna water until 1.5 <i>dou</i> remain)	3 <i>jin</i>
Rhizoma Zingiberis Recens	5 <i>liang</i>
Rhizoma Cynanchi Stauntonii	5 <i>liang</i>
Radix Glycyrrhizae	3 <i>liang</i>
Radix Scutellariae	3 <i>liang</i>

Radix Ginseng	3 liang
Ramulus Cinnamomi	3 liang

Add above drugs to the decoction of Herba Ephorbiae Helioscopiae and stew until five *sheng* remain. Serve five *ge* of the lukewarm decoction per dose. Finish the decoction till midnight.

7-10 大逆上气，咽喉不利，止逆下气者，麦门冬汤主之。

麦门冬汤方

麦门冬七升 半夏一升 人参三两 甘草二两 粳米三合 大枣十二枚

上六味，以水一斗二升，煮取六升，温服一升，日三夜一服。

CLAUSE 7-10

For inspiratory dyspnea with strong ascending gas and uncomfortable feeling in throat, Decoction of Radix Ophiopogonis can be given to reduce adverse ascending and stop the inspiratory dyspnea.

Decoction of Radix Ophiopogonis

(*Maimendong Tang*):

Radix Ophiopogonis	7 sheng
Rhizoma Pinelliae	1 sheng
Radix Ginseng	3 liang
Radix Glycyrrhizae	2 liang



Semen Oryzae Nonglutinosae	3 <i>ge</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the drugs in one *dou* two *sheng* of water until six *sheng* remain. Serve one *sheng* of lukewarm decoction per dose three times during the day and one at night.

7-11 肺癰喘不得卧，葶苈大枣泻肺汤主之。

葶苈大枣泻肺汤方

葶苈熬令黄色、捣丸如弹子大（《本草纲目》附方，在“捣”下有“末蜜”二字）

大枣十二枚

上先以水三升，煮枣取二升，去枣内葶苈，煮取一升，顿服。

CLAUSE 7-11

The patient suffers from pulmonary abscess with serious wheezing which makes it difficult for him to lie quietly in bed. Decoction of Lung-purgation with Semen Lepidii seu Descurainiae and Fructus Ziziphi Jujubae may be prescribed.

Decoction of Lung-purgation with Semen Lepidii seu Descurainiae and Fructus Ziziphi Jujubae

(*Tingli Dazai Xie Fei Tang*)

Semen Lepidii seu Descurainiae

Stew until it turns yellow. Pound it and form a pill the size of a bullet. (According to prescription in *Compendium of Materia Medica*, this sentence should read: "Pound it with honey and form a pill the size of a bullet.")

Fructus Ziziphi Jujubae

12 pcs.

Stew Fructus Ziziphi Jujubae in three *sheng* of water until two *sheng* remain. Remove Fructus Ziziphi Jujubae and add Semen Lepidii seu Descurainiae. Stew again till one *sheng* remains. Take the decoction in one dose.

7-12 咳而胸满，振寒，脉数，咽干不渴，时出浊唾腥臭，久久吐脓如米粥样，为肺痈，桔梗汤主之。

桔梗汤方亦治血痹。《外台》无“亦治血痹”四字

桔梗 一两 甘草 二两

上二味，以水三升。煮取一升，分温再服，则吐脓血也。

CLAUSE 7-12

A pulmonary abscess accompanied by the following symptoms and signs can be treated with Decoction of Radix Platycodi: Coughing with a sensation of fullness in the chest, shivering with cold, speedy pulse, a parched feeling in the throat without thirst, bad-smelling dense sputum, chronic spitting of purulent sputum as thick as porridge.

Decoction of Radix Platycodi

(*Jiegeng Tang*):



Radix Platycodi	1 liang
Radix Glycyrrhizae	2 liang

Stew the drugs in three *sheng* of water until one *sheng* remains. Serve the decoction warm in two doses. The patient will vomit purulent blood (a sign of recovery).

7-13 咳而上气，此为肺胀，其人喘，目如脱状，脉浮大者，越婢加半夏汤主之。

越婢加半夏汤方

麻黄六两 石膏半斤 生姜三两 大枣十五枚 甘草二两 半夏半升

上六味，以水六升，先煮麻黄，去上沫，内诸药，煮取三升，分温三服。

CLAUSE 7-13

Lung-distention is a syndrome characterized by symptoms and signs of coughing with inspiratory dyspnea, wheezing, proptosis, and floating-huge pulse. Decoction of *Yuebei* adding *Rhizoma Pinelliae* can be adopted as a curative.

Decoction of *Yuebei* adding *Rhizoma Pinelliae*
(*Yuebei Jia Banxia Tang*):

Herba Ephedrae	6 liang
Gypsum Fibrosum	0.5 jin
Rhizoma Zingiberis Recens	3 liang

Fructus Ziziphi Jujubae	15 pcs.
Radix Glycyrrhizae	2 liang
Rhizoma Pinelliae	0.5 sheng

Stew *Herba Ephedrae* in six *sheng* of water. Skim off the foam and add the remaining drugs. Stew again until three *sheng* remain. Serve the decoction lukewarm in three doses.

7-14 肺胀咳而上气，烦躁而喘，脉浮者，心下有水，小青
龙加石膏汤主之。

小青龙加石膏汤方《千金》证治同，外更加“胁下痛引缺盆”。

麻黄 芍药 桂枝 细辛 甘草 干姜各三两 五味子 半夏各半升 石膏二两

上九味，以水一斗，先煮麻黄，去上沫，内诸药，煮取三升。强人服一升，羸者减之，日三服，小儿服四合。

CLAUSE 7-14

Lung-distention with coughing, inspiratory dyspnea, restlessness and wheezing as well as floating pulse will indicate existence of stagnant Water in the epigastrium. Decoction of Lesser *Qinglong* adding Gypsum Fibrosum can be adopted.

Decoction of Lesser *Qinglong* adding Gypsum Fibrosum
(*Xiao Qinglong Jia Shigao Tang*):

Qiangjin gives the following additional symptoms: A referred pain from the costal regions to Quepen (ST 12):



Herba Ephedrae	3 liang
Radix Paeoniae	3 liang
Ramulus Cinnamomi	3 liang
Herba Asari	3 liang
Radix Glycyrrhizae	3 liang
Rhizoma Zingiberis	3 liang
Fructus Schisandrae	0.5 sheng
Rhizoma Pinelliae	0.5 sheng
Gypsum Fibrosum	2 liang

Stew Herba Ephedrae in one *dou* of water. Skim off the foam and add remaining drugs. Stew again until three *sheng* remain. Serve one *sheng* of decoction to a strong person but reduce dosage for a weak patient. Give three doses a day. Four *ge* can be given to children.

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7-15 肺痛胸满胀，一身面目浮肿，鼻塞清涕出，不闻香臭酸辛，咳逆上气，喘鸣迫塞，葶苈大枣泻肺汤主之。“胸”下，《千金》有“胁”字。（方见上。三日一剂，可至三四剂，此先服小青龙汤一剂乃进，小青龙汤方见咳嗽门中。）

附方

《外台》炙甘草汤 治肺痿涎沫多，心中温温液液者方见虚劳中。

《千金》甘草汤治肺痿涎唾多，出血，心中温温液液。

甘草二两（原书治症和药量缺，徐锴据《千金方》补入）

上一味、以水三升，煮减半，分温三服。

《千金》生姜甘草汤 治肺痿咳唾涎沫不止，咽燥而渴。

生姜五两 人参三两 甘草四两 大枣十五枚

上四味，以水七升，煮取三升，分温三服。

《千金》桂枝去芍药加皂荚汤 治肺痿吐涎沫。

桂枝 生姜各三两 甘草二两 大枣十枚 皂荚一枚，去皮子，炙焦

上五味，以水七升，微微火煮取三升，分温三服。

《外台》桔梗白散 治咳而胸满，振寒，脉数，咽干不渴，时出浊唾腥臭，久久吐脓如米粥者，为肺痈。

桔梗 贝母各三分 巴豆一分，去皮，熬，研如脂。

上三味，为散，强人饮服半钱匕，羸者减之。病在膈上者吐脓血，膈下者泻出；若下多不止，饮冷水一杯则定。

《千金》苇茎汤 治咳有微热，烦满，胸中甲错，是为肺痈。

苇茎二升 薏苡仁半升 桃仁五十枚 瓜瓣半升

上四味，以水一斗，先煮苇茎得五升，去滓，内诸药，煮取二升，服一升，再服；当吐如脓。



CLAUSE 7-15

Pulmonary abscess accompanied by the following symptoms and signs can be treated with Decoction of Lung-purgation with Semen Lepidii seu Descurainiae and Fructus Ziziphi Jujubae: Fullness and distension in the chest, facial and body dropsy, stuffy and running nose, inability to distinguish flavors, coughing with inspiratory dyspnea, wheezing and difficulty in breathing.

Appendix:

Decoction of Radix Glycyrrhizae Praeparata (*Zhi Gancao Tang*) as recorded in *Waitai* is effective in treating pulmonary asthenia with copious saliva and sputum and nausea. For prescription, see Chapter VI.

Decoction of Radix Glycyrrhizae (*Gancao Tang*) as recorded in *Qianjin* is effective in treating pulmonary asthenia with copious spitting of saliva, sputum and blood, and nausea.

Radix Glycyrrhizae

2 liang

Stew the drug in three *sheng* of water until one and a half remains. Serve the decoction lukewarm in three doses.

Decoction of Rhizoma Zingiberis Recens and Radix Glycyrrhizae (*Shengjiang Gancao Tang*) as recorded in *Qianjin* is effective for pulmonary asthenia with repeated spitting of saliva and sputum, a parched feeling in throat, and thirst.

Rhizoma Zingiberis Recens

5 liang

Radix Ginseng

3 liang

Radix Glycyrrhizae	4 liang
Fructus Ziziphi Jujubae	15 pcs.

Parched feeling in throat and thirst: *Waitai* contains the following: Another edition states, "Parched feeling in throat without thirst." This may be a miscopying of the text, as symptoms of pulmonary asthenia generally do not include thirst.

Decoction of Ramulus Cinnamomi subtracting Radix Paeoniae adding Fructus Gleditsiae Sinensis (*Guizhi Qu Shaoyao Jia Zaojia Tang*) as recorded in *Qianjin* is effective in treating pulmonary asthenia with spitting of saliva and sputum.

Ramulus Cinnamomi	3 liang
Rhizoma Zingiberis Recens	3 liang
Radix Glycyrrhizae	2 liang
Fructus Ziziphi Jujubae	10 pcs.
Fructus Gleditsiae Sinensis (remove pericarp and seeds and fry)	1 pc.

Stew the drugs in seven *sheng* of water over a slow fire until three *sheng* remain. Serve the lukewarm decoction in three doses.

Baisan Powder with Radix Platycodi (*Jiegeng Baisan*) as recorded in *Waitai* is effective for pulmonary abscess with symptoms and signs of coughing, fullness in the chest, shivering, speedy pulse, parched throat without thirst, repeated spitting of bad-smelling saliva and sputum, and chronic vomiting of abscess resembling porridge.

Radix Platycodi	3 fen
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Bulbus Fritillariae Thunbergii	3 <i>fen</i>
Fructus Crotonis(remove skin and core, stew, pound into oiled powder)	1 <i>fen</i>

Pound the drugs into powder. Give one and a half *qianbi* for a strong person and less for a weak person. If the syndrome is located above the diaphragm, the patient will vomit abscess and blood. When the syndrome is below the diaphragm, the patient will have loose stool. In case the stool is excessive, drink one cup of cold water for relief.

Decoction of Rhizoma Phragmitis (*Weijing Tang*) as recorded in *Qianjin* is effective in treating pulmonary abscess with coughing, low fever, restlessness, sensation of fullness, and scaling skin in the chest.

Stew Rhizoma Phragimitis in one *dou* of water until five *sheng* remain. Filter the decoction and add remaining drugs. Stew again until two *sheng* remain. Serve one *sheng* as the first dose. When second dose is served, the patient should vomit abscess.



奔豚气病脉证治第八

论二首 方三首

CHAPTER VIII

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF *BENTUN* SYNDROME

8-1 师曰：“病有奔豚，有吐脓，有惊怖，有火邪，此四部病皆从惊发得之。”

CLAUSE 8-1

Master: *Bentun*, vomiting of pus, fright and Fire-evil are four diseases caused by fright.

8-2 师曰：“奔豚病从少腹起，上冲咽喉，发作欲死，复还止，皆从惊恐得之。”

CLAUSE 8-2

Bentun syndrome originates in the lower abdomen and rushes upward to the throat. An attack of the syndrome causes the patient unbearable suffering, which gradually reduces and subsides. The cause of the disease is fright and terror.

8-3 奔豚气上冲胸，腹痛，往来寒热，奔豚汤主之。

奔豚汤方

甘草 芎藭 当归各二两 半夏四两 黄芩二两 生葛五两 芍药二两 生姜四两 甘李根白皮一升

上九味，以水二斗，煮取五升，温服一升，日三夜一服。

CLAUSE 8-3

Bentun syndrome with ascending gas rushing to the thorax, abdominal pain, and alternating episodes of chills and fevers can be treated with Decoction of *Bentun*.

Decoction of *Bentun*

(*Bentun Tang*):

Radix Glycyrrhizae	2 liang
Rhizoma Ligustici <i>Chuanxiong</i>	2 liang
Radix Angelicae Sinensis	2 liang
Rhizoma Pinelliae	4 liang
Radix Scutellariae	2 liang
Radix Puerariae	5 liang
Radix Paeoniae	2 liang
Rhizoma Zingiberis Recens	4 liang
Cortex Prunus Armeniaca	1 sheng

Stew the drugs in two *dou* of water until five *sheng* remain. Give one *sheng* of lukewarm decoction per dose, three in the day, and one at night.

8-4 发汗后，烧针令其汗，针处被寒，核起而赤者，必发奔豚，气从少腹上至心，灸其核上各一壮，与桂枝加桂汤主之。
《伤寒论》太阳中篇无“发汗后”三字。

桂枝加桂汤方

桂枝五两 芍药三两 甘草二两，炙 生姜三两 大枣十二枚

上五味，以水七升，微火煮取三升，去滓，温服一升。

CLAUSE 8-4

After adopting a diaphoretic, warming needle is administered to induce another perspiration if locus of puncture hole is left unprotected and comes into contact with cold, it will turn red and swell. An impulsive feeling will rise from the abdomen to the chest resulting in a *Bentun* syndrome. Treat with moxibustion and give Decoction of Ramulus Cinnamomi adding Ramulus Cinnamomi.

Decoction of Ramulus Cinnamomi adding Ramulus Cinnamomi
(*Guizhi Jia Gui Tang*):

Ramulus Cinnamomi	5 liang
Radix Paeoniae	3 liang
Radix Glycyrrhizae Praeparata	2 liang
Rhizoma Zingiberis Recens	3 liang
Fructus Ziziphi Jujubae	12 pcs.

Stew the drugs over a slow fire in seven *sheng* of water until three *sheng* remain. Filter the decoction and give one *sheng* of lukewarm decoction as a serving.

8-5 发汗后，脐下悸者，欲作奔豚，茯苓桂枝甘草大枣汤主之。

茯苓桂枝甘草大枣汤方

茯苓半斤 甘草二两，炙 大枣十五枚 桂枝四两

上四味，以甘澜水一斗，先煮茯苓，减二升，内诸药，煮取三升，去滓，温服一升，日三服。甘澜水法：取水二斗置大盆内，以勺扬之，水上有珠子五六千颗相逐，取用之。

CLAUSE 8-5

After adopting diaphoretic, a "jumping" feeling, resembling a baby pig running, is sensed below the umbilicus. Shortly afterwards, the feeling begins to move upward. This is called a *Bentun* syndrome. Prescribe Decoction of Poria, Ramulus Cinnamomi, Radix Glycyrrhizae and Fructus Ziziphi Jujubae to reduce the adversity.

Decoction of Poria, Ramulus Cinnamomi, Radix Glycyrrhizae and Fructus Ziziphi Jujubae

(*Fuling Guizhi Gancao Dazao Tang*):

Poria	0.5 jin
Radix Glycyrrhizae Praeparata	2 liang
Fructus Ziziphi Jujubae	15 pcs.
Ramulus Cinnamomi	4 liang

Stew Poria in one *dou* of *ganlan* water until eight *sheng* remain. Add remaining drugs and stew until three *sheng* remain. Take three doses a day, one *sheng* per dose.

胸痹心痛短气病脉证治第九

论一首 证一条 方十首

CHAPTER IX

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF CHEST OBSTRUCTION, HEART PAIN AND SHORTNESS OF BREATH

9-1 师曰：“夫脉当取太过不及，阳微阴弦，即胸痹而痛，所以然者，责其极虚也。今阳虚，知在上焦，所以胸痹心痛者，以其阴弦故也。”

CLAUSE 9-1

Master: When feeling the pulse, excessiveness and deficiency should be diagnosed. Feebleness at Yang and tightness at Yin indicate a Chest Obstruction syndrome with pain. The extremely deficient state is the causa morbid. Feeble pulse at Yang indicates prevalence of a deficient state at the Upper Portion of Body Cavity. Chest Obstruction and Heart Pain is manifested by a tight pulse at Yin.

9-2 平人，无寒热，短气不足以息者，实也。

CLAUSE 9-2

A normal person who is not suffering from either a fever or a chill may feel a shortness of breath with hypopnea. This is an excessive case.





9-3 胸痹之病，喘息咳唾，胸背痛，短气，寸口脉沉而迟，关上小紧数，栝蒌薤白白酒汤主之。

栝蒌薤白白酒汤方

栝蒌实一枚，捣 薤白半斤 白酒七升

上三味，同煮取二升，分温再服。

CLAUSE 9-3

Chest Obstruction syndrome has the symptoms and signs of panting, coughing, spitting, shortness of breath and pain in the chest and back. The pulse is deep and slow in the Inch and slender-tense-speedy in the Bar. Decoction of Fructus Trichosanthis, Bulbus Allii Aacrostemi and Wine can be adopted to eliminate the syndrome.

Decoction of Fructus Trichosanthis, Bulbus Allii Aacrostemi and Wine
(*Gualou Xiebai Baijiu Tang*):

Fructus Trichosanthis (pound into pieces)	1 pc.
Bulbus Allii Aacrostemi	0.5 jin
Wine (<i>Baijiu</i>)	7 sheng

Stew the drugs in the wine until two *sheng* remain. Serve the decoction lukewarm in two doses.

9-4 胸痹不得卧，心痛彻背者，栝蒌薤白半夏汤主之。

栝蒌薤白半夏汤方

栝蒌实一枚，捣 薤白三两 半夏半斤 白酒一斗

上四味，同煮，取四升，温服一升，日三服。

CLAUSE 9-4

Chest Obstruction syndrome: The patient suffers an acute pain in the chest and a dragging pain in the back. The pain is so acute that he is unable to lie quietly in bed. Decoction of Fructus Trichosanthis, Bulbus Allii Aacrostemi and Rhizoma Pinelliae can be adopted to ease the pain.

Decoction of Fructus Trichosanthis, Bulbus Allii Aacrostemi and Rhizoma Pinelliae

(*Gualou Xiebai Banxia Tang*):

Fructus Trichosanthis (pound into pieces)	1 pc.
Bulbus Allii Aacrostemi	3 liang
Rhizoma Pinelliae	0.5 jin
Wine (<i>Baijiu</i>)	1 dou

Stew the drugs in the wine until four *sheng* remain. Serve one *sheng* of lukewarm decoction per dose three times a day.

9-5 胸痹心中痞气，气结在胸，胸满，胁下逆抢心，枳实薤白桂枝汤主之；人参汤亦主之。“心中痞气，气结在胸”，赵本作“心中痞，留气结在胸”。

枳实薤白桂枝汤方

枳实四枚 厚朴四两 薤白半斤 桂枝一两 栝蒌实一枚，捣

上五味，以水五升，先煮枳实、厚朴，取二升，去滓，内诸药，煮数沸，分温三服。

人参汤方

人参 甘草 干姜 白术各三两

上四味，以水八升，煮取三升，温服一升，日三服。

CLAUSE 9-5

Chest Obstruction syndrome may be accompanied by either Vital Energy Stagnation in the epigastrium or by stagnation of the Vital Energy in the chest with a sensation of fullness in the chest and gas ascending from the ribs rushing towards the Heart. Decoction of Fructus Aurantii Immaturus, Bulbus Allii Aacrostemi and Ramulus Cinnamomi can be adopted. Decoction of Radix Ginseng can be adopted as an alternative.

Decoction of Fructus Aurantii Immaturus, Bulbus Allii Aacrostemi and Ramulus Cinnamomi

(Zhishi Xiebai Guizhi Tang):

Fructus Aurantii Immaturus	4 pcs.
Cortex Magnoliae Officinalis	4 liang
Bulbus Allii Aacrostemi	0.5 jin
Ramulus Cinnamomi	1 liang

Fructus Trichosanthis (broken open) 1 pc.

Stew Fructus Aurantii Immaturus and Cortex Magnoliae Officinalis in five *sheng* of water until two *sheng* remain. Filter the decoction and add remaining drugs. Stew again until it boils. Serve the lukewarm decoction in three doses.

Decoction of Radix Ginseng
(*Renshen Tang*):

Radix Ginseng	3 liang
Radix Glycyrrhizae	3 liang
Rhizoma Zingiberis	3 liang
Rhizoma Atractylodis Macrocephalae	3 liang

Stew the drugs in eight *sheng* of water until three *sheng* remain. Serve one *sheng* of lukewarm decoction per dose three times a day.



9-6 胸痹，胸中气塞、短气，茯苓杏仁甘草汤主之；橘枳姜汤亦主之。《千金》、《外台》无“橘枳姜汤亦主之”七字。

茯苓杏仁甘草汤方

茯苓三两 杏仁五十个 甘草一两

上三味，以水一斗，煮取五升，温服一升，日三服。不差更服。

橘枳姜汤方

橘皮一斤 枳实三两 生姜半斤

上三味，以水五升，煮取二升，分温再服。《肘后》、《千金》云：治胸痹，胸中痞满如满，噎塞习习如痒，喉中涩燥唾沫。

CLAUSE 9-6

Chest Obstruction syndrome with a feeling of suffocation in the chest and shortness of breath can be treated with either Decoction of Poria, Semen Armeniacae Amarum and Radix Glycyrrhizae, or Decoction of Pericarpium Citri Reticulatae, Fructus Aurantii Immaturus and Rhizoma Zingiberis Recens.

Decoction of Poria, Semen Armeniacae Amarum and Radix Glycyrrhizae

(*Fuling Xingren Gancào Tang*):

Poria	3 liang
Semen Armeniacae Amarum	50 pcs.
Radix Glycyrrhizae	1 liang

Stew the drugs in one *dou* of water until five *sheng* remain. Serve one *sheng* of lukewarm decoction per dose three times a day. If the syndrome does not subside, additional doses should be given.

Decoction of Pericarpium Citri Reticulatae, Fructus Aurantii Immaturus and Rhizoma Zingiberis Recens



(*Ju Zhi Jiang Tang*):

Pericarpium Citri Reticulatae	1 jin
Fructus Aurantii Immaturus	3 liang
Rhizoma Zingiberis Recens	0.5 jin

Stew the drugs in five *sheng* of water until two *sheng* remain. Serve the lukewarm decoction in two doses.

9-7 胸痹缓急者，薏苡附子散主之。

薏苡附子散方

薏苡仁十五两 大附子十枚，炮

上二味，杵为散，服方寸匕，日三服。



CLAUSE 9-7

Chest Obstruction syndrome with sporadic mild and acute attacks can be treated with Powder of Semen Coicis and Radix Aconiti Praeparata.

Powder of Semen Coicis and Radix Aconiti Praeparata

(*Yiyi Fuzi San*):

Semen Coicis	15 liang
Radix Aconiti Praeparata	10 large pcs.

Pound the drugs into powder. Serve one *fangcunbi* of powder per dose three times a day.

9-8 心中痞，诸逆心悬痛，桂枝生姜枳实汤主之。

桂枝生姜枳实汤方

桂枝 生姜各三两 枳实五枚

上三味，以水六升，煮取三升，分温三服。

CLAUSE 9-8

Symptoms and signs of Vital-energy Stagnation, adverse ascending feeling and suspended pain of the Heart can be eliminated by prescribing Decoction of Ramulus Cinnamomi, Rhizoma Zingiberis Recens and Fructus Aurantii Immaturus.

Decoction of Ramulus Cinnamomi, Rhizoma Zingiberis Recens and Fructus Aurantii Immaturus

(*Guizhi Shengjiang Zhishi Tang*):

Ramulus Cinnamomi	3 liang
Rhizoma Zingiberis Recens	3 liang
Fructus Aurantii Immaturus	5 pcs.

Stew the drugs in six *sheng* of water until three *sheng* remain. Serve the decoction lukewarm in three doses.

9-9 心痛彻背，背痛彻心，乌头赤石脂丸主之。

乌头赤石脂丸方

蜀椒一两(一法二分) 乌头一分,炮 附子半两,炮(一法一分) 干姜一两(一法一分) 赤石脂一两(一法二分)

上五味,末之,蜜丸如梧子大,先食服一丸,日三服。不知,稍加服。

九痛丸 治九种心痛

附子三两,炮 生狼牙一两,炙香 巴豆一两,去皮心,熬,研如脂 人参 干姜 吴茱萸各一两(《千金》“生狼牙”作“生狼毒”,附子和干姜的用量为“各二两”)

上六味,末之,炼蜜丸如梧子大,酒下,强人初服三丸,日三服,弱者二丸。兼治卒中恶,腹胀痛,口不能言。又治连年积冷,流注心胸痛,并冷冲上气,落马坠车血疾等,皆主之,忌口如常法。

CLAUSE 9-9

Heart Pain with dragging pain leading towards the back and back pain with dragging pain leading to the cardia can be treated with Pills of Rhizoma Aconiti and Halloysitum Rubrum.

Pills of Rhizoma Aconiti and Halloysitum Rubrum

(*Wutou Chishizhi Wan*):

Pericarpium Zanthoxyli	1 liang
Rhizoma Aconiti Praeparata	1 fen
Radix Aconiti Praeparata	0.5 liang
Rhizoma Zingiberis	1 liang
Halloysitum Rubrum	1 liang



Pound the drugs into powder and blend with honey. Make pills the size of Chinese parasol seeds. Take one pill before each meal, three times a day. If not efficacious, slightly increase the dosage.

Pills for Treating Nine Types of Pain

(Jiutong Wan):

Efficacious in relieving nine types of Heart Pain

Radix Aconiti Praeparata	3 liang
Herba Agrimoniae Praeparata	1 liang
Fructus Crotonis	1 liang
Radix Ginseng	1 liang
Rhizoma Zingiberis	1 liang
Fructus Evodiae	1 liang

Pound the drugs into powder. Blend with honey and make pills the size of Chinese parasol seeds. Give three pills with wine to a strong patient and two pills to a normal patient. This prescription is effective for sudden attack of disease due to exogenous pathogenic factors, abdominal distention and pain, aphasia, wandering pain in the chest and the Heart due to long-term accumulation of pathogenic Cold and ascending gas of a Cold nature. Also relieves pain caused by accidents such as falling off a horse or cart, bleeding, etc. General diet taboos should be practiced.

腹满寒疝宿食病脉证治第十

论一首 脉证十六首 方十四首

CHAPTER X

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF ABDOMINAL DISTENTION, ABDOMINAL PAIN CAUSED BY COLD AND INDIGESTION

10-1 趺阳脉微弦，法当腹满，不满者必便难，两胁疼痛，此虚寒从下上也，当以温药服之。

CLAUSE 10-1

Feeble and tight *Fuyang* pulse generally indicates abdominal distention. If there is no abdominal distention, there will be constipation, pain on costal regions caused by the ascending of Deficiency and Cold. A warming agent should be served.

10-2 病者腹满，按之不痛为虚，痛者为实，可下之。舌黄未下者，下之黄自去。

CLAUSE 10-2

Abdominal distention: When the abdomen is pressed, and the patient feels pain, it can be diagnosed as a case of an excessive nature. If there is no pain, it is a case of a deficient nature. For excessive cases, purgatives



can be adopted. A yellowish coating on the tongue observed before administering purgative will diminish after purgative is given.

10-3 腹满时减，复如故，此为寒，当与温药。

CLAUSE 10-3

Abdominal distention which reduces sporadically and resumes afterwards indicates that the syndrome is of a Cold nature. Drugs with warming qualities should be prescribed.

10-4 病者痿黄，躁而不渴，胸中寒实而利不止者，死。“躁”，徐本、沈本等均作“燥”；“胸中”，《脉经》作“胃中”。

CLAUSE 10-4

The patient's complexion is dark yellow. He is restless but does not feel thirsty. He suffers continuous diarrhea and a syndrome of accumulated excessive Cold in the chest. The case will be fatal.

10-5 寸口脉弦者，即肋下拘急而痛，其人啗啗恶寒也。

CLAUSE 10-5

Pulse at the Inch (under the first finger) is tight. The patient has chills, contractions and pain throughout the costal regions.

10-6 夫中寒家喜欠，其人清涕出，发热色和者，善嚏。

CLAUSE 10-6

The patient susceptible to pathogenic Cold tends to yawn frequently with copious snivel. The patient who is feverish but with normal complexion sneezes frequently.

10-7 中寒，其人下利，以里虚也，欲嚏不能，此人肚中寒一云痛。

CLAUSE 10-7

Interior Deficiency is the cause of diarrhea in patients who have been affected by pathogenic Cold. He feels like sneezing but cannot sneeze. He also feels cold in the abdomen (according to another edition: He also feels pain in abdomen).

10-8 夫瘦人绕脐痛，必有风冷，谷气不行，而反下之，其气必冲。不冲者，心下则痞。

CLAUSE 10-8

When thin patients suffer abdominal pain around the navel, this is caused by the invasion of pathogenic Wind and Cold. If Cereal Vital Energy ceases to move, a purgative is adopted, which will arouse the adverse ascending of gas. If gas does not ascend, Vital-energy Stagnation will occur in the epigastrium.

10-9 病腹满，发热十日，脉浮而数，饮食如故，厚朴七物汤主之。

厚朴七物汤方

厚朴半斤 甘草三两 大黄三两 大枣十枚 枳实五枚 桂枝二两 生姜五两

上七味，以水一斗，煮取四升，温服八合，日三服。呕者加半夏五合；下利去大黄；寒多者加生姜至半斤。

CLAUSE 10-9

The patient suffers an abdominal distention. For ten days on end, he is feverish, with floating and speedy pulse and normal intake of food. Decoction of Cortex Magnoliae Officinalis with Seven Drugs can be adopted as a treatment.

Decoction of Cortex Magnoliae Officinalis with Seven Drugs
(*Houpo Qi Wu Tang*):

Cortex Magnoliae Officinalis	0.5 jin
Radix Glycyrrhizae	3 liang
Radix et Rhizoma Rhei	3 liang
Fructus Ziziphi Jujubae	10 pcs.
Fructus Aurantii Immaturus	5 pcs.
Ramulus Cinnamomi	2 liang
Rhizoma Zingiberis Recens	5 liang

Stew the drugs in one *dou* of water until four *sheng* remain. Give

eight *ge* of the lukewarm decoction per dose, three times per day. For a patient who becomes nauseous, add five *ge* of Rhizoma Pinelliae. Subtract Radix et Rhizoma Rhei for patients with diarrhea. For patients with prevailing syndrome of a Cold nature, increase dosage of Rhizoma Zingiberis Recens to 0.5 *jin*.

10-10 腹中寒气，雷鸣切痛，胸胁逆满，呕吐，附子粳米汤主之。《千金》在“寒气”下有“胀满”二字。

附子粳米汤方

附子一枚，炮 半夏半升 甘草一两 大枣十枚 粳米半升

上五味，以水八升，煮米熟，汤成，去滓，温服一升，日三服。

CLAUSE 10-10

Pathogenic Cold in the abdomen will cause borborygmus, acute pain in the abdomen, adverse ascending of gas and a sensation of fullness in the chest and the costal regions, as well as vomiting and nausea. Decoction of Radix Aconiti Praeparata and Semen Oryzae Nonglutinosae can be prescribed to treat the case.

Decoction of Radix Aconiti Praeparata and Semen Oryzae Nonglutinosae

(*Fuzi Gengmi Tang*):

Radix Aconiti Praeparata	1 pc.
Rhizoma Pinelliae	0.5 <i>sheng</i>



Radix Glycyrrhizae	1 <i>liang</i>
Fructus Ziziphi Jujubae	10 pcs.
Semen Oryzae Nonglutinosae	0.5 <i>sheng</i>

Stew the drugs in eight *sheng* of water until Semen Oryzae Nonglutinosae is thoroughly cooked. Filter the decoction. Give one *sheng* of lukewarm decoction per dose three times a day.

10-11 痛而闭者，厚朴三物汤主之。“痛而闭”，《脉经》作“腹满痛”。

厚朴三物汤方

厚朴八两 大黄四两 枳实五枚

上三味，以水一斗二升，先煮二味，取五升，内大黄，煮取三升，温服一升，以利为度。

CLAUSE 10-11

Abdominal distention with constipation can be eliminated by prescribing Decoction of Cortex Magnoliae Officinalis with Three Drugs.

Decoction of Cortex Magnoliae Officinalis with Three Drugs
(*Houpo San Wu Tang*):

Cortex Magnoliae Officinalis	8 <i>liang</i>
Radix et Rhizoma Rhei	4 <i>liang</i>
Fructus Aurantii Immaturus	5 pcs.

Stew Cortex Magnoliae Officinalis and Fructus Aurantii Immaturus in one *dou* plus two *sheng* of water until five *sheng* remain. Add Radix et Rhizoma Rhei and stew it again until three *sheng* remain. Serve one *sheng* of lukewarm decoction. When stool loosens, stop taking the decoction.

10-12 按之心下满痛者，此为实也，当下之，宜大柴胡汤。

大柴胡汤方

柴胡半斤 黄芪三两 芍药三两 半夏半升，洗 枳实四枚，炙 大黄二两 大枣十二枚 生姜五两

上八味，以水一斗二升，煮取六升，去滓，再煎，温服一升，日三服。

CLAUSE 10-12

When the doctor palpates the patient in the epigastrium, he feels distention and pain. This indicates an excessive syndrome. A purgative such as Decoction of Greater Radix Bupleuri can be adopted.

Decoction of Greater Radix Bupleuri

(*Da Chaihu Tang*):

Radix Bupleuri	0.5 jin
Radix Scutellariae	3 liang
Radix Paeoniae	3 liang
Rhizoma Pinelliae	0.5 jin
Fructus Aurantii Immaturus Praeparata	4 pcs.

Radix et Rhizoma Rhei	2 liang
Fructus Ziziphi Jujubae	12 pcs.
Rhizoma Zingiberis Recens	5 liang

Stew the drugs in one *dou* plus two *sheng* of water until six *sheng* remain. Filter the decoction and stew it again. Serve one *sheng* of lukewarm decoction per dose three times a day.

10-13 腹满不减，减不足言，当须下之，宜大承气汤。

大承气汤方（见前痉病中）

CLAUSE 10-13

When abdominal distention is not reduced or only partially reduced, Decoction of Greater *Chengqi* should be prescribed as a drastic measure.

10-14 心胸中大寒痛，呕不能饮食，腹中寒，上冲皮起，出见有头足，上下痛而不可触近，大建中汤主之。

大建中汤方

蜀椒二合，去汗 干姜四两 人参二两

上三味，以水四升，煮取二升，去滓，内胶饴一升，微火煎取一升半，分温再服，如一炊顷，可饮粥二升，后更服，当一日食糜，温覆之。

CLAUSE 10-14

Decoction of Greater *Jianzhong* can be adopted for syndromes having the following symptoms and signs: Acute pain in the chest and the epigastrium caused by Cold, nausea and vomiting that prevents the patient from eating, pathogenic Cold in the abdomen that forms protruding mass in the shape of a head or foot which appears in different abdominal locations with tenderness that is extremely painful.

Decoction of Greater *Jianzhong*
(*Da Jianzhong Tang*):

Pericarpium Zanthoxyli Praeparata	2 <i>ge</i>
Rhizoma Zingiberis	4 <i>liang</i>
Radix Ginseng	2 <i>liang</i>

Stew the drugs in four *sheng* of water until two *sheng* remain. Filter the decoction, add one *sheng* of *Jiaoyi* (malt sugar) and stew again over a slow fire until one and a half *sheng* remain. Serve the decoction in two doses. After serving the decoction, wait as long as it takes to prepare a meal and then serve two *sheng* of porridge. Another dose of the decoction can be taken later. The patient should follow liquid diet for the entire day. Cover the patient and keep him warm.



10-15 胁下偏痛，发热，其脉紧弦，此寒也，以温药下之，宜大黄附子汤。《脉经》无“发热”二字。

大黄附子汤方

大黄三两 附子三枚，炮 细辛二两

上三味，以水五升，煮取二升，分温三服，若强人，煮取二升半，分温三服，服后如人行四五里，进一服。

CLAUSE 10-15

Invasion of pathogenic Cold will cause the following symptoms and signs to appear: Pain on one of the flanks, fever, and tense-tight pulse. Purgative with warm ingredients should be adopted to eliminate the constipation. Decoction of Radix et Rhizoma Rhei and Radix Aconiti Praeparata will provide the cure.

Decoction of Radix et Rhizoma Rhei and Radix Aconiti Praeparata
(*Dahuang Fuzi Tang*):

Radix et Rhizoma Rhei	3 liang
Radix Aconiti Praeparata	3 pcs.
Herba Asari	2 liang

Stew the drugs in five *sheng* of water until two *sheng* remain. Serve the decoction in three doses. For strong patients, stew the decoction until two and a half *sheng* remain and serve in three doses. After serving one dose, a second can be given in a time when a person has walked four to five *li* (two kilometers or more).

10-16 寒气厥逆，赤丸主之。

赤丸方

茯苓四两 乌头二两，炮 半夏四两，洗（一方用桂） 细辛一两

上四味，末之，内真朱为色，炼蜜丸如麻子大，先食，酒饮下三丸，日再夜一服，不知稍增之，以知为度。

CLAUSE 10-16

Coldness in the extremities caused by pathogenic Cold can be treated with *Chiwan Pills*.

Chiwan Pills

(*Chi Wan*):

Poria	4 liang
Radix Aconiti Praeparata	2 liang
Rhizoma Pinelliae	4 liang
Herba Asari	1 liang

Pound the drugs into powder. Add Cinnabaris, which will make the powder red. Mix the powder with honey and form pills the size of Fructus Cannabis. Take three pills before meals, twice in the daytime and once at night. If not effective, increase dosage till cure is effected.

10-17 腹痛，脉弦而紧，弦则卫气不行，即恶寒，紧则不欲食，邪正相搏，即为寒疝。绕脐痛，若发则白汗出，手足厥冷，其脉沉弦者，大乌头煎煮之。

大乌头煎方

乌头大者五枚，熬，去皮，不咬咀

上以水三升，煮取一升，去滓，内蜜二升，煎令水气尽，取二升，强人服七合，弱人服五合，不差，明日更服，不可一日再服。

CLAUSE 10-17

Abdominal pain with tight-tense pulse. Tight pulse indicates stagnation of Vital Resistance, creating aversion to cold. Tense pulse reflects anorexia. When pathogenic Cold conflicts with Body Resistance, abdominal pain in the navel region results, accompanied by cold sweat, coldness in extremities and deep-tense pulse. Decoction of Greater Rhizoma Aconiti will provide a sure.

Decoction of Greater Rhizoma Aconiti

(*Da Wutou Jian*):

Radix Aconiti Praeparata

5 big pcs.

Stew the drug in three *sheng* of water until one *sheng* remains. Filter the decoction and add two *sheng* of honey. Then stew the decoction until all the water evaporates. Two *sheng* of the decoction will remain. Serve seven *ge* to a strong patient and five *ge* to a weak. If not effective, serve a second dose the next day. No more than one dose should be served per day.

10-18 寒疝，腹中痛及胁痛里急者，当归生姜羊肉汤主之。

当归生姜羊肉汤方

当归三两 生姜五两 羊肉一斤

上三味，以水八升，煮取三升，温服七合，日三服。若寒多者，加生姜成一斤；痛多而呕者，加橘皮二两，白朮一两；加生姜者，亦加水五升，煮取三升二合，服之。

CLAUSE 10-18

Abdominal pain caused by Cold with pain in the abdomen and the costal regions, and dragging pains can be reduced with Decoction of Radix Angelicae Sinensis, Rhizoma Zingiberis Recens and Mutton.

Decoction of Radix Angelicae Sinensis, Rhizoma Zingiberis Recens and Mutton

(*Danggui Shengjiang Yangrou Tang*):

Radix Angelicae Sinensis	3 liang
Rhizoma Zingiberis Recens	5 liang
Mutton	1 jin

Stew the drugs and the mutton in eight *sheng* of water until three *sheng* remain. Serve seven *ge* of the lukewarm decoction per dose three times a day.

In cases caused by severe Cold, increase the dosage of Rhizoma Zingiberis Recens to one *jin* and stew the drugs in thirteen *sheng* of water until three *sheng* and two *ge* remain. In case of acute pain with nausea, add two *liang* of Pericarpium Citri Reticulatae and one *liang* of Rhizoma Atractylodis Macrocephalae to the original prescription.

10-19 寒疝腹中痛，逆冷，手足不仁，若身疼痛，灸刺诸药不能治，抵当乌头桂枝汤主之。“若身疼痛”，《千金》作“一身尽痛”，《千金》、程本无“抵当”二字，《金鉴》认为“抵当”二字系衍文。

乌头桂枝汤方

乌头实中者五枚，除去角（乌头原方分量缺，徐鍇据《千金方》补入）

上一味，以蜜二斤（《千金》原书作“蜜一斤”）煎减半，去滓，以桂枝汤五合解之。令得一升后，初服二合，不知，即服三合，又不知，复加至五合。其知者，如醉状；得吐者，为中病。

桂枝汤方

桂枝三两，去皮 芍药三两 甘草二两，炙 生姜三两 大枣十二枚

上五味，剉，以水七升，微火煮取三升，去滓。

· CLAUSE 10-19

Abdominal pain caused by Cold with coldness and numbness in the extremities and pain throughout the body: Acupuncture, moxibustion or other drugs can not cure the syndrome. Decoction of Rhizoma Aconiti and Ramulus Cinnamomi can be adopted as a curative.

Decoction of Rhizoma Aconiti and Ramulus Cinnamomi
(*Wutou Guizhi Tang*):

Rhizoma Aconiti

5 pcs.

Stew Rhizoma Aconiti in two *jin* of honey until half of the decoction remains. Filter the decoction. Mix five *ge* of the decoction with five *ge* of Decoction of Ramulus Cinnamomi to make one *sheng* of decoction. For the first dose, serve two *ge* of the decoction. If not effective, increase dosage to three *ge*. If still not effective, increase to five *ge*. When the medicament takes effect, the patient behaves as if drunk. If the patient vomits, efficacy of the decoction is proven.

Decoction of Ramulus Cinnamomi
(*Guizhi Tang*):

Ramulus Cinnamomi	3 liang
Radix Paeoniae	3 liang
Radix Glycyrrhizae Praeparata	2 liang
Rhizoma Zingiberis Recens	3 liang
Fructus Ziziphi Jujubae	12 pcs.

Stew the drugs in seven *sheng* of water over a slow fire until three *sheng* remain. Filter the decoction.

10-20 其脉数而紧，乃弦，状如弓弦，按之不移。脉数弦者，当下其寒；脉紧大而迟者，必心下坚；脉大而紧者，阳中有阴，可下之。“其脉数”，《脉经》作“其脉浮”。按，可下篇，“紧大”作“双弦”，“可下”之下，有“宜大承气汤”五字，不载“其脉数”以下二十三字，知是别为一条。

附方

《外台》乌头汤 治寒疝腹中绞痛，贼风入攻五脏，拘急

不得转侧，发作有时，使人阴缩，手足厥逆方见上。

《外台》柴胡桂枝汤方 治心腹卒中痛者。

柴胡四两 黄芩 人参 芍药 桂枝 生姜各一两半 甘草一两 半夏二合半 大枣六枚

上九味，以水六升，煮取三升，温服一升，日三服。

《外台》走马汤 治中恶，心痛腹胀，大便不通。

杏仁二枚 巴豆二枚，去皮心，熬

上二味，以绵缠，捶令碎，热汤二合，捻取白汁，饮之当下，老少量之，通治飞尸、鬼击病。

CLAUSE 10-20

The pulse is speedy-tense and becomes speedy-tight. When the pulse is pressed, it feels as tight as a bowstring. Even if it is pressed deeply, it remains equally tight. Treat such a case by prescribing a purgative with warm-quality drugs to disperse the Cold. Tense-huge and slow pulse indicates the existence of a hardened mass in the epigastrium. If the pulse is huge-tense, it indicates a case of Yin within Yang. A purgative can be adopted.

Appendix: Prescriptions from *Waitai*:

Prescription A: Decoction of *Rhizoma Aconiti*, effective in treating acute abdominal pain caused by Cold, invasion of pathogenic Wind in the Five viscera, contraction which renders the patient immobile, constriction of genitals (flaccid constriction of penis) and coldness in the extremities.

Prescription B: Decoction of Radix Bupleuri and Ramulus Cinnamomi, effective in curing syndrome of sudden attacks of pain in the epigastrium and abdomen. (According to the original text in *Waitai*, this should read: “effective in curing syndrome of abdominal pain caused by Cold.”)

Decoction of Rhizoma Aconiti in *Waitai* is the same as Decoction of Rhizoma Aconiti and Ramulus Cinnamomi found in Clause 10-19, the dosages are not the same:

Decoction of Rhizoma Aconiti
(*Waitai Wutou Tang*)

Rhizoma Aconiti	15 pcs.
Cortex Cinnamomi	6 liang
Radix Paeoniae	4 liang
Radix Glycyrrhizae	2 liang
Rhizoma Zingiberis Recens	1 jin
Fructus Ziziphi Jujubae	10 pcs.

Decoction of Radix Bupleuri and Ramulus Cinnamomi
(*Waitai Chaihu Guizhi Tang*):

This prescription also appears in Clause 146 of *Shanghan Lun*.

Radix Bupleuri	4 liang
Radix Scutellariae	1.5 liang
Radix Ginseng	1.5 liang
Radix Paeoniae	1.5 liang
Ramulus Cinnamomi	1.5 liang
Rhizoma Zingiberis Recens	1.5 liang



Radix Glycyrrhizae	1 liang
Rhizoma Pinelliae	2.5 ge
Fructus Ziziphi Jujubae	6 pcs.

Decoction of *Zouma*, effective in curing syndrome with attack of pestilent factors, Heart pain, abdominal distention and constipation.

Decoction of *Zouma*
(*Zouma Tang*):

Semen Armeniacae Amarum	2 pcs.
Fructus Crotonis Praeparata	2 pcs.

10-21 问曰：“人病有宿食，何以别之？”师曰：“寸口脉浮而大，按之反涩，尺中亦微而涩，故知有宿食，大承气汤主之。”

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CLAUSE 10-21

Question: How does one diagnose a syndrome of indigestion?

Master: Pulse at the Inch (under the first finger) is floating-huge. When it is pressed deeply, it becomes hesitant. Pulse in the Cubit (under the ring-finger) is also feeble-hesitant. This is evidence of indigestion. Decoction of Greater *Chengqi* can be adopted as a purgative.

10-22 脉数而滑者实也，此有宿食，下之愈，宜大承气汤。

CLAUSE 10-22

Speedy-slippery pulse indicates an excessive case and indigestion.

The purgative, Decoction of Greater *Chengqi*, can be considered as a cure.

10-23 下利不欲食者，有宿食也，当下之，宜大承气汤。

CLAUSE 10-23

Diarrhea with anorexia signifies a case of indigestion. A purgative should be prescribed. Decoction of Greater *Chengqi* will provide a cure.

10-24 宿食在上脘，当吐之，宜瓜蒂散。

瓜蒂散方

瓜蒂一分，熬黄 赤小豆一分，煮

上二味，杵为散，以香豉七合煮取汁，和散一钱匕，温服之，不吐者，少加之，以快吐为度而止。亡血以及虚者不可与之。

CLAUSE 10-24

When the indigestion remains in the upper gastric cavity, an emetic should be prescribed to help the patient eliminate the indigestion by vomiting. Powder of *Pedicellus Melo* should be adopted.

Powder of *Pedicellus Melo*

(*Guadi San*):

<i>Pedicellus Melo</i>	1 <i>fen</i>
<i>Semen Phaseoli</i>	1 <i>fen</i>



Pound the drugs into powder. Stew Semen Sojae Praeparatum in seven *ge* of water. Take one *qianbi* of the powder with the warm decoction. If there is no emesis, increase the dosage gradually until a good emesis is observed.

Taboo: The patient who has lost blood or who is physically weak should not take this medicine.

10-25 脉紧如转索无常者，有宿食也。《脉经》于“转索”下有“左右”二字。

CLAUSE 10-25

Tense pulse resembling a twisting rope indicates indigestion.

10-26 脉紧，头痛风寒，腹中有宿食不化也。一云寸口脉紧。《脉经》在“腹”上有“或”字。

CLAUSE 10-26

Tense pulse indicates either an Exterior syndrome with headache caused by pathogenic Wind and Cold, or abdominal indigestion.

五脏风寒积聚病脉证并治第十一

论二首 脉证十七条 方二首

CHAPTER XI

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF ACCUMULATION OF PATHOGENIC WIND AND COLD IN THE FIVE VISCERA

11-1 肺中风者，口燥而喘，身运而重，冒而肿胀。

CLAUSE 11-1

When the Lung is affected by pathogenic Wind, the patient will feel parched in throat and wheeze. He will also feel vertigo, heaviness of movement and swelling throughout the body.

11-2 肺中寒，吐浊涕。

CLAUSE 11-2

When the Lung is affected by pathogenic Cold, the symptom of spitting sticky sputum will appear.

11-3 肺死脏，浮之虚，按之弱如葱叶，下无根者死。





CLAUSE 11-3

Pulse of Dead Lung is deficient when pressed lightly and as weak and rootless as the leaves of a Chinese onion when pressed deeply. This indicates a fatal case.

11-4 肝中风者，头目暈，两胁痛，行常伛，令人嗜甘。

CLAUSE 11-4

When the Liver is affected by pathogenic Wind, the patient feels pain on both flanks and walks with his back bent. His head shakes and eyelids jump. He begins to show a preference for sweet food.

11-5 肝中寒者，两臂不举，舌本燥，喜太息，胸中痛，不得转侧，食则吐而汗出也。《脉经》、《千金》云：“时盗汗、咳，食已吐其汁”。

CLAUSE 11-5

When the Liver is affected by pathogenic Cold, the patient cannot raise his arms and feels parched at the root of the tongue. He sighs frequently and chest pain hampers his normal movements. After eating, he will vomit and perspire.

11-6 肝死脏，浮之弱，按之如索不来，或曲如蛇形者死。

CLAUSE 11-6

Pulse of the Dead Liver is weak when pressed lightly. When pressed deeply, pulse is “as stale as a rope” (pulse does not rebound) or moves like

a snake. Such pulsation is an indication of a fatal case.

11-7 肝着，其人常欲蹈其胸上，先未苦时，但欲饮热，旋覆花汤主之。臣亿等校诸本旋覆花汤方，皆同。

CLAUSE 11-7

Syndrome of Liver-affection: The patient enjoys having a strong pressure applied to his chest by another person. Before the onset of the syndrome, he prefers to drink hot beverages. Decoction of Flos Inulae can be adopted.

Decoction of Fols Inulae
(*Xuanfuhua Tang*):

Fols Inulae	3 <i>liang</i>
AlliumFistulosum	14 pcs.
<i>Xinjiang</i>	a little bit



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Stew the drugs in three *sheng* of water until one *sheng* remains. Serve the decoction in one dose.

11-8 心中风者，翕翕发热，不能起，心中饥，食即呕吐。

CLAUSE 11-8

When the Heart is affected by pathogenic Wind, the patient has a fever and cannot get out of bed. He feels hungry, but immediately vomits whatever food he eats.

11-9 心中寒者，其人苦病心如啖蒜状，剧者心痛彻背，背痛彻心，譬如盘注，其脉浮者，自吐乃愈。

CLAUSE 11-9

When the Heart is affected by pathogenic Cold, the patient suffers uneasiness in the Heart (in the chest), as if he has eaten too much garlic. In acute cases, there will be pain in the Heart (chest) dragging towards the back or pain in the back dragging towards the Heart (chest); this is similar to a *Guzhu* syndrome. If the pulse is floating, a spontaneous vomiting will bring about a recovery.

11-10 心伤者，其人劳倦即头面赤而下重，心中痛而自烦发热，当脐跳，其脉弦，此为心脏伤所致也。

CLAUSE 11-10

When the Heart is affected and damaged, the following symptoms and signs will appear: When the patient is tired, his head and face will turn red. Other symptoms and signs include tenesmus, fever, restlessness, pain in the Heart, jumping movements in the region of navel and tight pulse.

11-11 心死脏，浮之实，如麻豆，按之益躁疾者死。

CLAUSE 11-11

Pulse of a Dead Heart is excessive when pressed lightly, resembling the feeling of beans. When pressed deeply, the pulse becomes restless and swift. Such pulse suggests a fatal case.



11-12 邪哭使魂魄不安者，血气少也，血气少者属于心，心气虚者，其人则畏，合目欲眠，梦远行而精神离散，魂魄妄行。阴气衰者为癡，阳气衰者为狂。

CLAUSE 11-12

The patient cries out in restlessness as if he were haunted.

This is due to a Deficiency of the Blood and the Vital Energy, and is classed as a Heart disease. When the Vital Energy in the Heart is deficient, the patient senses fright, closes his eyes and tends to sleep. He will have dreams of a long journey and experiences spiritual irritability and depression. Evanescence of the Yin Vital Essence will lead to a case of insanity with emotional depression. Evanescence of the Yang Vital Energy will result in mania.

11-13 脾中风者，翕翕发热，形如醉人，腹中烦重，皮目瞤瞤而短气。

CLAUSE 11-13

When the Spleen is affected by pathogenic Wind, the patient will have a fever and behave as if he were drunk. He feels discomfort and heaviness in the abdomen, and his skin and eyes are jumping. He also experiences shortness of breath.

11-14 脾死脏，浮之大坚，按之如覆杯洁洁，状如摇者死。臣亿等：“详五脏各有中风、中寒。今脾只载中风，肾中风、中寒俱不载者，以古文简乱极多，去古既远，无文可以补缀也。”

CLAUSE 11-14

Pulse of a Dead Spleen is huge and strong when pressed lightly. When pressed deeply, it feels like an inverted empty cup, with swirling and restless pulsation. This indicates a fatal case.

11-15 跌阳脉浮而涩，浮则胃气强，涩则小便数，浮涩相搏，大便则坚，其脾为约，麻子仁丸主之。

麻子仁丸方

麻子仁二升 芍药半斤 枳实一斤 大黄一斤 厚朴一尺 杏仁一升

上六味，末之，炼蜜如丸，梧子大，饮服十丸，日三服，以知为度。

CLAUSE 11-15

Fuyang pulse is floating and hesitant. Floating pulse indicates strong Stomach Vital Energy, whereas hesitant pulse indicates frequent urination. Conflict of floating and hesitant pulses causes constipation and Spleen Restriction. Pills of *Fructus Cannabis* will provide a cure.

Pills of *Fructus Cannabis*

(*Maziren Wan*)

<i>Fructus Cannabis</i>	2 sheng
<i>Radix Paeoniae</i>	0.5 jin
<i>Fructus Aurantii Immaturus</i>	1 jin
<i>Radix et Rhizoma Rhei</i>	1 jin
<i>Cortex Magnoliae Officinalis</i>	1 chi
<i>Semen Armeniacae Amarum</i>	1 sheng

Pound the drugs into powder, and form pills the size of Chinese parasol seeds with honey. Take ten pills three times a day. Gradually increase dosage until normal defecation is observed.

1-16 肾着之病，其人身体重，腰中冷，如坐水中，形如水状，反不渴，小便自利，饮食如故，病属下焦，身劳汗出。衣一作表里冷湿，久久得之，腰以下冷痛，腹重如带五千钱，甘姜苓术汤主之。

甘草干姜茯苓白术汤方

甘草二两 白术二两 干姜四两 茯苓四两

上四味，以水五升，煮取三升，分温三服，腰中即温。

CLAUSE 11-16

Kidney-affection syndrome with the following symptoms and signs can be treated with Decoction of Radix Glycyrrhizae, Rhizoma Zingiberis, Poria and Rhizoma Atractylodis Macrocephalae: Heaviness in movement, and cold in the lumbar region as if the patient were sitting in water. Syndrome is similar to that caused by pathogenic Water, but the patient is not thirsty. Other symptoms may include normal urination and intake of food, which indicates that the trouble is at the Lower Portion of Body Cavity. Pathology of the syndrome is as follows: when the patient performs work, he perspires which makes his clothes wet and cold. If this condition persists for a long period of time, the patient will be affected by the syndrome with cold, by a painful sensation in the region below the waist, and by a feeling of heaviness in the abdomen as if he were carrying a

thousand coins around his waist.

Decoction of Radix Glycyrrhizae, Rhizoma Zingiberis, Poria and Rhizoma Atractylodis Macrocephalae
(*Gan Jiang Ling Zhu Tang*)

Radix Glycyrrhizae	2 liang
Rhizoma Atractylodis Macrocephalae	2 liang
Rhizoma Zingiberis	4 liang
Poria	4 liang

Stew the drugs in five *sheng* of water until three *sheng* remain. Serve the lukewarm decoction in three doses. This will cause the waist to warm up.

11-17 肾死脏，浮之坚，按之乱如转丸，益下入尺中者死。

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CLAUSE 11-17

Pulse of a Dead Kidney is mighty and hard when pressed lightly. When pressed deeply, it feels like a swirling ball with an irregular movement. If this pulsation is more apparent in the Cubit (under the ringfinger), the case will be fatal.

11.18 问曰：“三焦竭部，上焦竭善噫，何谓也？”师曰：“上焦受中焦，气未和，不能消谷，故能噫耳；下焦竭，即遗溺失便，其气不和，不能自禁制，不须治，久则愈。”

CLAUSE 11-18

Question: Deficiency and exhaustion of the Three Portions of Body Cavity: When the Upper Portion of Body Cavity is deficient and exhausted, the patient will belch frequently. Why is this?

Master: The Upper Portion is nourished by the Middle Portion. When the Stomach (located in the Middle Portion) Vital Energy is out of harmony, cereal cannot be digested. Indigestion causes the belching. When the Lower Portion is deficient and exhausted, enuresis and fecal incontinence will occur due to a disorder of the Vital Energy, which can no longer control stool and urination. No therapy needs to be adopted. The disorder will subside after a period of time.

11-19 师曰：“热在上焦者，因咳为肺痿；热在中焦者，则为坚；热在下焦者，则尿血，亦令淋秘不通；大肠有寒者，多鹜溏；有热者，便肠垢；小肠有寒者，其人下重便血；有热者必痔。”

CLAUSE 11-19

Master: When the Upper Portion of Body Cavity is affected by pathogenic Heat, coughing will develop into a syndrome of pulmonary asthenia. When the Heat rests in the Middle Portion, constipation results. When the Heat invades the Lower Portion, hematuria, urinary disturbance and constipation result. Pathogenic cold in the large intestine makes the stool watery, whereas Heat in the large intestine will bring stool with thick mucus. Pathogenic Cold in the small intestine leads to tenesmus and bloody stool. Heat will cause hemorrhoids.



11-20 问曰：“病有积，有聚，有槩气，何谓也？”师曰：“积者，脏病也，终不移；聚者，腑病也，发作有时，展转痛移，为可治；槩气者，肋下痛，按之则愈，复发，为槩气。诸积大法：脉来细而附骨者，乃积也。寸口积在胸中；微出寸口，积在喉中；关上积在脐旁；上关上，积在心下；微下关，积在少腹。尺中，积在气冲；脉出左，积在左；脉出右，积在右；脉两出，积在中央。各以其部处之。”

CLAUSE 11-20

Question: What are the syndromes of Accumulation, Assemblage and *Guqi*?

Master: Accumulation is a disease of the Viscera, which does not change its location. Assemblage is a disease of the Bowels with sporadic attacks and changes of location. It is a curable disease. *Guqi* is a pain which occurs in the costal regions. When pressed, it subsides but resumes later. Diagnosis of the Accumulation syndrome: The pulse is slender and appears as deep as if it were near a bone. If such pulse appears at the Inch, the Accumulation is in the chest; if the pulse is a bit above the Inch (nearer to the palm), the Accumulation is in the throat; pulse at the Bar indicates Accumulation near the navel; pulse above the Bar (between Bar and Inch) indicates Accumulation in the epigastrium; pulse located beneath the Bar (between Bar and Cubit) indicates Accumulation in the abdomen; pulse located in the Cubit indicates Accumulation at *Qichong* (ST 30). When the pulse is sensed on the left wrist, the pathological condition is located on the right side and vice versa. If the pulse appears on both wrists, the Accumulation is located in the middle. Treat the syndrome according to its location.

痰饮咳嗽病脉证并治第十二

论一首 脉证二十一条 方十八首

CHAPTER XII

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF *TANYIN* AND COUGHING

12-1 问曰：“夫饮有四，何谓也？”师曰：“有痰饮、有悬饮、有溢饮、有支饮。”

问曰：“四饮何以为异？”师曰：“其人素盛今瘦，水走肠间，沥沥有声，谓之痰饮；饮后水流在胁下，咳唾引痛，谓之悬饮；饮水流行，归于四肢，当汗出而不汗出，身体疼重，谓之溢饮；咳逆倚息，短气不得卧，其形如肿，谓之支饮。”“沥沥”，《巢源》作“漉漉”。



CLAUSE 12-1

Question: The Fluid-retention syndrome can be divided into four categories. What are they?

Master: *Tanyin* Fluid-retention, *Xuanyin* Fluid-retention, *Yiyin* Fluid-retention, and *Zhiyin* Fluid-retention.

Question: How do they differ?

Master: A patient with a plump build loses weight and a splashing sound can be heard in his intestines. This is a *Tanyin* Fluid-retention syndrome.

After drinking water, the fluid flows and collects in the patient's costal regions. A dragging pain occurs when the patient coughs or spits. This is



Xuanyin Fluid-retention.

After drinking water, the fluid flows and collects in the extremities. The patient cannot sweat when he should, and feels pain and heaviness in his body. This is *Yiyin* Fluid-retention.

Zhiyin Fluid-retention syndrome may include symptoms and signs of coughing with adverse ascending gas and labored respiration, and shortness of breath that prevents the patient from lying quietly in bed.

12-2 水在心，心下坚筑，短气，恶水不欲饮。

CLAUSE 12-2

When the pathogenic Water collects in the Heart, a hard mass and jumping will appear in the epigastrium with shortness of breath. The patient will also feel disgust at the sight of water or when drinking water.

12-3 水在肺，吐涎沫，欲饮水。

CLAUSE 12-3

When the Water collects in the Lung, copious salivation and thirst will result.

12-4 水在脾，少气身重。

CLAUSE 12-4

When the Water collects in the Spleen, shortness of breath and heaviness of movement will result.

12-5 水在肝，肋下支满，嚏而痛。

CLAUSE 12-5

When the Water collects in the Liver, the patient will sense distention and fullness in the costal regions and a pain in the same area when sneezing.

12-6 水在肾，心下悸。

CLAUSE 12-6

When the Water collects in the Kidney, palpitation beneath the Heart will result.

12-7 夫心下有留饮，其人背寒冷，如手大。

CLAUSE 12-7

When Remaining Fluid-retention occurs in the epigastrium the patient will feel cold in his back in an area the size of the palm.

12-8 留饮者，肋下痛引缺盆，咳嗽则辄已一作转甚。

CLAUSE 12-8

When the *Tanyin* Fluid-retention has continued for a long period of time, the patient will feel pain in the costal regions with dragging pains leading to the supraclavicular fossa. When the patient coughs, the pain will be aggravated.

12-9 胸中有留饮，其人短气而渴，四肢历节痛，脉沉者，有留饮。

CLAUSE 12-9

When the *Tanyin* Fluid-retention occurs in the chest, the patient feels a shortness of breath and thirst, and suffers arthralgia in all the joints of the body. A deep pulse is diagnosed. This is the Remaining Fluid-retention syndrome.

12-10 膈上病痰，满喘咳吐，发则寒热，背痛腰疼，目泣自出，其人振振身瞤剧，必有伏饮。“病痰”《脉经》、《千金》作“之病”。

CLAUSE 12-10

When *Tanyin* Fluid-retention occurs in the cavity above the diaphragm, the following symptoms and signs will be observed: a sensation of fullness, wheezing, coughing and vomiting. With the onset of the syndrome, there will be fever and chill, pains in the back and lumbar region, fierce shaking of the body, and spontaneous tears. This is the Hidden Fluid-retention syndrome.

12-11 夫病人饮水多，必暴喘满。凡食少饮多，水停心下，甚者则悸，微者短气。脉双弦者寒也，皆大下后喜虚；脉偏弦者饮也。“脉双弦”以下，程本、《金鉴》均别列为一条；又“喜虚”，程本、魏本等作“里虚”。

**CLAUSE 12-11**

If the patient drinks too much water he will suffer a sudden attack of wheezing with sensation of fullness. When the patient eats little but drinks copiously the Water will collect in the epigastrium. An acute case will bring about palpitations, while a mild one will cause shortness of breath.

Tight pulse in both wrists indicates a syndrome of a Cold nature, which is a deficient state caused by the administration of drastics. If tight pulse appears only in one wrist, it indicates a *Tanyin* Fluid-retention syndrome.

12-12 肺饮不弦，但苦喘短气。

CLAUSE 12-12

Fluid-retention in the Lung will not cause a tight pulse, but bring about panting and shortness of breath.

12-13 支饮亦喘而不能卧，加短气，其脉平也。

CLAUSE 12-13

Zhiyin Fluid-retention syndrome will make it difficult for the patient to lie in bed due to panting and severe shortness of breath. The pulse is even (quiet and moderate).

12-14 病痰饮者，当以温药和之。

CLAUSE 12-14

Tanyin Fluid-retention syndromes can be cured by warm drugs.

12-15 心下有痰饮，胸胁支满，目眩，苓桂术甘汤主之。

茯苓桂枝白术甘草汤方

茯苓四两 桂枝三两 白术三两 甘草二两

上四味，以水六升，煮取三升，分温三服，小便则利。

CLAUSE 12-15

Tanyin Fluid-retention in the epigastrium with distention and fullness in the chest and costal regions and vertigo can be treated with Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae.

Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae

(*Fu Ling Gui Zhu Bai Gan Cao Tang*):

Poria	4 liang
Ramulus Cinnamomi	3 liang
Rhizoma Atractylodis Macrocephalae	3 liang
Radix Glycyrrhizae	2 liang

Stew the drugs in six *sheng* of water until three *sheng* remain. Serve the lukewarm decoction in three doses. Urination will become normal.

12-16 夫短气，有微饮，当从小便去之，苓桂术甘汤主之。方见上。肾气丸亦主之方见脚气中。

CLAUSE 12-16

Treatment of shortness of breath caused by minor case of Fluid-retention syndrome should follow the principle of removing pathogenic factors from urine. Decoction of Poria, Ramulus Cinnamomi, Rhizoma Atractylodis Macrocephalae and Radix Glycyrrhizae (prescription see Clause 12-15) can be adopted. Pills of Eight Ingredients of the Kidney Vital Energy can also be adopted. (See Pills of Eight Ingredients in Clause 5-10.)

12-17 病者脉伏，其人欲自利，利反快，虽利，心下续坚满，此为留饮欲去故也，甘遂半夏汤主之。《脉经》、《千金》、《外台》在“反”上有“者”字。

甘遂半夏汤方

甘遂大者，三枚 半夏十二枚，以水一升，煮取半升，去滓 芍药五枚 甘草如指大，一枚，炙，一本作无

上四味，以水二升，煮取半升，去滓，以蜜半升和药汁，煎取八合，顿服之。

CLAUSE 12-17

Pulse is hidden. The patient feels the urge to defecate. After the stool, he gains some relief. This indicates the dispersion of Fluid-retention. If after the stool, the patient still feels a sense of fullness and distention in the epigastrium, Decoction of Radix Euphorbiae Kansui and Rhizoma Pinelliae can be adopted.



Decoction of Radix Euphorbiae Kansui and Rhizoma Pinelliae
(*Gansui Banxia Tang*):

Radix Euphorbiae Kansui	3 big pcs.
Rhizoma Pinelliae (stew in one <i>sheng</i> of water until one and a half <i>sheng</i> remains, filter the decoction)	12 pcs.
Radix Paeoniae	5 pcs.
Radix Glycyrrhizae Praeparata	1 thumb-size pc.

Stew the drugs in two *sheng* of water until one and a half *sheng* remains. Filter the decoction and blend with one and a half *sheng* of honey. Stew again until eight *ge* remain. Serve the decoction at one draft.

12-18 脉浮而细滑，伤饮。

CLAUSE 12-18

Floating and slender-slippery pulse indicates the onset of a Fluid-retention syndrome.

12-19 脉弦数，有寒饮，冬夏难治。

CLAUSE 12-19

The pulse corresponding to Fluid-retention of a Cold nature is tight-speedy. Such a case will be difficult to treat in summer or winter.

12-20 脉沉而弦者，悬饮内痛；病悬饮者，十枣汤主之。

十枣汤方

芫花熬 甘遂 大戟各等分

上三味，捣筛，以水一升五合，先煮肥大枣十枚，取八合，去滓，内药末，强人服一钱匕，羸人服半钱，平旦温服之，不下者，明日更加半钱，得快下后，糜粥自养。

CLAUSE 12-20

Deep-tight pulse indicates a case of *Xuanyin* Fluid-retention with pains (in the chest and costal regions). Decoction of Ten Pieces of Fructus Ziziphi Jujubae will provide a cure.

Decoction of Ten Pieces of Fructus Ziziphi Jujubae
(*Shi Zao Tang*):

Flos Genkwa (stewed)
Radix Euphorbiae Kansui
Radix Euphorbiae Pekinensis

Pound the drugs in equal doses into powder. Stew ten large dates (Fructus Ziziphi Jujubae) in one and a half *sheng* of water until eight *ge* remain. Filter the decoction and add one and a half *qianbi* of remain. Filter the decoction and add one and a half *qianbi* of the powder for a strong patient and one and a half *qianbi* for a weak patient. Serve the lukewarm decoction during the day. If there is no stool, increase dose by one half of a *qianbi* the next day. Once a loose stool is observed, serve the patient porridge to complete recovery.

12-21 病溢饮者，当发其汗，大青龙汤主之，小青龙汤亦主之。《脉经》、《千金》无“大青龙汤主之”六字及“亦”字，《千金》臣亿注：“范汪用大青龙汤”。

大青龙汤方

麻黄六两，去节 桂枝二两，去皮 甘草二两，炙 杏仁四十个，去皮尖 生姜三两 大枣十二枚 石膏如鸡子大，碎

上七味，以水九升，先煮麻黄，减二升，去上沫，内诸药，煮取三升，去滓，温服一升，取微似汗，汗多者温粉粉之。

小青龙汤方

麻黄去节，三两 芍药三两 五味子半升 干姜三两 甘草三两，炙 细辛三两 桂枝三两，去皮 半夏半升，汤洗

上八味，以水一斗，先煮麻黄，减二升，去上沫，内诸药，煮取三升，去滓，温服一升。

CLAUSE 12-21

Diaphoresis should be practiced for *Yiyin* Fluid-retention syndromes. Decoction of Greater *Qinglong* will provide a cure. Decoction of Lesser *Qinglong* can also be adopted.

Decoction of Greater *Qinglong* (*Da Qinglong Tang*):

Herba Ephedrae	6 liang
Ramulus Cinnamomi	2 liang

Radix Glycyrrhizae Praeparata	2 liang
Semen Armeniacae Amarum	40 pcs.
Rhizoma Zingiberis Recens	3 liang
Fructus Ziziphi Jujubae	12 pcs.
Gypsum Fibrosum	1 pc.

Stew Herba Ephedrae in nine *sheng* of water until seven *sheng* remain. Skim off the foam and add the remaining drugs. Stew the decoction again until three *sheng* remain. Filter the decoction and serve one *sheng* lukewarm decoction per dose to induce a light perspiration. If there is a profuse perspiration, the sweat can be absorbed with *Wenfen* Powder.

Decoction of Lesser *Qinglong*
(*Xiao Qinglong Tang*):

Herba Ephedrae	3 liang
Radix Paeoniae	3 liang
Fructus Schisandrae	0.5 sheng
Rhizoma Zingiberis	3 liang
Radix Glycyrrhizae Praeparata	3 liang
Herba Asari	3 liang
Ramulus Cinnamomi	3 liang
Rhizoma Pinelliae	0.5 sheng

Stew Herba Ephedrae in one *dou* of water until eight *sheng* remain.

- Skim off the foam and add remaining drugs. Stew until three *sheng* remain. Filter the decoction and serve one *sheng* lukewarm decoction per dose.





12-22 膈间支饮，其人喘满，心下痞坚，面色黧黑，其脉沉紧，得之数十日，医吐下之不愈，木防己汤主之；虚者即愈，实者三日复发，复与不愈者，宜木防己汤去石膏加茯苓芒硝汤主之。

木防己汤方

木防己三两 石膏十二枚，如鸡子大（《外台》作“鸡子大三枚”） 桂枝二两 人参四两

上四味，以水六升，煮取二升，分温再服。

木防己汤去石膏加茯苓芒硝汤方

木防己二两 桂枝二两 人参四两 芒硝三合 茯苓四两

上五味，以水六升，煮取二升，去滓，内芒硝，再微煎，分温再服，微利则愈。

CLAUSE 12-22

Zhiyin Fluid-retention in the diaphragm region is accompanied by the following symptoms and signs: Wheezing, sensation of fullness, Vital-energy Stagnation and formation of a hard mass in the epigastrium, dark complexion, and deep-tense pulse. The syndrome lasts many weeks. Emetics and purgatives have been prescribed, but there is no improvement. Decoction of *Radix Stephaniae Tetrandrae* can then be adopted. If the syndrome is of a deficient nature, the decoction will bring a recovery. If it is a case of an excessive nature, a recurrence will occur within three days. If further doses of Decoction of *Radix Stephaniae Tetrandrae* are ineffective, Decoction of *Radix Stephaniae Tetrandrae* subtracting *Gypsum Fibrosum* adding *Poria* and *Natrii Sulfas* can be prescribed.

Decoction of Radix Stephaniae Tetrandrae
(*Mufangji Tang*):

Radix Stephaniae Tetrandrae	3 liang
Gypsum Fibrosum	12 egg-sized pcs.
Ramulus Cinnamomi	2 liang
Radix Ginseng	4 liang

Stew the drugs in six *sheng* of water until two *sheng* remain. Serve the decoction in two doses.

Decoction of Radix Stephaniae Tetrandrae subtracting Gypsum Fibrosum adding Poria and Natrii Sulfas

(*Mufangji Qu Shigao Jia Fuling Mangxiao Tang*):

Radix Stephaniae Tetrandrae	2 liang
Ramulus Cinnamomi	2 liang
Radix Ginseng	4 liang
Poria	4 liang
Natrii Sulfas	3 ge

Stew first four drugs in six *sheng* of water until two *sheng* remain. Add Natrii Sulfas and stew again for a short while. Serve the decoction in two doses. When mild diarrhea appears, the syndrome disappears.

12-23 心下有支饮，其人苦冒眩，泽泻汤主之。



泽泻汤方

泽泻五两 白术二两

上二味，以水二升，煮取一升，分温再服。

CLAUSE 12-23

Zhiyin Fluid-retention in the epigastrium will cause vertigo. Decoction of *Rhizoma Alismatis* can be prescribed.

Decoction of *Rhizoma Alismatis*
(*Zexie Tang*):

Rhizoma Alismatis 5 *liang*

Rhizoma Atractylodis Macrocephalae 2 *liang*

Stew the drugs in two *sheng* of water until one *sheng* remains. Serve the lukewarm decoction in two doses.

12-24 支饮胸满者，厚朴大黄汤主之。

厚朴大黄汤方

厚朴一尺 大黄六两 枳实四枚

上三味，以水五升，煮取二升，分温再服。

CLAUSE 12-24

Zhiyin Fluid-retention with fullness in the chest can be treated with Decoction of Cortex Magnoliae Officinalis and Radix et Rhizoma Rhei.

Decoction of Cortex Magnoliae Officinalis and Radix et Rhizoma Rhei

(*Houpo Dahuang Tang*):

Cortex Magnoliae Officinalis	1 foot-long pc.
Radix et Rhizoma Rhei	6 <i>liang</i>
Fructus Aurantii Immaturus	4 pcs.

Stew the drugs in five *sheng* of water until two *sheng* remain. Serve the lukewarm decoction in two doses.

12-25 支饮不得息，葶苈大枣泻肺汤主之方见肺痈中。

CLAUSE 12-25

Difficulty in respiration caused by *Zhiyin* Fluid-retention can be relieved by Decoction of Lung-purgation with Semen Lepidii seu Descurainiae and Fructus Ziziphi Jujubae (*Tingli Dazao Xie Fei Tang*).

12-26 呕家本渴，渴者为欲解，今反不渴，心下有支饮故也，小半夏汤主之。

小半夏汤方



半夏一升 生姜半斤

上二味，以水七升，煮取一升半，分温再服。

CLAUSE 12-26

The patient who vomits frequently is likely to feel thirsty during recovery. But if he is not thirsty, this is due to *Zhiyin* Fluid-retention in the epigastrium. In such cases, Decoction of Lesser Rhizoma Pinelliae can be adopted.

Decoction of Lesser Rhizoma Pinelliae
(*Xiao Banxia Tang*):

Rhizoma Pinelliae	1 <i>sheng</i>
Rhizoma Zingiberis Recens	0.5 <i>jin</i>

Stew the drugs in seven *sheng* of water until one and a half *sheng* remain. Serve the lukewarm decoction in two doses.

12-27 腹满，口舌干燥，此肠间有水气，己椒苈黄丸主之。

己椒苈黄丸方

防己 椒目 葶苈熬 大黄各一两

上四味，末之，蜜丸如梧子大，先食饮服一丸，日三服，稍增，口中有津液，渴者加芒硝半两。

CLAUSE 12-27

Symptoms and signs of abdominal fullness and distention with a parched feeling in the mouth and on the tongue indicate existence of Fluid-retention in the intestines. Pills of Radix Stephaniae Tetrandrae, Semen Zanthoxyli, Semen Lepidii seu Descurainiae and Radix et Rhizoma Rhei can be adopted.

Pills of Radix Stephaniae Tetrandrae, Semen Zanthoxyli, Semen Lepidii seu Descurainiae and Radix et Rhizoma Rhei

(*Ji Jiao Li Huang Wan*):

Radix Stephaniae Tetrandrae	1 <i>liang</i>
Semen Zanthoxyli	1 <i>liang</i>
Semen Lepidii seu Descurainiae	1 <i>liang</i>
Radix et Rhizoma Rhei	1 <i>liang</i>

Pound the drugs into powder. Form pills the size of Chinese parasol seeds with honey. Take one pill before meals three times a day. When dosage is increased slightly, the patient will feel that his mouth is moistened. If the patient is still thirsty, add one and a half *liang* of Natrii Sulfas.

12-28 卒呕吐，心下痞，膈间有水，眩悸者，小半夏加茯苓汤主之。

小半夏加茯苓汤方

半夏一升 生姜半斤 茯苓三两（一法四两）



上三味，以水七升，煮取一升五合，分温再服。

CLAUSE 12-28

Decoction of Lesser Rhizoma Pinelliae adding Poria can be adopted for syndrome with the following symptoms and signs: Sudden onset of nausea and vomiting, Vital-energy Stagnation in the epigastrium, and Fluid-retention in the diaphragm with vertigo and palpitations.

Decoction of Lesser Rhizoma Pinelliae adding Poria
(*Xiao Banxia Jia Fulig Tang*):

Rhizoma Pinelliae	1 <i>sheng</i>
Rhizoma Zingiberis Recens	0.5 <i>jin</i>
Poria	3 <i>liang</i>

Stew the drugs in seven *sheng* of water until one and a half *sheng* remain. Serve the lukewarm decoction in two doses.

12-29 假令瘦人，脐下有悸，吐涎沫而癫眩，此水也，五苓散主之。

五苓散方

泽泻一两一分 猪苓三分，去皮 茯苓三分 白术三分 桂枝二分，去皮

上五味，为末，白饮服方寸匕，日三服，多饮暖水，汗出愈（“白饮”，《外台》作“水”）。

附方

《外台》茯苓饮 治心胸中有停痰宿水，自吐出水后，心胸间虚，气满不能食。消痰气，令能食（“自吐出水”，《外台》作“自水吐出”）。

茯苓 人参 白术各三两 枳实二两 橘皮二两半 生姜四两

上六味，水六升，煮取一升八合，分温三服，如人行八九里进之。

CLAUSE 12-29

A thin person with symptoms and signs of jumpiness in the region below the navel, copious salivation, and vertigo is suffering a Fluid-retention syndrome. *Wuling Powder* will provide a cure.

Wuling Powder

(*Wuling San*):

Rhizoma Alismatis	1 liang 1 fen
Polyporus Umbellatus	3 fen
Poria	3 fen
Rhizoma Atractylodis Macrocephalae	3 fen
Ramulus Cinnamomi	2 fen

Pound the drugs into powder. Take one *fangcunbi* with *baiyin* (or water, as stated in *Waitai*) three times a day. Drink plenty of hot water. When perspiration results, recovery will follow.



Appendix:

Decoction of Poria from *Waitai* is effective for syndromes of *Tanyin* Fluid-retention in the chest. After the patient vomits saliva, he feels a Deficiency in the chest. Fullness in the chest causes anorexia. When Fluid-retention is eliminated, the patient's appetite returns.

Decoction of Poria

(*Fuling Yin*):

Poria	3 liang
Radix Ginseng	3 liang
Rhizoma Atractylodis Macrocephalae	3 liang
Fructus Aurantii Immaturus	2 liang
Pericarpium Citri Reticulatae	2.5 liang
Rhizoma Zingiberis Recens	4 liang

Stew the drugs in six *sheng* of water until one *sheng* and eight *ge* remain. Serve the lukewarm decoction in three doses. Interval between doses is as long as it takes to walk four kilometers (about one hour).

12-30 咳家，其脉弦，为有水，十枣汤主之方见上。

CLAUSE 12-30

A patient who coughs frequently must be affected by Fluid-retention syndrome if pulse is tight. Decoction of Ten Pieces of Fructus Ziziphi Jujubae can be adopted.

12-31 夫有支饮家，咳烦胸中痛者，不卒死，至一百日或一岁，宜十枣汤方见上。

CLAUSE 12-31

A patient suffers from *Zhiyin* Fluid-retention with coughing, restlessness and chest pains. If he does not die from the disease, the syndrome will last as long as one hundred days or even one year. Decoction of Ten Pieces of Fructus Ziziphi Jujubae is the cure.

12-32 久咳数岁，其脉弱者可治，实大数者死，其脉虚者必苦冒，其人本有支饮在胸中故也，治属饮家。

CLAUSE 12-32

The patient coughs over a period of several years. If his pulse is weak, he can still be cured. If the pulse becomes excessive, huge and speedy, case will be fatal. When the pulse is deficient (weak), the patient will suffer from vertigo due to prevalence of *Zhiyin* Fluid-retention in the chest. Treatment should be the same as that for Fluid-retention syndrome.

12-33 咳逆倚息，不得卧，小青龙汤主之。方见上及肺痛中。

CLAUSE 12-33

Coughing and labored respiration make it difficult for the patient to lie in bed. Decoction of Lesser *Qinglong* can be prescribed.

12-34 青龙汤下已，多唾口燥，寸脉沉，尺脉微，手足厥逆，



气从小腹上冲胸咽，手足痹，其面翕热如醉状，因复下流阴股，小便难，时复冒者，与茯苓桂枝五味甘草汤治其气冲。

茯苓桂枝五味甘草汤方

茯苓四两 桂枝四两，去皮 甘草炙，三两 五味子半升

上四味，以水八升，煮取三升，去滓，分温三服。

CLAUSE 12-34

After taking decoction of Lesser *Qinglong*, the patient repeatedly spits sputum and saliva and feels parched in his mouth. Pulse in the Inch is deep and pulse in the Cubit is feeble. Other symptoms and signs include coldness in the extremities, an adverse ascending gas rushing from the abdomen to the chest and throat, numbness in the extremities, with flushed and hot face as if he were drunk. When the patient feels gas flowing down to the genitals, dysuria will result. Vertigo is also observed. Decoction of Poria, Ramulus Cinnamomi, Fructus Schisandrae and Radix Glycyrrhizae can be adopted to stop the adverse ascending.

Decoction of Poria, Ramulus Cinnamomi, Fructus Schisandrae and Radix Glycyrrhizae

(*Gui Ling Wuwei Gancao Tang*):

Poria	4 liang
Ramulus Cinnamomi	4 liang
Radix Glycyrrhizae Praeparata	3 liang
Fructus Schisandrae	0.5 sheng

Stew the drugs in eight *sheng* of water until three *sheng* remain. Filter the decoction and serve lukewarm in three doses.

12-35 冲气即低，而反更咳，胸满者，用桂苓五味甘草汤去桂，加干姜、细辛，以治其咳满。

苓甘五味姜辛汤方

茯苓四两 甘草三两 干姜三两 细辛三两 五味子半升

上五味，以水八升，煮取三升，去滓，温服半升，日三。

CLAUSE 12-35

After taking Decoction of Poria, Ramulus Cinnamomi, Fructus Schisandrae and Radix Glycyrrhizae, coughing becomes more acute with a sensation of fullness in the chest. Subtract Ramulus Cinnamomi, add Rhizoma Zingiberis and Herba Asari to the prescription in order to treat syndrome of coughing and fullness.

Decoction of Poria, Radix Glycyrrhizae, Fructus Schisandrae, Rhizoma Zingiberis and Herba Asari

(*Ling Gan Wuwei Jiang Xin Tang*):

Poria	4 liang
Radix Glycyrrhizae	3 liang
Rhizoma Zingiberis	3 liang
Herba Asari	3 liang
Fructus Schisandrae	0.5 sheng



Stew the drugs in eight *sheng* of water until three *sheng* remain. Filter the decoction. Serve one and a half *sheng* of the lukewarm decoction per dose three times a day.

12-36 咳满即止，而更复渴。充气复发者，以细辛、干姜为热药也，服之当遂渴，而渴反止者，为支饮也；支饮者，法当冒，冒者必呕，呕者复内半夏，以去其水。

桂苓五味甘草去桂加干姜细辛半夏汤方

茯苓四两 甘草二两 细辛二两 干姜二两 五味子 半夏各半升

上六味，以水八升，煮取三升，去滓，温服半升，日三服。

CLAUSE 12-36

When coughing and fullness are eliminated, the patient has a great thirst and adverse ascending recurs. This is due to the hot quality of *Herba Asari* and *Rhizoma Zingiberis*, which causes thirst. If the patient is not thirsty, it is a case of *Zhiyin* Fluid-retention. *Zhiyin* Fluid-retention usually has vertigo as a symptom accompanied by nausea and vomiting, which can be eliminated by *Rhizoma Pinelliae*. Add *Rhizoma Pinelliae* to disperse the Water.

Decoction of *Poria*, *Ramulus Cinnamomi*, *Fructus Schisandrae* and *Radix Glycyrrhizae* subtracting *Ramulus Cinnamomi* adding *Rhizoma Zingiberis*, *Herba Asari* and *Rhizoma Pinelliae*

(*Gui Ling Wuwei Gancao Qu Gui Jia Ganjiang Xixin Banxia Tang*):

Poria	4 liang
Radix Glycyrrhizae	2 liang
Herba Asari	2 liang
Rhizoma Zingiberis	2 liang
Fructus Schisandrae	0.5 sheng
Rhizoma Pinelliae	0.5 sheng

Stew the drugs in eight *sheng* of water until three *sheng* remain. Filter the decoction and serve one and a half *sheng* of the lukewarm decoction per dose three times a day.

12-37 水去呕止，其人形肿者，加杏仁主之，其证应内麻黄，以其人遂痹，故不内之。若逆而内之者，必厥。所以然者，以其人血虚，麻黄发其阳故也。

苓甘五味加姜辛半夏杏仁汤方

茯苓四两 甘草三两 五味子半升 干姜三两 细辛三两 半夏半升 杏仁半升，去皮尖

上七味，以水一斗，煮取三升，去滓，温服半升，日三服。

CLAUSE 12-37

After taking the decoction (as in Clause 12-36), Fluid-retention is eliminated and nausea ceases. But edema occurs throughout the body. Semen Armeniacae Amarum is added to the prescription. According to the symptoms, Herba Ephedrae should also be added, but as the patient has been suffering numbness in the extremities, Herba Ephedrae should



not be added. If *Herba Ephedrae* is added to the prescription, coldness in the extremities will result. When the patient's Blood is deficient, adoption of *Herba Ephedrae* will further exhaust the Yang Vital Energy.

Decoction of *Poria*, *Radix Glycyrrhizae* and *Fructus Schisandrae* adding *Rhizoma Zingiberis*, *Herba Asari*, *Rhizoma Pinelliae* and *Semen Armeniacae Amarum*

(*Ling Gan Wuwei Jia Jiang Xin Banxia Xingren Tang*):

<i>Poria</i>	4 liang
<i>Radix Glycyrrhizae</i>	3 liang
<i>Fructus Schisandrae</i>	0.5 sheng
<i>Rhizoma Zingiberis</i>	3 liang
<i>Herba Asari</i>	3 liang
<i>Rhizoma Pinelliae</i>	0.5 sheng
<i>Semen Armeniacae Amarum</i>	0.5 sheng

Stew the drugs in one *dou* of water until three *sheng* remain. Filter the decoction. Serve one and a half *sheng* of lukewarm decoction per dose three times a day.

12-38 若面热如醉，此为胃热上冲熏其面，加大黄以利之。

苓甘五味加姜辛半杏大黄汤方

茯苓四两 甘草三两 五味半升 干姜三两 细辛三两 半夏半升 杏仁半升 大黄三两

上八味，以水一斗，煮取三升，去滓，温服半升，日三服。

**CLAUSE 12-38**

When the patient's face is hot as if he were drunk, this indicates that the Stomach Heat has ascended upward into the face. Radix et Rhizoma Rhei, a purgative, should be added to eliminate the Heat.

Decoction of Poria, Radix Glycyrrhizae and Fructus Schisandrae adding Rhizoma Zingiberis, Herba Asari, Rhizoma Pinelliae, Semen Armeniacae Amarum and Radix et Rhizoma Rhei

(*Ling Gan Wuwei Jia Jiang Xin Ban Xing Dahuang Tang*):

Poria	4 liang
Radix Glycyrrhizae	3 liang
Fructus Schisandrae	0.5 sheng
Rhizoma Zingiberis	3 liang
Herba Asari	3 liang
Rhizoma Pinelliae	0.5 sheng
Semen Armeniacae Amarum	0.5 sheng
Radix et Rhizoma Rhei	3 liang

Stew the drugs in one *dou* of water until three *sheng* remain. Filter the decoction. Serve one and a half *sheng* of the lukewarm decoction per dose three times a day.

12-39 先渴后呕，为水停心下，此属饮家，小半夏茯苓汤主之方见上。

CLAUSE 12-39

The patient first feels thirsty and then experiences nausea. This indicates presence of Fluid-retention in the epigastrium. Decoction of Lesser Rhizoma Pinelliae adding Poria can be adopted.

消渴小便利淋病脉证并治第十三

脉证九条 方六首

CHAPTER XIII

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF *XIAOKE* (DIABETES), DYSURIA AND URINARY DISTURBANCE

13-1 厥阴之为病，消渴，气上冲心，心中疼热，饥而不欲食，食即吐蛔，下之不肯止。“冲心”，《伤寒论》作“撞心”；“不肯止”作“利不止”。

CLAUSE 13-1

Greater Yin syndrome has the following symptoms and signs: Great thirst with frequent urination, uncomfortable feeling of ascending air rushing up from beneath the epigastrium, heat and pain in the Stomach, hunger with inability to eat. When food is eaten, ascarides will be vomited out. If purgative is given, there will be continuous diarrhea.

13-2 寸口脉浮而迟，浮即为虚，迟即为劳，虚则卫气不足，劳则营气竭。

CLAUSE 13-2

Pulse in the wrist is floating and slow. Floating pulse indicates a

deficient case; slow pulse signifies a consumptive disease. Deficiency causes the Vital Resistance to become insufficient. Consumptive disease exhausts the Nutrient Essence.

13-3 趺阳脉浮而数，浮即为气，数即为消谷而大坚一作紧；气盛则溲数，溲数即坚，坚数相搏，即为消渴。《金鉴》认为“大”下应有“便”字。

CLAUSE 13-3

Fuyang pulse is floating and speedy. Floating pulse indicates Excess of the Vital Energy. Speedy pulse indicates good digestion accompanied by constipation. Excessive Vital Energy causes frequent urination, which leads to constipation. The conflicting frequency of urination and constipation bring about a case of *Xiaoke* (diabetes).

13-4 男子消渴，小便反多，以饮一斗，小便一斗，肾气丸主之。方见脚气中。

CLAUSE 13-4

Xiaoke (diabetes) in male patients: The patient has frequent urination. When he drinks one *dou* of water, he passes as much as a *dou* of urine. Pills of Eight Ingredients of the Kidney Vital Energy can be adopted.

13-5 脉浮，小便不利，微热消渴者，宜利小便、发汗，五苓散主之。方见上。



CLAUSE 13-5

Xiaoke syndrome with floating pulse, dysuria and a low fever should be treated with *Wuling* Powder which acts as a diuretic as well as a diaphoretic.

13-6 渴欲饮水，水入则吐者，名曰水逆，五苓散主之。方见上。

CLAUSE 13-6

Though thirsty, the patient will vomit the water he is drinking. This is known as "Water Regurgitation."

Wuling Powder will provide the cure.

13-7 渴欲饮水不止者，文蛤散主之。

文蛤散方

文蛤五两

上一味，杵为散，以沸汤五合，和服方寸匕。

CLAUSE 13-7

The patient is thirsty. He drinks a large quantity of water but his thirst is still not quenched. *Wenge* Powder will provide a cure.

Wenge Powder

(*Wenge San*):

Wenge

5 *liang*

Pound the drug into powder. Place one *fangcunbi* of powder into five *ge* of boiling water. Serve the medicine when lukewarm.

13-8 淋之为病，小便如粟状，小腹弦急，痛引脐中。

CLAUSE 13-8

Urinary disturbance (gonorrhea) will bear the following symptoms and signs: Dripping urine, acute pain and contraction in the abdomen with dragging pain in the navel.

13-9 趺阳脉数，胃中有热，即消谷引食，大便必坚，小便即数。

CLAUSE 13-9

Speedy *Fuyang* pulse indicates Heat in the Stomach, which will bring about good digestion and a good appetite. Constipation and frequent urination are the necessary consequences.

13-10 淋家不可发汗，发汗则必便血。

CLAUSE 13-10

Diaphoresis is prohibited when the patient experiences urinary dripping (urinary disturbance). If it is adopted, hematuria will result.

13-11 小便不利者，有水气，其人若渴，栝蒌瞿麦丸主之。

栝蒌瞿麦丸方

栝蒌根二两 茯苓三两 薯蕷三两 附子一枚，炮 瞿麦一两

上五味，末之，炼蜜丸，梧子大，饮服三丸，日三服。不知，增至七八丸，以小便利，腹中温为知。

CLAUSE 13-11

Dysuria is a sign of stagnant Water. When thirst is observed, Pills of Radix Trichosanthis and Herba Dianthi can be adopted.

Pills of Radix Trichosanthis and Herba Dianthi
(*Gralou Qumai Wan*):

Radix Trichosanthis	2 liang
Poria	3 liang
Rhizoma Dioscoreae	3 liang
Radix Aconiti Praeparata	1 pc.
Herba Dianthi	1 liang

Pound the drugs into powder. Form pills the size of Chinese parasol seeds with honey. Take three pills per dose three times a day. If this is not



effective, increase dosage to seven or eight pills. When the urination becomes normal and warmth in the abdomen is felt, the cure can be considered effective.

13-12 小便不利，蒲灰散主之，滑石白鱼散、茯苓戎盐汤并主之。

蒲灰散方

蒲灰七分 滑石三分

上二味，杵为散，饮服方寸匕，日三服。

滑石白鱼散方

滑石二分 乱发二分，烧 白鱼二分

上三味，杵为散，饮服方寸匕，日三服。

茯苓戎盐汤方

茯苓半斤 白术二两 戎盐弹丸大，一枚

上三味，先将茯苓、白术煎成，入戎盐再煎，分温三服。

CLAUSE 13-12

Dysuria can be treated with the following prescriptions:

Powder of Ash of Pollen Typhae;

Powder of Talcum and *Baiyu*;

Decoction of Poria and Halitum.
Powder of Ash of Pollen Typhae
(*Pu Hui San*):

Ash of Pollen Typhae	7 fen
Talcum	3 fen

Pound the drugs into powder. Take one *fangcunbi* with water per dose three times a day.

Powder of Talcum and *Baiyu*
(*Huashi Baiyu San*):

Talcum	2 fen
Ash of human hair	2 fen
<i>Baiyu</i>	2 fen

Pound the drugs into powder. Take one *fangcunbi* of the powder with water per dose three times a day.

Decoction of Poria and Halitum
(*Fuling Rongyan Tang*):

Poria	0.5 jin
Rhizoma <i>Atractylodis Macrocephalae</i>	2 liang
Halitum	1 bullet-size pc. (size of an egg yolk)

13-13 渴欲饮水，口干舌燥者，白虎加人参汤主之。方见中
喝中。

CLAUSE 13-13

Decoction of *Baihu* adding *Radix Ginseng* is effective in cases with symptoms and signs of parched tongue and throat and thirst of water.

(For prescription, see Clause 2-26.)

13-14 脉浮发热，渴欲饮水，小便不利者，猪苓汤主之。

猪苓汤方

猪苓_{去皮} 茯苓 阿胶 滑石 泽泻各一两

上五味，以水四升，先煮四味，取二升，去滓，内胶烱消，温服七合，日三服。

CLAUSE 13-14

Decoction of *Polyporus Umbellatus* can be prescribed for a syndrome with the following symptoms and signs: Floating pulse, fever, thirst and dysuria.

Decoction of *Polyporus Umbellatus*

(*Zhuling Tang*):

<i>Polyporus Umbellatus</i>	1 liang
<i>Poria</i>	1 liang



Rhizoma Alismatis

1 *liang*

Colla Corii Asini

1 *liang*

Stew the first four drugs in four *sheng* of water until two *sheng* remain. Filter the decoction. Add Colla Corii Asini and stir until it melts. Serve seven *ge* of the lukewarm decoction per dose three times a day.



水气病脉证并治第十四

论七首 脉证五条 方八首

CHAPTER XIV ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF EDEMA

14-1 师曰：“病有风水，有皮水，有正水，有石水，有黄汗。风水其脉自浮，外症骨节疼痛恶风；皮水其脉亦浮，外症胛肿，按之没指，不恶风，其腹如鼓，不渴，当发其汗；正水，其脉沉迟，外症自喘；石水，其脉自沉，外症腹满不喘；黄汗，其脉沉迟，身发热，胸满，四肢头面肿，久不愈，必致痈脓。”

CLAUSE 14-1

Master: Edema can be classified into five categories: Wind-edema; Skin-edema; *Zheng*-edema; Stone-edema; and Yellow-sweat.

Wind-edema has the symptoms and signs of floating pulse, arthritis and aversion to cold;

Skin-edema has the symptoms and signs of floating pulse, acute dropsy wherein the doctor's finger will disappear in a fold of skin when the skin is pressed. The abdomen is distended as tight as a drum. The patient is not thirsty and has no aversion to cold. Treatment should be diaphoresis;

Zheng-edema has the symptoms and signs of deep-slow pulse and wheezing;

Stone-edema has the symptoms and signs of deep pulse and abdominal

distention without wheezing;

Yellow-sweat has the symptoms and signs of deep-slow pulse, fever, fullness in the chest, dropsy in the extremities, head pulse, fever, fullness in the chest, dropsy in the extremities, head and face. Carbuncle may appear if the syndrome lasts a long time.

14-2 脉浮而洪，浮则为风，洪则为气。风气相搏，风强则为隐疹，身体为痒，痒为泄风，久为痂癞，气强则为水，难以俛仰。风气相击，身体洪肿，汗出乃愈，恶风则虚，此为风水，不恶风者，小便通利，上焦有寒，其口多涎，此为黄汗。

CLAUSE 14-2

The pulse is floating and grand. A floating pulse indicates the existence of pathogenic Wind, whereas a grand pulse indicates strong Vital Energy. Wind and Vital Energy intermingle with each other. When Wind prevails, urticaria appears on the skin and causes itching; this is called "Wind-leading." If the case lasts a long time, scabs and tinea will appear. When Vital Energy prevails, edema will result and the patient will have difficulty moving his body. Conflict between the Wind and the Vital Energy results in serious edema throughout the body. Diaphoresis will provide a cure. Aversion to cold is an indication of a deficient state. Wind is the cause of the disease. The Yellow-sweat syndrome will not have the symptom of aversion to cold. Other symptoms include normal urination and copious salivation. This is a case of Yellow-sweat with pathogenic Cold resting in the Upper Portion of Body Cavity.

14-3 寸口脉沉滑者，中有水气，面目肿大，有热，名曰风水。视人之目窠上微拥，如蚕新卧起状，其颈脉动，时时咳，按其手足上，陷而不起者，风水。

CLAUSE 14-3

Deep-slippery pulse in the wrist indicates an edema syndrome. Wind-edema syndrome will have the symptoms and signs of a swollen face and fever. In other cases of Wind-edema, the following symptoms and signs may be observed: Puffiness of the eyelids resembling a dormant silkworm coming awake, and jumping movement in the vessels on the neck. The patient coughs frequently. Edema on hands and feet is so severe that when pressed with a finger, skin will not immediately resume its original appearance.

14-4 太阳病，脉浮而紧，法当骨节疼痛，反不疼，身体反重而酸，其人不渴，汗出即愈，此为风水。恶寒者，此为极虚，发汗得之。渴而不恶寒者，此为皮水。身肿而冷，状如周痹，胸中窒，不能食，反聚痛，暮躁不得眠，此为黄汗，痛在骨节。咳而喘，不渴者，此为脾胀，其状如肿，发汗即愈。然诸病此者，咳而下利，小便数者，皆不可发汗。

CLAUSE 14-4

Initial Yang syndrome: Floating and tense pulse usually indicates arthralgia, but the patient does not have arthralgia. He feels heavy and limp when moving any part of the body and does not experience thirst. This is a Wind-edema syndrome. One dose of a diaphoretic will cure the disease. If the patient has chills, this is due to adopting diaphoresis when the patient's health is in an extremely deficient state.



If the patient is thirsty but has no aversion to cold, then it is a Skin-edema syndrome.

Yellow-sweat syndrome has the following symptoms and signs: edema throughout the body, aversion to cold, symptoms resembling that of a General Obstruction syndrome with suffocation in the chest, anorexia, concentrated pains in the joints, and restlessness at night that prevents the patient from falling asleep.

Coughing and wheezing without thirst is a case of Spleen-distention, with edema throughout the body. Treat by diaphoresis.

For the above syndrome, diaphoresis is prohibited when the following symptoms are observed: Thirst with diarrhea and frequent urination.

14-5 里水者，一身面目黄肿，其脉沉，小便不利，故令病水；假如小便自利，此亡津液，故令渴也。越婢加术汤主之。方见下。

CLAUSE 14-5

Interior-edema has the symptoms of severe edema throughout the entire body and the face, with deep pulse and dysuria. Dysuria is the cause of edema. Decoction of *Yuebei* adding *Rhizoma Atractylodis Macrocephalae* can be adopted to provide a cure.

If urination is normal, then the case is caused by loss of Body Fluid, which will in turn cause thirst.

Decoction of *Yuebei* adding *Rhizoma Atractylodis Macrocephalae* (*Yuebei Jia Zhu Tang*):

Herba Ephedrae

6 *liang*

Gypsum Fibrosum	0.5 jin
Rhizoma Zingiberis Recens	3 liang
Radix Glycyrrhizae	2 liang
Rhizoma Atractylodis Macrocephalae	4 liang
Fructus Ziziphi Jujubae	15 pcs.

Stew briefly *Herba Ephedrae* in six *sheng* of water. Skim off the foam and add the remaining drugs. Stew the decoction again until three *sheng* remain. Serve the lukewarm decoction in three doses. Add one piece of *Radix Aconiti Praeparata* when the patient experiences an aversion to cold.

14-6 趺阳脉当伏，今反紧，本自有寒，疝瘕，腹中痛，医反下之，下之即胸满短气。

趺阳脉当伏，今反数，本自有热，消谷，小便数，今反不利，此欲作水。

CLAUSE 14-6

The *Fuyang* pulse, normally hidden, is now tense. This indicates the prevalence of pathogenic Cold. *Shanjia* and abdominal pain will occur. After the doctor prescribes a dose of purgative, the patient will suffer sensation of fullness in the chest and shortness of breath.

The *Fuyang* pulse, normally hidden, is now speedy. This indicates the prevalence of pathogenic Heat. The patient will have a good digestion and frequent urination. In case dysuria is observed, edema will follow.





14-7 寸口脉浮而迟，浮脉则热，迟脉则潜，热潜相搏，名曰沉；趺阳浮脉而数，浮脉即热，数脉即止，热止相搏，名曰伏；沉伏相搏，名曰水；沉则络脉虚，伏则小便难，虚难相搏，水走皮肤，即为水矣。

CLAUSE 14-7

Pulse in the wrist is floating and slow. Floating pulse indicates existence of pathogenic Heat. Slow pulse signifies the descent of the syndrome. When Heat and the descending pathological condition conflict with each other, this is called Deep (pulse).

Fuyang pulse is floating and speedy. Floating pulse indicates existence of Heat. Speedy pulse signifies a Stop. When Heat and Stop conflict with each other, this is called Hidden (pulse). When Deep and Hidden conflict with each other, edema results. Deep (pulse) indicates the Deficiency of the Collaterals; Hidden (pulse) indicates dysuria. When Deficiency and dysuria intermingle, edema moves to the skin. This is a case of edema.

14-8 寸口脉弦而紧，弦则卫气不行，即恶寒，水不沾流，走于肠间。

CLAUSE 14-8

Pulse on the wrist is tight and tense. Tight pulse indicates the stagnating Vital Resistance. Then aversion to cold is observed. The Water flows in the intestines.

14-9 少阴脉紧而沉，紧则为痛，沉则为水，小便即难。

CLAUSE 14-9

Pulse of the Lesser Yin is tense and deep. Tense pulse indicates pain; deep pulse signifies a case of edema. Dysuria will result.

14-10 脉得诸沉，当责有水，身体肿重，水病脉出者死。

CLAUSE 14-10

Deep pulse appearing at different pulse positions with edema throughout the body is a pathological condition caused by Water. When the pulse is evanescent, case will be fatal.

14-11 夫水病人，目下有卧蚕，面目鲜泽，脉伏，其人消渴，病水腹大，小便不利，其脉沉绝者，有水，可下之。

CLAUSE 14-11

Lower eyelids of a patient suffering from a syndrome of edema are as puffy as if a silkworm were sleeping under the skin. His facial complexion is fresh and lustrous. The pulse is hidden. Other symptoms and signs are: *Xiaoke* (diabetes), enlarged and swollen abdomen caused by edema, dysuria and a deep pulse that is hardly palpable, all which indicate a case of prevalent Water. Purgative can be adopted to eliminate the Water (edema).

14-12 问曰：“病下利后，渴饮水，小便不利，腹满因肿者，何也？”答曰：“此法当病水，若小便自利，及汗出者，自当愈。”“因肿”，《脉经》作“阴肿”。



CLAUSE 14-12

Question: After the patient suffers a bout of diarrhea, he becomes thirsty. Other symptoms include dysuria, abdominal fullness and edema. Why does this happen?

Master: This is a case of edema. If urination is normal, or if perspiration is present, the patient will recover by himself.

14-13 心水者，其身重而少气，不得卧，烦而躁，其人阴肿。

CLAUSE 14-13

Edema caused by Heat-evil has the following symptoms and signs: Heaviness of bodily movement, shortness of breath, restlessness and irritability that prevents the patient from lying quietly in bed, and swelling genitalia.

14-14 肝水者，其腹大，不能自转侧，胁下腹痛，时时津液微生，小便续通。

CLAUSE 14-14

Edema caused by Liver illness has the following symptoms and signs: Edema enlarges the abdomen such that the patient experiences difficulty in moving his body and feels pain in the costal regions and abdomen. Occasionally there is secretion of saliva in his mouth and urination may return to normal.

14-15 肺水肿，其身肿，小便难，时时鸭溏。



CLAUSE 14-15

Edema caused by Lung illness has the following symptoms and signs: Edema throughout the body, dysuria and watery stool resembling duck excrement.

14-16 脾水者，其腹大，四肢苦重，津液不生，但苦少气，小便难。

CLAUSE 14-16

Edema caused by Spleen disease has the following symptoms and signs: Edema that enlarges the abdomen and makes it swell, sense of heaviness in moving the four limbs, shortness of saliva in the mouth (parched mouth), shortness of breath and dysuria.

14-17 肾水者，其腹大，脐肿，腰痛，不得溺，阴下湿，如牛鼻上汗，其足逆冷，面反瘦。

CLAUSE 14-17

Edema caused by Kidney disease has the following symptoms and signs: Edema that has caused the abdomen to enlarge and become swollen, puffy umbilicus, lumbago, dysuria, genitalia as damp as a bull's sweating nose, cold feet and leanness in the face.

14-18 师曰：“诸有水者，腰以下肿，当利小便，腰以上肿，当发汗乃愈。”

CLAUSE 14-18

For all edema syndrome when edema is observed in the region below the waist, a diuretic should be adopted; when edema only appears above the waist, diaphoretic should be adopted.

14-19 师曰：“寸口脉沉而迟，沉则为水，迟则为寒，寒水相搏；趺阳脉伏，水谷不化，脾气衰则鹜溇，胃气衰则身肿；少阳脉卑，少阴脉细，男子则小便不利，妇人则经水不通，经为血，血不利，则为水，名曰血分。”

CLAUSE 14-19

Master: Pulse on the wrist is slow and deep. Deep pulse signifies a syndrome of edema; slow pulse indicates prevalence of Cold. When Cold and Water (edema) conflict with each other, *Fuyang* pulse will become hidden, which is an indication of indigestion. Deficiency of the Spleen Vital Energy will result in watery stool like duck excrement. Deficiency of the Stomach Vital Energy will cause edema throughout the body.

Pulse of Lesser Yang is deep and weak, and pulse of Lesser Yin is slender. In male patients, this indicates dysuria, and in female patients, amenia. Menstruation is a physiological activity involving the Blood. A menstrual disorder can cause edema. This is called edema caused by a Blood disorder.

14-20 问曰：“病有血分、水分，何也？”师曰：“经水前断，后病水，名曰血分，此病难治；先病水，后经水断，名曰水分，此病易治。何以故？去水。其经自下。”



CLAUSE 14-20

Question: Edema may be caused by a Blood disorder or by pathogenic Water. How can they be differentiated?

Master: In female patients, if amenia appears before edema, it is a case of edema caused by Blood disorder and quite difficult to treat. If edema appears before amenia, case is one of edema caused by Water-evil and thus is easily treated. Why then? First disperse the stagnant Water; then menstruation will resume.

14-21 问曰：“病者苦水，面目身体四肢皆肿，小便不利，脉之不言水，反言胸中痛，气上冲咽，状如炙肉，当微咳喘。审如师言，其脉何类？”

师曰：“寸口脉沉而紧，沉为水，紧为寒，沉紧相搏，结在关元，始时当微，年盛不觉。阳衰之后，营卫相干，阳损阴盛，结寒微动，肾气上冲，喉咽塞噎，胁下急痛。医以为留饮而大下之，气击不去，其病不除，后重吐之，胃家虚烦，咽燥欲饮水，小便不利，水谷不化，面目手足浮肿。又与葶苈丸下水，当时如小差，食饮过度，肿复如前，胸胁苦痛，象若奔豚，其水扬溢，则浮咳喘逆。当先攻击冲气令止，乃治咳，咳止，其喘自差。先治新病，病当在后。”

CLAUSE 14-21

Question: The patient suffers from a case of edema with the following symptoms and signs: Dropsy in the face, extremities, and throughout the body; and dysuria. When treated, the patient ignores edema but reports chest pains and an ascending gas rushing upward to the throat, as if he had a piece of roast meat stuck in his throat. Doctor says that the patient should have a slight coughing and wheezing. Doctor is correct. What will

the pulse be in such a case?

Master: Pulse in the wrist should be deep and tense. Deep pulse signifies Water, tense pulse Cold. Cold and Water conflict with each other and then stagnate at the *Guanyuan* point. At first, the case is mild; when the patient reaches middle age, he does not experience it. When the patient reaches the age of Yang-evanescence, his Nutrient Essence and Vital Resistance will no longer be in harmony. Yang becomes weary and Yin rampant, the stagnated Cold will begin to move. This stimulates the Kidney Vital Energy to ascend upward to the throat, causing a suffocating and choking feeling in the throat. Acute pain appears in the costal regions. Doctor understands this as a case of Remaining *Tanyin* Fluid-retention (*Liu Yin*). Strong purgative is adopted. But the ascending gas is not reversed and the patient's condition remains unchanged. Emetic is adopted next. This makes the Stomach deficient, and sets off a feeling of restlessness. Other symptoms include parched throat with thirst, dysuria, indigestion, dropsy in the face, eyelids and extremities. Doctor then prescribes Pills of Semen Lepidii seu Descurainiae (*Tingli Wan*, prescription is missing). After taking the medicine, syndrome subsides somewhat. The patient then eats more food than he can digest. A recurrence occurs, accompanied by dropsy as serious as before, as well as pains and discomfort in the chest and the costal regions, and as ascending gas rushing upward similar to that in a case of *Bentun*. With the exuberant Water-evil rushing upward, the patient coughs, wheezes, and experiences adverse ascending feeling. Syndrome of adverse ascending should be treated first. Once the adverse ascending gas settles, coughing should be treated. When coughing settles, wheezing will evanesce spontaneously. Principle of the treatment is that new and acute diseases should be treated first; and chronic and obstinate diseases should be treated next.

14-22 风水，脉浮身重，汗出恶风者，防己黄芪汤主之，腹痛者加芍药。

防己黄芪汤方

防己一两 黄芪一两一分 白术三分 甘草半两，炙

上剉，每服五钱匕，生姜四片，枣一枚，水盞半，煎取八分，去滓温服，良久再服。

CLAUSE 14-22

Wind-edema with symptoms and signs of floating pulse, heaviness of body movement, perspiration and aversion to cold can be treated with Decoction of Radix Stephaniae Tetrandrae and Radix Astragali Hedysari. In cases wherein abdominal pain is observed, add Radix Paeoniae.

Decoction of Radix Stephaniae Tetrandrae and Radix Astragali Hedysari

(*Fangji Huangqi Tang*):

Radix Stephaniae Tetrandrae	1 <i>liang</i>
Radix Astragali Hedysari	1 <i>liang</i> 1 <i>fen</i>
Rhizoma Atractylodis Macrocephalae	3 <i>fen</i>
Radix Glycyrrhizae Praeparata	0.5 <i>liang</i>

Chop up five *qianbi* of the drugs per dose. Stew the drugs in one and a half cups of water with four pieces of Rhizoma Zingiberis Recens and one piece of Fructus Ziziphi Jujubae until eight *fen* remain. Filter the decoction and serve warm. A second dose can be served after a long interval.



14-23 风水恶风，一身悉肿，脉浮不渴，续自汗出，无大热，越婢汤主之。

越婢汤方

麻黄六两 石膏半斤 生姜三两 甘草二两 大枣十五枚

上五味，以水六升，先煮麻黄，去上沫，内诸药，煮取三升，分温三服。恶风者加附子一枚，炮，风水加术四两。《古今录验》。

CLAUSE 14-23

Wind-edema accompanied by symptoms and signs of aversion to cold, dropsy throughout the body, floating pulse, spontaneous perspiration with neither thirst nor high fever can be treated with Decoction of *Yuebei*.

Decoction of *Yuebei*
(*Yuebei Tang*):

Herba Ephedrae	6 liang
Gypsum Fibrosum	0.5 jin
Rhizoma Zingiberis Recens	3 liang
Radix Glycyrrhizae	2 liang
Fructus Ziziphi Jujubae	15 pcs.

Stew Herba Ephedrae briefly in six *sheng* of water. Skim off the foam and add remaining drugs. Stew it until three *sheng* remain. Serve the lukewarm decoction in three doses. If aversion to cold is present, add one piece of Radix Aconiti Praeparata. For Wind-edema syndrome, add

four *liang* of Rhizoma Atractylodis Macrocephalae.

14-24 皮水为病，四肢肿，水气在皮肤中，四肢聂聂动者，防己茯苓汤主之。

防己茯苓汤方

防己三两 黄芪三两 桂枝三两 茯苓六两 甘草二两

上五味，以水六升，煮取二升，分温三服。

CLAUSE 14-24

Skin-edema with the following symptoms and signs can be treated with Decoction of Radix Stephaniae Tetrandrae and Poria: edema in the extremities, edema under the skin and slight twitching in the extremities.

Decoction of Radix Stephaniae Tetrandrae and Poria
(*Fangji Fuling Tang*):

Radix Stephaniae Tetrandrae	3 <i>liang</i>
Radix Astragali Hedysari	3 <i>liang</i>
Ramulus Cinnamomi	3 <i>liang</i>
Poria	6 <i>liang</i>
Radix Glycythizae	2 <i>liang</i>

Stew the drugs in six *sheng* of water until two *sheng* remain. Serve the decoction lukewarm in three doses.

14-25 里水，越婢加术汤主之，甘草麻黄汤亦主之。

越婢加术汤方见上，于内加白术四两。又见中风中。

甘草麻黄汤方

甘草二两 麻黄四两

上二味，以水五升，先煮麻黄，去上沫，内甘草，煮取三升，温服一升，重覆汗出，不汗，再服，慎风寒。

CLAUSE 14-25

Syndrome of Interior-edema can be treated with Decoction of *Yuebei* adding *Rhizoma Atractylodis Macrocephalae*, or Decoction of *Radix Glycyrrhizae* and *Herba Ephedrae*.

Decoction of *Yuebei* adding *Rhizoma Atractylodis Macrocephalae* (*Yuebei Jia Zhu Tang*):

Add four *liang* of *Rhizoma Atractylodis Macrocephalae* to Decoction of *Yuebei* (see Clause 14-23).

Decoction of *Radix Glycyrrhizae* and *Herba Ephedrae* (*Gancao Mahuang Tang*):

<i>Radix Glycyrrhizae</i>	2 <i>liang</i>
<i>Herba Ephedrae</i>	4 <i>liang</i>

Stew *Herba Ephedrae* briefly in five *sheng* of water. Skim off the

foam and add Radix Glycyrrhizae. Stew the decoction again until three *sheng* remain. Serve one *sheng* of lukewarm decoction per dose. Cover the patient to induce perspiration. If there is no perspiration, serve another dose. Keep the patient away from cold and wind.

14-26 水之为病，其脉沉小，属少阴。浮者为风；无水、虚胀者为气。水，发其汗即已，脉沉者宜麻黄附子汤，浮者宜杏子汤。

麻黄附子汤方

麻黄三两 甘草二两 附子一枚，炮

上三味，以水七升，先煮麻黄，去上沫，内诸药，煮取二升半，温服八分，日三服。

杏子汤方未见，恐是麻黄杏仁甘草石膏汤

CLAUSE 14-26

Syndrome of edema with deep and slender pulse belongs to Lesser Yin syndrome. Floating pulse signifies the existence of pathogenic Wind. Syndrome of distention of a deficient nature without edema is a case of stagnation of the Vital Energy.

Treatment of edema syndrome is to adopt a diaphoretic. Edema with deep pulse should be treated with Decoction of Herba Ephedrae and Radix Aconiti Praeparata. Edema with floating pulse can be treated with Decoction of Semen Armeniacae Amarum.



Decoction of Herba Ephedrae and Radix Aconiti Praeparata
(*Mahuang Fuzi Tang*):

Herba Ephedrae	3 liang
Radix Glycyrrhizae	2 liang
Radix Aconiti Praeparata	1 pc.

Stew Herba Ephedrae briefly in seven *sheng* of water. Skim off the foam and add the remaining drugs. Stew again until two and a half *sheng* remain. Serve eight *fen* of the lukewarm decoction per dose three times a day.

Decoction of Semen Armeniacae Amarum
(*Xingzi Tang*):

The prescription is missing. It may be Decoction of Herba Ephedrae, Semen Armeniacae Amarum, Radix Glycyrrhizae and Gypsum Fibrosum.

Decoction of Herba Ephedrae, Semen Armeniacae Amarum, Radix Glycyrrhizae and Gypsum Fibrosum
(*Mahuang Xingren Gancao Shigao Tang*):

Herba Ephedrae	4 liang
Semen Armeniacae Amarum	50pcs.
Radix Glycyrrhizae Praeparata	2 liang
Gypsum Fibrosum (break into small pieces, and place in a silk pouch)	0.5 jin

14-27 厥而皮水者，蒲灰散主之。方见消渴中。

CLAUSE 14-27

Skin-edema with coldness in the extremities can be treated with Powder of Ash of Pollen Typhae.

14-28 问曰：“黄汗之为病，身体肿一作重，发热汗出而渴，状如风水，汗沾衣，色正黄如柏汁，脉自沉，何从得之？”师曰：“以汗出入水中浴，水从汗孔入得之，宜芪芍桂酒汤主之。”

黄芪芍药桂枝苦酒汤方

黄芪_{五两} 芍药_{三两} 桂枝_{三两}

上三味，以苦酒一升，水七升，相和，煮取三升，温服一升，当心烦，服至六七日乃解，若心烦不止者，以苦酒阻故也。一方用美酒醱代苦酒。

CLAUSE 14-28

Question: Yellow-sweat syndrome is accompanied by the following symptoms and signs: swelling throughout the body, fever, perspiration and thirst. Symptoms similar to that of Wind-edema are also present. Sweat as yellow as juice of Cortex Phellodendri permeates the patient's clothing. The pulse is deep. What is the mechanism of the disease explained?

Master: When the patient sweats all over, he may jump into water for a bath, at which time water will invade the body through the pores. Decoction of Radix Astragali Hedysari, Radix Paeoniae, Ramulus Cinnamomi and Vinegar can be adopted.

Decoction of Radix Astragali Hedysari, Radix Paeoniae, Ramulus Cinnamomi and Vinegar

(*Huangqi Shaoyao Guizhi Kujiu Tang*):

Radix Astragali Hedysari	5 liang
Radix Paeoniae	3 liang
Ramulus Cinnamomi	3 liang

Stew the drugs in seven *sheng* of water and one *sheng* of *Kujiu* (vinegar) until three *sheng* remain. Serve one *sheng* of lukewarm decoction per dose. The patient will feel restless. If this dosage is maintained for six or seven days, the syndrome will subside though restlessness will not cease. This is due to obstruction caused by the vinegar.

14-29 黄汗之病，两胫自冷；假令发热，此属历节；食已汗出，又身常暮盗汗出者，此劳气也；若汗出已，反发热者，久久其身必甲错；发热不止者，必生恶疮。若身重，汗出已，辄轻者，久久必身暈，暈即胸中痛，又从腰以上必汗出，下无汗，腰髀弛痛，如有物在皮中状，剧者不能食，身疼重，烦躁，小便不利，此为黄汗，桂枝加黄芪汤主之。

桂枝加黄芪汤方

桂枝三两 芍药三两 甘草二两 生姜三两 大枣十二枚 黄芪二两

上六味，以水八升，煮取三升，温服一升，须臾，饮热稀粥一升余，以助药力，温覆取微汗，若不汗，更服。

CLAUSE 14-29

Yellow-sweat is accompanied by coldness in both hips. If both hips are hot, then it is a case of acute arthritis. If after eating a meal, the patient perspires and experiences night sweat, the case is one of a consumptive disease. In a case when the patient has fever following perspiration, scaly skin will be present. Continuous fever will lead to malignant boils.

The patient experiences heaviness of movement. After perspiring he may feel somewhat relaxed. When the case lasts for a long time, he will experience body twitching which will lead to a chest pain. Other symptoms and signs include sweating above the waist with no sweating below the waist, and pain and limpness in the waist and hipbones as if something were stuck under the skin. In acute cases, there will be anorexia, pain and heaviness throughout the body, restlessness, irritation and dysuria, all symptoms of Yellow-sweat. Decoction of Ramulus Cinnamomi adding Radix Astragali Hedysari can be adopted.

Decoction of Ramulus Cinnamomi adding Radix Astragali Hedysari
(*Guizhi Jia Huangqi Tang*):

Ramulus Cinnamomi	3 liang
Radix Paeoniae	3 liang
Radix Glycyrrhizae	2 liang
Rhizoma Zingiberis Recens	3 liang
Fructus Ziziphi Jujubae	12 pcs.
Radix Astragali Hedysari	2 liang

Stew the drugs in eight *sheng* of water until three *sheng* remain. Serve one *sheng* of lukewarm decoction. After a while, serve one *sheng*



or more of hot porridge to assist action of the drugs. Cover the patient warmly to induce a light sweat. If there is no sweat, give another dose.

14-30 师曰：“寸口脉迟而涩，迟则为寒，涩为血不足，趺阳脉微而迟，微则为气，迟则为寒。寒气不足，则手足逆冷；手足逆冷，则营卫不利；营卫不利，则腹满肠鸣相逐；气转膀胱，营卫俱劳；阳气不通即身冷，阴气不通即骨疼；阳前通则恶寒，阴前通则痹不仁；阴阳相得，其气乃行，大气一转，其气乃散，实则失气，虚则遗溺，名曰气分。”

CLAUSE 14-30

Master: Pulse in the wrist is slow and hesitant. Slow pulse signifies existence of cold, whereas hesitant pulse indicates the insufficiency of the Blood. *Fuyang* pulse is feeble and slow. Feeble pulse indicates weary state of the Vital Energy; slow pulse reveals prevalence of Cold. Cold and insufficiency of the Vital Energy bring about coldness in the extremities, resulting in Nutrient Essence conflicting with the Vital Resistance, which will bring about abdominal distention and a running borborygmus. Pathogenic cold will then move into the Urinary Bladder. Both the Nutrient Essence and the Vital Resistance are exhausted. When the Yang Vital Energy fails to circulate normally, coldness prevails in the body. When the Yin Vital Essence fails to circulate normally, numbness occurs. Only when the Yin and Yang are in harmony, can their interflow be strong enough to disperse the Cold-evil. In cases of an excessive nature, there will be repeated flatus. In cases of a deficient nature, incontinence of urination will occur. Such a case is caused by disorder of the Vital Energy.

14-31 气分，心下坚，大如盘，边如旋杯，水饮所作，桂枝去芍药加麻辛附子汤主之。

桂枝去芍药加麻辛附子汤方

桂枝_{三两} 生姜_{三两} 甘草_{二两} 大枣_{十二枚} 麻黄_{二两} 细辛_{二两} 附子_{一枚} 炮

上七味，以水七升，煮麻黄，去上沫，内诸药，煮取二升，分温三服，当汗出，如虫行皮中即愈。

CLAUSE 14-31

Edema caused by a disorder of the Vital Energy has the symptom of a hardened mass in the epigastrium the size of a plate with a round edge. This is a case caused by Water-evil. Decoction of Ramulus Cinnamomi subtracting Radix Paeoniae adding Herba Ephedrae, Herba Asari and Radix Aconiti Praeparata can be prescribed.

Decoction of Ramulus Cinnamomi subtracting Radix Paeoniae adding Herba Ephedrae, Herba Asari and Radix Aconiti Praeparata
(*Guizhi Qu Shaoyao Jia Ma Xin Fuzi Tang*):

Ramulus Cinnamomi	3 liang
Rhizoma Zingiberis Recens	3 liang
Radix Glycyrrhizae	2 liang
Fructus Ziziphi Jujubae	12 pcs.
Herba Ephedrae	2 liang
Herba Asari	2 liang
Radix Aconiti Praeparata	1 pc.

Stew *Herba Ephedrae* briefly in seven *sheng* of water. Skim off the foam and add the remaining drugs. Stew again until two *sheng* remain. Serve the lukewarm decoction in three doses. Recovery will follow when the patient perspires and feels as if worms were crawling under the skin.

14-32 心下坚，大如盘，边如旋盘，水饮所作，枳术汤主之。

枳术汤方

枳实七枚 白术二两

上二味，以水五升，煮取三升，分温三服，腹中软，即当散也。

附方

《外台》防己黄芪汤 治风水，脉浮为在表，其人或头汗出，表无他病，病者但下重，从腰以上为和，腰以下当肿及阴，难以屈伸。方见风湿中。

CLAUSE 14-32

A hardened mass in the epigastrium the size of a plate with a round edge is observed. This is caused by Water-evil. Decoction of *Fructus Aurantii Immaturus* and *Rhizoma Atractylodis Macrocephalae cephalae* will provide a cure.

Decoction of *Fructus Aurantii Immaturus* and *Rhizoma Atractylodis Macrocephalae*

(Zhi Zhu Tang):

Fructus Aurantii Immaturus	7 pcs.
Rhizoma Atractylodis Macrocephalae	2 liang

Stew the drugs in five *sheng* of water until three *sheng* remain. Serve the decoction warm in three doses. When the abdomen becomes soft again, pathogenic factors will have dispersed.

Appendix:

Decoction of Radix Stephaniae Tetrandrae and Radix Astragali Hedysari as recorded in *Waitai* is effective in curing Wind-edema with floating pulse, which indicates that the pathogenic factors are resting in the Exterior. The patient may perspire on the head but there will be no other Exterior syndromes he also experiences tenesmus. There is no disease in the region above the waist. Below the waist, edema extends to the genitalia, causing the patient great difficulty in moving his body.



黄疸病脉证并治第十五

论二首 脉证十四条 方七首

CHAPTER XV

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF JAUNDICE

15-1 寸口脉浮而缓，浮则为风，缓则为痹，痹非中风，四肢苦烦，脾色必黄，瘀热以行。

CLAUSE 15-1

The pulse in the wrist is floating and moderate. Floating pulse indicates the existence of Wind, whereas moderate pulse signifies an Obstruction syndrome, which is not a case of febrile disease caused by Wind. Condensed Heat will turn the patient's skin a yellowish color, since the corresponding color of the Spleen is yellow. The patient also experiences malaise and discomfort in the extremities.

15-2 趺阳脉紧而数，数则为热，热则消谷，紧则为寒，食即为满。尺脉浮为伤肾，趺阳脉紧为伤脾。风寒相搏，食谷即眩，谷气不消，胃中苦浊，浊气下流，小便不通，阴被其寒，热流膀胱，身体尽黄，名曰谷疸。额上黑，微汗出，手足中热，薄暮即发，膀胱急，小便自利，名曰女劳疸；腹如水状，不治。心中懊悒而热，不能食，时欲吐，名曰酒疸。

CLAUSE 15-2

Fuyang pulse is tense and speedy. Speedy pulse indicates prevalence of Heat, enabling the Stomach to perform digestive function well. Tense pulse indicates prevalence of Cold, which will lead to abdominal distention after meals. Floating pulse in the Cubit indicates state of weakness in the Kidney, whereas tense pulse in *Fuyang* signifies the weakness in the Spleen. When Wind and Cold intermingle and conflict with each other, the patient will feel dizziness the moment he finishes his meal. Queasiness in the Stomach is due to murkiness caused by indigestion. While this murkiness flows downward, dysuria results. When the Yin is affected by Cold and the Urinary Bladder by Heat, the body will turn yellow. This is called Jaundice due to improper diet (*Gudan*).

Complexion on the forehead turns dark, and a slight perspiration is observed. The palms and arches are warm. These symptoms will become acute at dusk. The patient also suffers contraction in the Urinary Bladder (abdomen), though urination is normal. This is a case of Jaundice due to sexual intemperance (*Nülaodan*). If the abdomen is distended as if it were full of water, the case will be difficult to treat.

The patient feels hot and restless in the chest with anorexia and repeated nausea. This is a case of Jaundice due to over drinking (*Jiudan*).

15-3 阳明病脉迟者，食难用饱，饱则发烦头眩，小便必难，此欲作谷疸；虽下之，腹满如故，所以然者，脉迟故也。“发”，《伤寒论》阳明篇作“微”。

CLAUSE 15-3

Greater Yang syndrome with slow pulse: The patient cannot eat large quantities of food. If he does, he will experience epigastric uneasiness,



dizziness and dysuria. These symptoms indicate *Gudan* (Jaundice due to improper diet). Although purgative is given, abdominal distention is unaffected. The reason is that the pulse is slow.

15-4 夫病酒黄疸，必小便不利，其候心中热，足下热，是其证也。

CLAUSE 15-4

Jaundice due to over-drinking will have symptoms and signs of dysuria, hot feeling in the chest and warm feeling on the arches.

15-5 酒黄疸者，或无热，靖言了了，腹满，欲吐，鼻燥，其脉浮者先吐之，沉弦者先下之。

CLAUSE 15-5

Jaundice due to over-drinking is not accompanied by fever. The patient is generally quiet and relaxed but experiences abdominal distention, tends to vomit, and has a parched feeling in the nasal cavities. In such cases, emetic can be adopted at first when the pulse is floating. Purgative can be given first when the pulse is deep-tight.

15-6 酒疸，心中热，欲呕者，吐之愈。

CLAUSE 15-6

Jaundice due to over-drinking with a hot feeling in the chest and nausea can be treated with a dose of emetic.

15-7 酒疸下之，久久为黑疸，目青面黑，心中如啖蒜齏状，大便正黑，皮肤爪之不仁，其脉浮弱，虽黑微黄，故知之。“爪”，程本作“抓”。

CLAUSE 15-7

Jaundice due to over-drinking treated by purgative may become Black Jaundice after a period of time. Black Jaundice has the symptoms of bluish eyes, dark facial complexion, and an uncomfortable hot feeling in the chest, as if the patient has eaten too much garlic. The stool is black. The skin is numb, insensate to scratching. The pulse is floating-weak. Although the skin complexion is dark, there is a slight yellow tinge. This is evidence of the pathological changes.

15-8 师曰：“病黄疸，发热烦喘、胸满口燥者，以病发时火劫其汗，两热所得，然黄家所得，从湿得之。一身尽发热而黄，肚热，热在里，当下之。”

CLAUSE 15-8

Master: Jaundice accompanied by fever, restlessness, wheezing, fullness in the chest and a parched feeling in the mouth is treated with Fire therapy to induce perspiration. Heat from the Fire therapy combines with the Heat in the interior to make the case more serious. Jaundice originates in the Humidity factor. The whole body will then turn yellow and hot, with a hot feeling in the abdomen indicating the prevalence of Heat in the Interior. Purgative should be adopted to eliminate the Heat.

15-9 脉沉，渴欲饮水，小便不利者，皆发黄。





CLAUSE 15-9

Deep pulse with symptoms of thirst and dysuria foretells a syndrome of Jaundice.

15-10 腹满，舌痿黄，躁不得睡，属黄家。“舌痿”，疑作“身痿”。

CLAUSE 15-10

Symptoms and signs of abdominal distention, restlessness, irritation which prevent the patient from falling asleep and a dull yellow complexion all over the body indicate a syndrome of Jaundice.

15-11 黄疸之病，当以十八日为期，治之十日以上瘥，反剧为难治。“剧”，赵本作“极”。

CLAUSE 15-11

Eighteen days are the length of time of a cycle of Jaundice. After receiving treatment for ten or more days, the syndrome should subside. If syndrome does not subside but becomes aggravated, the case is difficult to treat.

15-12 疸而渴者，黄疸难治；疸而不渴者，其疸可治。发于阴部，其人必呕；阳部，其人振寒而发热也。“阳部”上，《脉经》、《千金》有“发于”二字。

CLAUSE 15-12

Jaundice with thirst is difficult to treat; Jaundice without thirst is curable.

Jaundice originating in Yin (the Interior) will be accompanied by nausea and vomiting; jaundice originating in Yang (the Exterior) will be accompanied by aversion to cold with trembling and fever.

15-13 谷疸之为病，寒热不食，食即头眩，心胸不安，久久发黄，为谷疸，茵陈蒿汤主之。

茵陈蒿汤方

茵陈蒿六两 梔子十四枚 大黄二两

上三味，以水一斗，先煮茵陈，减六升，内二味，煮取三升，去滓，分温三服，小便当利，尿如皂角汁状，色正赤，一宿腹减，黄从小便去也。

CLAUSE 15-13

The patient has fever and chills and is reluctant to eat. If he eats, he will experience vertigo and uneasiness in his chest. This condition will last for a period of time after which his skin will turn yellow. This is Jaundice due to improper diet (*Gudan*). Decoction of *Herba Artemisiae Scopariae* can be adopted.

Decoction of *Herba Artemisiae Scopariae* (*Yinchenhao Tang*):

<i>Herba Artemisiae Scopariae</i>	6 liang
<i>Fructus Gardeniae</i>	14 pcs.
<i>Radix et Rhizoma Rhei</i>	2 liang



Stew *Herba Artemisiae Scopariae* in one *dou* of water until six *sheng* remain. Add remaining drugs and stew until three *sheng* remain. Filter the decoction and serve lukewarm in three doses. After taking the decoction, the patient's urine should be as brown as the juice of *Fructus Gleditsiae Sinensis*. Abdominal distention will be reduced during the night. Jaundice leaves the body with the urine.

15-14 黄家日晡所发热，而反恶寒，此为女劳得之；膀胱急，少腹满，身尽黄，额上黑，足下热，因作黑疸。其腹胀如水状，大便必黑，时溏，此女劳之病，非水也。腹满者难治，硝石矾石散主之。“之病”，《千金》作“疸”字；“难治”后，《千金》有“治女劳疸”四字。

硝石矾石散方

硝石 矾石烧，等分

上二味为散，以大麦粥汁，和服方寸匕，日三服，病随大小便去，小便正黄，大便正黑，是候也。

CLAUSE 15-14

Patients affected by Jaundice have fever in the afternoon and chills. This is a case of Jaundice due to sexual intemperance, with symptoms and signs of abdominal distention, strain in the Urinary Bladder, yellowish complexion all over the body, dark forehead, and warmth in the arches. This will gradually turn into Black Jaundice. The patient's abdomen is distended as if it were full of water. The stool is black and watery. Causa morbid is overexertion in sexual activity. It is not a case of edema. Jaundice

accompanied by abdominal distention is generally difficult to treat. Powder of Nitrum and Alumen can be adopted.

Powder of Nitrum and Alumen
(*Xiaoshi Fanshi San*):

Nitrum

Alumen

Pound the substances in equal quantities into powder. Take one *fangcunbi* of the powder with thin barley porridge three doses a day. Jaundice will drain out of the body along with the urine and stool. Urine should be yellow and stool black.

15-15 酒黄疸，心中懊侬，或热痛，梔子大黄汤主之。

梔子大黄汤方

梔子十四枚 大黄一两 枳实五枚 豉一升

上四味，以水六升，煮取二升，分温三服。

CLAUSE 15-15

Jaundice due to over-drinking accompanied by symptoms of restlessness and irritation in the heart or pain and hot feelings can be treated with Decoction of Fructus Gardeniae and Radix et Rhizoma Rhei.

Decoction of Fructus Gardeniae and Radix et Rhizoma Rhei



(*Zhizi Dahuang Tang*):

Fructus Gardeniae	14 pcs.
Radix et Rhizoma Rhei	1 <i>liang</i>
Fructus Aurantii Immaturus	5 pcs.
Semen Sojae Praeparatum	1 <i>sheng</i>

Stew the drugs in six *sheng* of water until two *sheng* remain. Serve the decoction lukewarm in three doses.

15-16 诸病黄家，但利其小便，假令脉浮，当以汗解之，宜桂枝加黄芪汤主之。方见水气病中。

CLAUSE 15-16

General therapy in all cases of Jaundice is the adoption of a diuretic. If pulse is floating, diaphoretic should be adopted. Decoction of Ramulus Cinnamomi adding Radix Astragali Hedysari will provide a cure.

15-17 诸黄，猪膏发煎主之。

猪膏发煎方

猪膏半斤 乱发如鸡子大，三枚

上二味，和膏中煎之，发消药成，分再服，病从小便出。“味”下，《外台》有“内发”二字，“药成”，作“尽研，绞、去膏细滓”七字。

CLAUSE 15-17

Decoction of Lard and Human Hair can be adopted in all cases of Jaundice.

Decoction of Lard and Human Hair
(*Zhugao Fa Jian*):

Lard	0.5 jin
Human hair	3 egg-size balls

Place the human hair in the lard. Stew until hair dissolves. Serve the decoction in two doses. Pathogenic factor will be excreted with the urine.

15-18 黄疸病，茵陈五苓散主之。一本云：“茵陈汤及五苓散并主之”。

茵陈五苓散方

茵陈蒿末十分 五苓散五分 方见痰饮中

上二味和，先食饮方寸匕，日三服。

CLAUSE 15-18

Powder of *Herba Artemisiae Scopariae* and *Wuling* can be adopted to treat the syndrome of Jaundice.

Powder of *Herba Artemisiae Scopariae* and *Wuling*
(*Yinchen Wuling San*):

Powder of Herba Artemisiae Scopariae	10 fen
Wuling Powder	5 fen

Combine the powders and take one *fangcunbi* before meal per dose three times a day.

15-19 黄疸腹满，小便不利而赤，自汗出，此为表和里实，当下之，宜大黄硝石汤。

大黄硝石汤方

大黄 黄柏 硝石各四两 梔子十五枚

上四味，以水六升，煮取二升，去滓，内硝，更煮，取一升，顿服。

CLAUSE 15-19

Syndrome of Jaundice accompanied by symptoms and signs of abdominal distention, dysuria with reddish urine, and spontaneous perspiration is a case with harmonious Exterior and Excess in the Interior. A purgative should be adopted. Decoction of Radix et Rhizoma Rhei and Nitrum will provide a cure.

Decoction of Radix et Rhizoma Rhei and Nitrum

(*Dahuang Xiaoshi Tang*):

Radix et Rhizoma Rhei	4 liang
Cortex Phellodendri	4 liang
Fructus Gardeniae	15 pcs.
Nitrum	4 liang



Stew the first three herbs in six *sheng* of water until two *sheng* remain. Filter the decoction and add Nitrum. Stew again until one *sheng* remain. Serve the decoction in a single dose.

15-20 黄疸病小便色不变，欲自利，腹满而喘，不可除热，热除必哕。哕者，小半夏汤主之。方见痰饮中。

CLAUSE 15-20

Jaundice with urine of a normal color, abdominal distention, wheezing and a tendency to loose stool should not be treated with drugs in cold quality to eliminate the Heat. Adoption of drugs of a cold quality to eliminate the Heat will bring about nausea. Decoction of Lesser Rhizoma Pinelliae (see Clause 12-26) is a good cure for nausea.

15-21 诸黄，腹痛而呕者，宜柴胡汤。必小柴胡汤，方见呕吐中。

CLAUSE 15-21

Syndrome of Jaundice with abdominal pain and nausea can be treated with Decoction of Radix Bupleuri.

15-22 男子黄，小便自利，当与虚劳小建中汤。方见虚劳中。

附方

瓜蒂汤 治诸黄。方见喝病中。

《千金》麻黄醇酒汤 治黄疸

麻黄三两

上一味，以美清酒五升，煮取二升半，顿服尽。冬月用酒，春月用水煮之。“美清酒”，《千金》作“醇酒”，“二升半”作“一升半”。

CLAUSE 15-22

In male patients, Jaundice with normal urination should be treated with Decoction of Lesser *Jianzhong* to replenish the Deficiency.

Appendix:

Decoction of *Pedicellus Melo* is effective in treating syndrome of Jaundice.

Decoction of *Herba Ephedrae* and Wine is effective in treating syndrome of Jaundice.

Decoction of *Herba Ephedrae* and Wine (from *Qianjin*)
(*Mahuang Chunjiu Tang*):

Herba Ephedrae

3 *liang*

Stew *Herba Ephedrae* in five *sheng* of rice wine until two and a half *sheng* remain. Serve the decoction in one dose. In winter, wine should be used. In spring, water can be used.

惊悸吐衄下血胸满瘀血病脉证并治第十六

脉证十二条 方五首

CHAPTER XVI

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF CONVULSIONS AND PALPITATION, HEMATEMESIS, EPISTAXIS, HEMATOCHEZIA, CHEST FULLNESS AND BLOOD STASIS

16-1 寸口脉动而弱，动即为惊，弱则为悸。

CLAUSE 16-1

Pulse in the wrist is moving and weak. Moving pulse indicates convulsions. Weak pulse indicates palpitations.

16-2 师曰：“尺脉浮，目睛晕黄，衄未止，晕黄去，目睛慧了，知衄今止。”

CLAUSE 16-2

Master: Pulse in the Cubit is floating. Eyeballs are yellowish with blurred vision. Epistaxis occurs occasionally. When yellowish color in the eyeballs fades and the vision returns to normal, epistaxis will cease.



16-3 又曰：“从春至夏衄者太阳，从秋至冬衄者阳明。”

CLAUSE 16-3

The Master says: Epistaxis in spring and summer belong to the category of Initial Yang syndromes; epistaxis in autumn and winter belong to the category of Greater Yang syndromes.

16-4 衄家不可汗，汗出必额上陷脉紧急，直视、不能眴，不得眠。

CLAUSE 16-4

Diaphoresis is not recommended for patients who suffer from frequent epistaxis. If it is adopted, the veins on the patient's forehead will be tense and protruding, his eyeballs will be motionless and he will suffer from insomnia.

16-5 病人面无血色，无寒热，脉沉弦者衄；浮弱，手按之绝者，下血；烦咳者必吐血。

CLAUSE 16-5

The patient's face is pale but he has no fever or chills. Epistaxis will occur when deep-tight pulse is diagnosed. In other cases, pulse is floating and weak. When pressed deeply, the pulse disappears, indicating a case of hematochezia. Restlessness and coughing indicate a case of hematemesis.



16-6 夫吐血，咳逆上气，其脉数而有热，不得卧者，死。“数”下，《巢源》有“浮大”二字。

CLAUSE 16-6

Case is fatal when the patient has hematemesis with coughing, inspiratory dyspnea, fever, speedy pulse and restlessness that prevents him from lying quietly in bed.

16-7 夫酒客咳者，必致吐血，此因急饮过度所致也。

CLAUSE 16-7

Coughing in a patient who frequently drinks (wine) will lead to hematemesis, especially a patient who drinks to excess and too often.

16-8 寸口脉弦而大，弦则为减，大则为芤。减则为寒，芤则为虚，寒虚相击，此名曰革，妇人则半产漏下，男子则亡血。

CLAUSE 16-8

The pulse is tight and huge. When pressed deeply, it is not as strong as a true tight pulse. Though huge, it is void within. Such pulse is called “void-tight.” Tight pulse of reduced strength indicates prevalence of pathogenic Cold. Void pulse reflects Interior Deficiency. When void-tight pulse occurs in female patients, this indicates premature delivery or mild, chronic bloody vaginal discharge. In male patients, it indicates loss of blood and sperm.

16-9 亡血不可发其表，汗出则寒栗而振。

CLAUSE 16-9

Diaphoresis is not recommended for those who suffer from frequent hemorrhaging. If it is adopted, there will be perspiration, trembling, shivering and chills.

16-10 病人胸满，唇痿，舌青，口燥，但欲嗽水不欲咽，无寒热，脉微大来迟，腹不满，其人言我满，为有瘀血。

CLAUSE 16-10

The patient experiences a sense of fullness in the chest, withered lips, bluish tongue and parched mouth. He is thirsty but merely holds the water in his mouth with no intention of swallowing it. He has no fever or chills. He has no abdominal distention but claims to be suffering from this. His pulse is feeble, huge and slow. This is a case of blood stasis.

16-11 病者如热状，烦满，口干燥而渴，其脉反无热，此为阴伏，是瘀血也，当之下。

CLAUSE 16-11

Symptoms and signs are similar to those in a case of a Heat nature, with restlessness, sensation of fullness, thirst and parched mouth. But the pulse does not suggest a case of a Heat nature

This is called "hidden Yin" (*Yin fu*), a case caused by blood stasis. A purgative which can remove the blood stasis should be adopted.

16-12 火邪者，桂枝去芍药加蜀漆牡蛎龙骨救逆汤主之。

桂枝救逆汤方

桂枝三两，去皮 甘草二两，炙 生姜三两 牡蛎五两，熬 龙骨四两 大枣
十二枚 蜀漆三两，洗，去腥

上为末，以水一斗二升，先煮蜀漆，减二升，内诸药，煮取三升，去滓，温服一升。

CLAUSE 16-12

Syndrome caused by scorching therapy can be treated with Decoction of *Ramulus Cinnamomi Jiuni*.

Decoction of *Ramulus Cinnamomi Jiuni*
(*Guizhi Jiuni Tang*):

<i>Ramulus Cinnamomi</i>	3 liang
<i>Radix Glycyrrhizae Praeparata</i>	2 liang
<i>Rhizoma Zingiberis Recens</i>	3 liang
<i>Concha Ostreae</i>	5 liang
<i>Os Draconis</i>	4 liang
<i>Fructus Ziziphi Jujubae</i>	12 pcs.
<i>Ramulus et Folium Dichroae</i>	3 liang

Stew *Ramulus et Folium Dichroae* in one *dou* and two *sheng* of water until one *dou* remains. Pound remaining drugs into powder and add to the decoction. Stew again until three *sheng* remain. Filter the decoction and serve one *sheng* of lukewarm decoction as a dose.

16-13 心下悸者，半夏麻黄丸主之。《脉经》无此条。

半夏麻黄丸方

半夏 麻黄等分

上二味，末之，炼蜜和丸小豆大，饮服三丸，日三服。

CLAUSE 16-13

Palpitations can be treated with Pills of Rhizoma Pinelliae and Herba Ephedrae.

Pills of Rhizoma Pinelliae and Herba Ephedrae
(*Banxia Mahuang Wan*):

Rhizoma Pinelliae

Herba Ephedrae

Pound the drugs in equal quantities into powder. Blend with honey and form pills the size of Semen Phaseoli. Take three pills per dose three times a day.

16-14 吐血不止者，柏叶汤主之。

柏叶汤方

柏叶 干姜各三两 艾三把

上三味，以水五升，取马通汁一升，合煮，取一升，分温再服。

CLAUSE 16-14

Syndrome with repeated hematemesis can be treated with Decoction of Cacumen Biotae.

Decoction of Cacumen Biotae.

(Boye Tang):

Cacumen Biotae	3 liang
Rhizoma Zingiberis	3 liang
Folium Artemisiae Argyi	3 bundles

Add one *sheng* of liquid taken from horse faeces to five *sheng* of water. Add drugs and stew until one *sheng* remains. Serve the lukewarm decoction in two doses.

16-15 下血，先便后血，此远血也，黄土汤主之。

黄土汤方亦主吐血、衄血

甘草 干地黄 白术 附子炮 阿胶 黄芩各三两 灶中黄土半斤

上七味，以水八升，煮取三升，分温二服。

CLAUSE 16-15

In a case of hematochezia, blood is observed after the stool. This is

called "Distant hematochezia" (*Yuan xue*). Decoction of Loess can be adopted.

Decoction of Loess

(*Huangtu Tang*):

Also effective in curing hematemesis and epistaxis.

Radix Glycyrrhizae	3 liang
Radix Rehmanniae	3 liang
Rhizoma Atractylodis Macrocephalae	3 liang
Radix Aconiti Praeparata	3 liang
Colla Corii Asini	3 liang
Radix Scutellariae	3 liang
Loess (taken from an earthen stove)	0.5 jin

Stew the drugs in eight *sheng* of water until three *sheng* remain.

Serve the lukewarm decoction in two doses.

16-16 下血，先血后便，此近血也，赤小豆当归散主之。方见狐惑中。

CLAUSE 16-16

In cases of hematochezia, blood is observed before the stool. This is called "Near hematochezia" (*Jin xue*). Powder of Radix Angelicae Sinensis and Semen Phaseoli can be adopted.

16-17 心气不足，吐血，衄血，泻心汤主之。

泻心汤方亦治霍乱。

大黄二两 黄连一两 黄芩一两

上三味，以水三升，煮取一升，顿服之。

CLAUSE 16-17

Decoction of *Xiexin* is effective in syndromes with symptoms of restlessness, hematemesis and epistaxis.

Decoction of *Xiexin*

(*Xiexin Tang*):

Also effective in treating Cholera (*Huoluan*).

Radix et Rhizoma Rhei	2 liang
Rhizoma Coptidis	1 liang
Radix Scutellariae	1 liang

Stew the drugs in three *sheng* of water until one *sheng* remains.
Serve the decoction in a single draft.



呕吐哕下利病脉证治第十七

论一首 脉证二十七条 方二十三首

CHAPTER XVII

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF NAUSEA AND VOMITING, RETCHING AND DIARRHEA

17-1 夫呕家有痈脓，不可治呕，脓尽自愈。

CLAUSE 17-1

A patient constantly suffering from nausea and vomiting should not be treated with antiemetic if vomit includes purulent substances. Once the patient vomits up all of these substances, vomiting will stop.

17-2 先呕却渴者，此为欲解；先渴却呕者，为水停心下，此属饮家；呕家本渴，今反不渴者，以心下有支饮故也，此属支饮。

CLAUSE 17-2

The patient first experiences nausea and vomiting followed by thirst. This indicates incipient self-cure. When the patient experiences thirst before nausea and vomiting, this indicates Fluid-retention in the epigastrium. This is a Fluid-retention syndrome. Under normal conditions, the patient

experiencing nausea and vomiting should feel thirsty. When *Zhiyin* Fluid-retention is located in the epigastrium, the patient will not feel thirsty. This is a *Zhiyin* Fluid-retention syndrome.

17-3 问曰：“病人脉数，数为热，当消谷引食，而反吐者何也？”师曰：“以发其汗，令阳微，膈气虚，脉乃数，数为客热，不能消谷，胃中虚冷故也。脉弦者虚也，胃气无余，朝食暮吐，变为胃反；寒在于上，医反下之，今脉反弦，故名曰虚。”

CLAUSE 17-3

Question: Speedy pulse indicates Interior Heat which normally promotes digestion and whets the appetite. But the patient experiences nausea and vomiting. Why does this happen?

Master: Diaphoresis has weakened the Yang Vital Energy and caused Deficiency in the diaphragm. A speedy pulse represents a “Guest Heat,” which cannot aid digestion. So cold and deficient Stomach causes nausea and vomiting. Tight pulse is diagnosed, which indicates a Deficiency. When the Stomach Vital Energy is exhausted, the patient will vomit the food eaten during the morning in the evening. This is called “Stomach Regurgitation”(Wei fan), resulting from the adoption of purgatives while pathogenic Cold prevails in the upper part of the body. The pulse will turn tight. This is a case of Deficiency.

17-4 寸口脉微而数，微则无气，无气则荣虚，荣虚则血不足，血不足则胸中冷。



CLAUSE 17-4

Pulse in the wrist is feeble and speedy. Feeble pulse demonstrates weary state of the Vital Resistance, which will cause the Nutrient Essence to become deficient. Deficient Nutrient Essence reflects insufficiency of the Blood, which will in turn give the patient a sensation of cold in the chest.

17-5 趺阳脉浮而涩，浮则为虚，涩则伤脾，脾伤则不磨，朝食暮吐，暮食朝吐，宿谷不化，名曰胃反。脉紧而涩，其病难治。

CLAUSE 17-5

Fuyang pulse is floating and hesitant. Floating pulse indicates Deficiency (of the Stomach Vital Energy), whereas hesitant pulse signifies injured Spleen. When the Spleen is hurt, digestion is also hampered. So the patient vomits the food eaten during the morning in the evening, or vomits the food eaten at night the next morning. Indigestion prevails in the Stomach. This is a case of Stomach Regurgitation. When the pulse is tense-hesitant, the case will be difficult to treat.

17-6 病人欲吐者，不可下之。

CLAUSE 17-6

No purgative should be adopted for patients who tend to vomit.

17-7 哕而腹满，视其前后，知何部不利，利之即愈。

CLAUSE 17-7

When nausea and abdominal distention are observed, diagnosis should be made by examining the front and the back. Therapy should facilitate the normal functioning.

17-8 呕而胸满者，茱萸汤主之。

茱萸汤方

吴茱萸一升 人参三两 生姜六两 大枣十二枚

上四味，以水五升，煮取三升，温服七合，日三服。

CLAUSE 17-8

Decoction of Fructus Evodiae can be adopted for cases with nausea and fullness in the chest.

Decoction of Fructus Evodiae

(*Zhuyu Tang*):

Fructus Evodiae	1 <i>sheng</i>
Radix Ginseng	3 <i>liang</i>
Rhizoma Zingiberis Recens	6 <i>liang</i>
Fructus Ziziphi Jujubae	12 pcs.

Stew the drugs in five *sheng* of water until three *sheng* remain. Serve seven *ge* of the lukewarm decoction per dose three times a day.



17-9 干呕，吐涎沫，头痛者，茱萸汤主之。方见上。

CLAUSE 17-9

Decoction of Fructus Evodiae is effective in curing nausea with saliva and headache.

17-10 呕而肠鸣，心下痞者，半夏泻心汤主之。

半夏泻心汤方

半夏半升，洗 黄芩 干姜 人参各三两 黄连一两 大枣十二枚 甘草三两，炙

上七味，以水一斗，煮取六升，去滓再煮，取三升，温服一升，日三服。

CLAUSE 17-10

Decoction of Rhizoma Pinelliae *Xiexin* can be adopted for syndromes with the following symptoms and signs: Nausea and Vomiting with borborygmus and Vital-energy Stagnation in the epigastrium.

Decoction of Rhizoma Pinelliae *Xiexin*

(*Banxia Xiexin Tang*):

Rhizoma Pinelliae	0.5 sheng
Radix Scutellariae	3 liang
Rhizoma Zingiberis	3 liang
Radix Ginseng	3 liang
Rhizoma Coptidis	1 liang

Fructus Ziziphi Jujubae	12 pcs.
Radix Glycyrrhizae Praeparata	3 liang

Stew the drugs in one *dou* of water until six *sheng* remain. Filter the decoction and stew again until three *sheng* remain. Serve one *sheng* of lukewarm decoction per dose three times a day.

17-11 干呕而利者，黄芩加半夏生姜汤主之。

黄芩加半夏生姜汤方

黄芩三两 甘草二两，炙 芍药二两 半夏半升 生姜三两 大枣二十枚

上六味，以水一斗，煮取三升，去滓，温服一升，日再夜一服。

CLAUSE 17-11

Decoction of Radix Scutellariae adding Rhizoma Pinelliae and Rhizoma Zingiberis Recens can be adopted in cases with retching and diarrhea.

Decoction of Radix Scutellariae adding Rhizoma pinelliae and Rhizoma Zingiberis Recens

(*Huangqin Jia Banxia Shengjiang Tang*):

Radix Scutellariae	3 liang
Radix Glycyrrhizae Praeparata	2 liang
Radix Paeoniae	2 liang
Rhizoma Pinelliae	0.5 sheng
Rhizoma Zingiberis Recens	3 liang



Fructus Ziziphi Jujubae

20pcs.

Stew the drugs in one *dou* of water until three *sheng* remain. Filter the decoction and serve one *sheng* of lukewarm decoction per dose, two doses during the day and one at night.

17-12 诸呕吐，谷不得下者，小半夏汤主之。方见痰饮中。

CLAUSE 17-12

The patient suffers nausea and vomiting. He cannot swallow what he has eaten. He should be given a dose of Decoction of Lesser Rhizoma Pinelliae to treat the syndrome.

17-13 呕吐而病在膈上，后思水者解，急与之。思水者，猪苓散主之。

猪苓散方

猪苓 茯苓 白术各等分

上三味，杵为散，饮服方寸匕，日三服。

CLAUSE 17-13

When the pathogenic factors are located above the diaphragm, the patient suffers from nausea and vomiting. After vomiting, if the patient is thirsty, it is a sign of recovery and the patient should be served water immediately. If the patient is still thirsty after he is given water, Powder of



Polyporus Umbellatus can be adopted.

**Powder of Polyporus Umbellatus
(Zhuling San):**

Polyporus Umbellatus

Poria

Rhizoma Atractylodis Macrocephalae

Pound the drugs in equal amounts into powder. Take one *fangcunbi* per dose three times a day.

17-14 呕而脉弱，小便复利，身有微热，见厥者，难治，四逆汤主之。

四逆汤方

附子一枚，生用 干姜一两半 甘草二两，炙

上三味，以水三升，煮取一升二合，去滓，分温再服，强人可大附子一枚，干姜三两。

CLAUSE 17-14

Case will be difficult to treat if the following symptoms and signs are observed: Nausea and vomiting, weak pulse, normal urination, slight fever and coldness in the extremities. Decoction of *Sini* can be adopted to cure the case.



Decoction of *Sini*
(*Sini Tang*):

Radix Aconiti	1 pc.
Rhizoma Zingiberis	1.5 liang
Radix Glycyrrhizae Praeparata	2 liang

Stew the drugs in three *sheng* of water until one *sheng* and two *ge* remain. Filter the decoction and serve in two doses when lukewarm. For patients with strong constitution, one large piece of Radix Aconiti and three *liang* of Rhizoma Zingiberis can be used.

17-15 呕而发热者，小柴胡汤主之。

小柴胡汤方

柴胡半斤 黄芩三两 人参三两 甘草三两 半夏半升 生姜三两 大枣十二枚

上七味，以水一斗二升，煮取六升，去滓再煎，取三升，温服一升，日三服。

CLAUSE 17-15

Decoction of Lesser Radix Bupleuri can be adopted in cases of nausea and fever.

Decoction of Lesser Radix Bupleuri
(*Xiao Chaihu Tang*):

Radix Bupleuri	0.5 jin
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Radix Scutellariae	3 liang
Radix Ginseng	3 liang
Radix Glycyrrhizae	3 liang
Rhizoma Pinelliae	0.5 sheng
Rhizoma Zingiberis Recens	3 liang
Fructus Ziziphi Jujubae	12 pcs.

Stew the drugs in one *dou* and two *sheng* of water until six *sheng* remain. Filter the decoction and stew again until three *sheng* remain. Serve one *sheng* of lukewarm decoction per dose three times a day.

17-16 胃反呕吐者，大半夏汤主之。《千金》云：“治胃反不受食，食入即吐。”《外台》云：“治呕，心下痞硬者。”

大半夏汤方

半夏二升，洗，完用 人参三两 白蜜一升

上三味，以水一斗二升，和蜜扬之二百四十遍，煮取二升半，温服一升，余分再服。

CLAUSE 17-16

Decoction of Greater Rhizoma Pinelliae can be adopted in cases with Stomach Regurgitation, nausea and vomiting.

Decoction of Greater Rhizoma Pinelliae
(*Da Banxia Tang*):

Rhizoma Pinelliae	2 sheng
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Radix Ginseng	3 <i>liang</i>
Mel (Honey)	1 <i>sheng</i>

Blend Mel in one *dou* and two *sheng* of water. Splash the water lightly with a spoon 240 times. Then add first two drugs and stew until two and half *sheng* remain. Serve one *sheng* of lukewarm decoction per dose. The remaining decoction can be served in two doses.

17-17 食已即吐者，大黄甘草汤主之。《外台》方，又治吐水。

大黄甘草汤方

大黄四两 甘草一两

上二味，以水三升，煮取一升，分温再服。

240

CLAUSE 17-17

Immediately after eating, food is vomited up. Such cases can be treated with Decoction of Radix et Rhizoma Rhei and Radix Glycyrrhizae.

Decoction of Radix et Rhizoma Rhei and Radix Glycyrrhizae
(*Dahuang Gancào Tang*)

Radix et Rhizoma Rhei	4 <i>liang</i>
Radix Glycyrrhizae	1 <i>liang</i>

Stew the drugs in three *sheng* of water until one *sheng* remains. Serve the decoction lukewarm in two doses.

17-18 胃反，吐而渴，欲饮水者，茯苓泽泻汤主之。

茯苓泽泻汤方《外台》云：治消渴脉绝，胃反吐食方，有小麦一升

茯苓半斤 泽泻四两 甘草二两 桂枝二两 白术三两 生姜四两

上六味，以水一斗，煮取三升，内泽泻，再煮取二升半，温服八合，日三服。

CLAUSE 17-18

Stomach Regurgitation with vomiting and thirst can be eased with Decoction of Poria and Rhizoma Alismatis.

Decoction of Poria and Rhizoma Alismatis

(*Fuling Zexie Tang*):

Waitai states that this prescription is effective for *Xiaoke* (diabetes) with Stomach Regurgitation, vomiting of food which has just been eaten, and pulse that is barely palpable. In this case, one *sheng* of Fructus Triticici should be added to the prescription.

Poria	0.5 jin
Radix Glycyrrhizae	2 liang
Ramulus Cinnamomi	2 liang
Rhizoma Atractylodis Macrocephalae	3 liang
Rhizoma Zingiberis Recens	4 liang
Rhizoma Alismatis	4 liang

Stew the first five drugs in one *dou* of water until three *sheng* remain.

Add Rhizoma Alismatis and stew again until two and a half *sheng* remain. Serve eight *ge* of the lukewarm decoction per dose three times a day.

17-19 吐后渴欲得水而贪饮者，文蛤汤主之，兼主微风脉紧头痛。

文蛤汤方

文蛤五两 麻黄 甘草 生姜各三两 石膏五两 杏仁五十个 大枣十二枚

上七味，以水六升，煮取二升，温服一升，汗出即愈。

CLAUSE 17-19

After the patient vomits, he is thirsty and drinks large quantities of water. Decoction of *Wenge* can be adopted to quench the thirst. This decoction is also effective in cases caused by a slight pathogenic Wind with headache and tense pulse.

Decoction of *Wenge*

(*Wenge Tang*):

Wenge (*Concha Meretricis seu*

Cyclinae or *Galla Chinensis*)

5 *liang*

Herba Ephedrae

3 *liang*

Radix Glycyrrhizae

3 *liang*

Rhizoma Zingiberis Recens

3 *liang*

Gypsum Fibrosum

5 *liang*

Semen Armeniacae Amarum

50 pcs.

Fructus Ziziphi Jujubae

12 pcs.



Stew the drugs in six *sheng* of water until two *sheng* remain. Serve one *sheng* of the lukewarm decoction per dose. When perspiration is induced the syndrome is subsiding.

17-20 干呕吐逆，吐涎沫，半夏干姜散主之。

半夏干姜散方

半夏 干姜各等分

上二味，杵为散，取方寸匕，浆水一升半，煎取七合，顿服之。

CLAUSE 17-20

Powder of *Rhizoma Pinelliae* and *Rhizoma Zingiberis* can be adopted in syndromes with nausea with copious salivation.

Powder of *Rhizoma Pinelliae* and *Rhizoma Zingiberis*

(*Banxia Ganjiang San*):

Rhizoma Pinelliae

Rhizoma Zingiberis

Pound the drugs in equal amounts into powder. Stew one *fangcunbi* of the powder in one and a half *sheng* of *jiangshui* water until seven *ge* remain. Serve the decoction in a single dose.

17-21 病人胸中似喘不喘，似呕不呕，似哕不哕，彻心中愤愤然无奈者，生姜半夏汤主之。

生姜半夏汤方

半夏半升 生姜汁一升

上二味，以水三升，煮半夏，取二升，内生姜汁，煮取一升半，小冷，分四服，日三夜一服。止，停后服。

CLAUSE 17-21

The patient feels a great discomfort in the chest, as if he were suffering from wheezing, nausea and vomiting. He is not actually suffering from these complaints, but feels extremely uncomfortable in his chest and is unable to quiet himself down. To tranquilize the patient, Decoction of Rhizoma Zingiberis Recens and Rhizoma Pinelliae can be adopted.

Decoction of Rhizoma Zingiberis Recens and Rhizoma Pinelliae
(*Shengjiang Banxia Tang*):

Rhizoma Pinelliae	0.5 sheng
Juice of Rhizoma Zingiberis Recens	1 liang

Stew Rhizoma Pinelliae in three *sheng* of water until two *sheng* remain. Add in juice of Rhizoma Zingiberis Recens and stew again until one and a half *sheng* remain. Serve the decoction in four doses when it cools, three doses in the day and one dose at night. When the syndrome subsides, the rest of the decoction need not be taken.

17-22 干呕，哕，若手足厥者，橘皮汤主之。

橘皮汤方

橘皮四两 生姜半斤

上二味，以水七升，煮取三升，温服一升，下咽即愈。

CLAUSE 17-22

Decoction of Pericarpium Citri Reticulatae can be adopted in syndromes with symptoms of nausea, retching and coldness in the Extremities.

Decoction of Pericarpium Citri Reticulatae (*Jupi Tang*):

Pericarpium Citri Reticulatae	4 liang
Rhizoma Zingiberis Recens	0.5 jin

Stew the drugs in seven *sheng* of water until three *sheng* remain. Serve one *sheng* of lukewarm decoction per dose. As soon as the decoction is taken, syndrome will subside.

17-23 哕逆者，橘皮竹茹汤主之。

橘皮竹茹汤方

橘皮二升 竹茹二升 大枣三十枚 生姜半斤 甘草五两 人参一两

上六味，以水一斗，煮取三升，温服一升，日三服。

CLAUSE 17-23

Decoction of Pericarpium Citri Reticulatae and Caulis Bambusae in Taeniam can be adopted to ease nausea and retching.

Decoction of Pericarpium Citri Reticulatae and Caulis Bambusae in Taeniam

(*Jupi Zhuru Tang*):

Pericarpium Citri Reticulatae	2 <i>sheng</i>
Caulis Bambusae in Taeniam	2 <i>sheng</i>
Fructus Ziziphi Jujubae	30 pcs.
Rhizoma Zingiberis Recens	0.5 <i>jin</i>
Radix Glycyrrhizae	5 <i>liang</i>
Radix Ginseng	1 <i>liang</i>

Stew the drugs in one *dou* of water until three *sheng* remain. Serve one *sheng* of lukewarm decoction per dose three times a day.

17-24 夫六腑气绝于外者，手足寒，上气脚缩；五脏气绝于内者，利不禁；下甚者，手足不仁。

CLAUSE 17-24

When the Vital Energy of the Six Bowels evanesces and fails to reach the Exterior, the following symptoms and signs will appear: Coldness in the extremities, contraction of the feet and inspiratory dyspnea. When the Vital Energy of the Five Viscera evanesces in the Interior, continuous diarrhea will occur. An acute attack of diarrhea will cause numbness in the extremities.



17-25 下利，脉沉弦者，下重；脉大者，为未止；脉微弱数者，为欲自止，虽发热不死。

CLAUSE 17-25

Diarrhea with deep and tight pulse will be accompanied by a descending feeling in anus (tenesmus). Huge pulse indicates that the syndrome is not coming to an end. When the pulse is feeble-weak and speedy, diarrhea will cease spontaneously. Although fever may be diagnosed, case will not be fatal.

17-26 下利，手足厥冷，无脉者，灸之不温，若脉不还，反微喘者死。少阴负趺阳者，为顺也。

CLAUSE 17-26

Case will be fatal if the following symptoms and signs are observed: Diarrhea, coldness in hands and feet and barely palpable pulse. When moxibustion therapy can bring neither warmth to the extremities nor restoration of pulse, and if light dyspnea is present, case will be fatal. If pulse of lesser *yin* is weaker than *Fuyang* pulse, case is curable.

17-27 下利，有微热而渴，脉弱者，今自愈。

CLAUSE 17-27

In cases of diarrhea with light fever and thirst, self-cure will follow if the pulse is weak.

17-28 下利，脉数，有微热汗出，今自愈，设脉紧，为未解。

CLAUSE 17-28

Diarrhea will cease when speedy pulse, light fever and perspiration appear. When the pulse becomes tense, the syndrome is not healing.

17-29 下利，脉数而渴者，今自愈；设不差，必清脓血，以有热故也。

CLAUSE 17-29

Diarrhea with speedy pulse and thirst may lead to either self-cure or stool with bloody pus when pathogenic Heat is excessive.

17-30 下利，脉反弦，发热、身汗者，自愈。

CLAUSE 17-30

Diarrhea accompanied by fever, perspiration and tight pulse will indicate a recovery.

17-31 下利气者，当利其小便。

CLAUSE 17-31

Diuretic can be adopted in cases with diarrhea accompanied by flatus.

17-32 下利，寸脉反浮数，尺中自涩者，必清脓血。

CLAUSE 17-32

Bloody pus will appear in diarrhea when the pulse under forefinger is floating and speedy and pulse under ring finger is hesitant.

17-33 下利清谷，不可攻其表，汗出必胀满。

CLAUSE 17-33

Exterior syndromes should not be treated when diarrhea with undigested cereals is observed. After perspiration (through diaphoresis), abdominal distention will be present.

17-34 下利，脉沉而迟，其人面少赤，身有微热，下利清谷者，必郁冒汗出而解，病人必微厥。所以然者，其面戴阳，下虚故也。

CLAUSE 17-34

Syndrome will disappear following a period of vertigo and perspiration, preceded by the following symptoms and signs: Diarrhea with undigested cereals, deep and slow pulse, a slightly flushed face and fever. The patient will feel slight cold in extremities. This is caused by a Deficiency in the Lower Portion, which is evinced by the symptom of "Wearing Yang" on the face.

17-35 下利后，脉绝，手足厥冷，晬时脉还，手足温者生，脉不还者死。





CLAUSE 17-35

After diarrhea, the pulse disappears but coldness appears in hands and feet. Pulse resumes and extremities become warm again after one whole day. This indicates a favorable case. If pulse does not resume, case will be fatal.

17-36 下利，腹胀满，身体疼痛者，先温其里，乃攻其表。温里宜四逆汤，攻表宜桂枝汤。

四逆汤方方见上

桂枝汤方

桂枝三两，去皮 芍药三两 甘草二两，炙 生姜三两 大枣十二枚

上五味，㕮咀，以水七升，微火煮取三升，去滓，适寒温，服一升。服已，须臾啜稀粥一升，以助药力，温覆令一时许，遍身皦皦微似有汗者益佳，不可令如水淋漓，若一服汗出病差，停后服。

CLAUSE 17-36

When symptoms and signs of diarrhea, abdominal distention and pain throughout the body are observed, Interior coldness should be first treated with warm drugs after which the Exterior syndrome can be treated. Decoction of *Sini* can be used to warm the Interior and Decoction of *Ramulus Cinnamomi* can be used to disperse the Exterior syndrome.

Decoction of *Sini* (see Clause 17-14)

Decoction of Ramulus Cinnamomi

(Guizhi Tang):

Ramulus Cinnamomi	3 liang
Radix Paeoniae	3 liang
Radix Glycyrrhizae Praeparata	2 liang
Rhizoma Zingiberis Recens	3 liang
Fructus Ziziphi Jujubae	12 pcs.

Chop the above five drugs, stew them in seven *sheng* of water on a slow fire till three *sheng* of the decoction are left. Filter the decoction. Take one *sheng* of the decoction when lukewarm. After a while, take one *sheng* of porridge to assist the decoction for better efficacy. Cover the patient with a quilt for two hours to get perspiration. A light sweat all over the body would be suitable. If the sweat is too watery, it will not do any good to the patient. After taking one *sheng* of the decoction, if the syndrome has gone, stop taking the rest of the decoction.

17-37 下利，三部脉皆平，按之心下坚者，急下之，宜大承气汤。

CLAUSE 17-37

Syndrome includes diarrhea with moderate pulse at the Inch, Bar and Cubit: When pressed, a hard mass is felt in the epigastrium. Purgative should be adopted urgently. Decoction of Greater *Chengqi* (for prescription see Clause 2-13) will provide a cure.



17-38 下利，脉迟而滑者，实也。利未欲止，急下之，宜大承气汤。

CLAUSE 17-38

Diarrhea with slow and slippery pulse is a case of an excessive nature. The purgative, Decoction of Greater *Chengqi*, should be given urgently.

17-39 下利，脉反滑者，当有所去，下乃愈，宜大承气汤。

CLAUSE 17-39

When diarrhea is accompanied only by a slippery pulse, something is present in the Interior which must be eliminated. The purgative, Decoction of Greater *Chengqi*, should be adopted.

17-40 下利已差，至其年、月、日、时复发者，以病不尽故也，当下之，宜大承气汤。

大承气汤方见痙病中

CLAUSE 17-40

After the diarrhea subsides, it will recur on the same day and same month of each year, showing that the syndrome is not completely dispersed. The purgative, Decoction of Greater *Chengqi* should be adopted to disperse the remaining pathological condition.

17-41 下利谵语者，有燥屎也，小承气汤主之。

小承气汤方

大黄四两 厚朴三两，炙 枳实大者三枚，炙

上三味，以水四升，煮取一升二合，去滓，分温二服，得利则止。

CLAUSE 17-41

Diarrhea with delirium indicates the existence of stercoroma. Decoction of Lesser *Chengqi* should be adopted.

Decoction of Lesser *Chengqi*
(*Xiao Chenqi Tang*):

Radix et Rhizoma Rhei	4 liang
Cortex Magnoliae Officinalis Praeparata	3 liang
Fructus Aurantii Immaturus Praeparata	3 large pcs.



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Stew the drugs in four *sheng* of water until one *sheng* and two *ge* remain. Filter the decoction and serve lukewarm in two doses. Stop taking decoction when loose stool is observed.

17-42 下利便脓血者，桃花汤主之。

桃花汤方

赤石脂一斤，一半剉，一半筛末 干姜一两 粳米一升

上三味，以水七升，煮米令熟，去滓，温七合，内赤石脂末方寸匕，

日三服，若一服愈，余勿服。

CLAUSE 17-42

Lesser Yin syndrome. Decoction of *Taohua* will cure diarrhea with sanious pus (bloody pus).

Decoction of *Taohua*

(*Taohua Tang*):

Halloysitum Rubrum	1 <i>jin</i>
Rhizoma Zingiberis	1 <i>liang</i>
Semen Oryzae Nonglutinosae	1 <i>sheng</i>

Stew the drugs in seven *sheng* of water until Semen Oryzae Nonglutinosae is well cooked. Filter the decoction and take seven *ge* of the decoction per dose mixed with one *fangcunbi* (two grams) powder of Halloysitum Rubrum three time a day. If one dose is efficacious, stop taking the decoction.

17-43 热利下重者，白头翁汤主之。

白头翁汤方

白头翁二两 黄连三两 黄檗三两 秦皮三两

上四味，以水七升，煮取二升，去滓，温服一升，不愈，更服。

**CLAUSE 17-43**

Decoction of Radix Pulsatillae will cure Hot Diarrhea with a descending feeling in the anus.

Decoction of Radix Pulsatillae

(*Baitouweng Tang*):

Radix Pulsatillae	2 liang
Rhizoma Coptidis	3 liang
Cortex Phellodendri	3 liang
Cortex Fraxini	3 liang

Stew the drugs in seven *sheng* of water until two *sheng* remain. Filter the decoction and take one *sheng* when lukewarm. If not effective, take a second dose.

17-44 下利后，更烦，按之心下濡者，为虚烦也，梔子豉汤主之。

梔子豉汤方

梔子十四枚 香豉四合，绵裹

上二味，以水四升，先煮梔子，得二升半，内豉，煮取一升半，去滓，分二服，温进一服，得吐则止。

CLAUSE 17-44

After diarrhea, if restlessness appears again, and the epigastrium is

soft when pressed, this will be restlessness of a deficient nature. Decoction of *Fructus Gardeniae* and *Semen Sojae Praeparatum* will provide a cure.

Decoction of *Fructus Gardeniae* and *Semen Sojae Praeparatum*
(*Zhizi Chi Tang*):

Fructus Gardeniae 14 pcs.
Semen Sojae Praeparatum (wrapped in silk) 4 ge

Stew *Fructus Gardeniae* in four *sheng* of water until two and a half *sheng* remain. Add *Semen Sojae Praeparatum* and stew until one and a half *sheng* remain. Filter the decoction and serve it in two doses. After the first dose, if emesis is observed, stop taking the decoction.

17-45 下利清谷，里寒外热，汗出而厥者，通脉四逆汤主之。

通脉四逆汤方

附子大者一枚，生用 干姜三两，强人可四两 甘草二两，炙

上三味，以水三升，煮取一升二合，去滓，分温再服。

CLAUSE 17-45

The patient has diarrhea with undigested food as well as perspiration and coldness in the extremities. This is a case with Interior Cold and Exterior Heat. Decoction of *Tongmai Sini* will provide a cure.

Decoction of *Tongmai Sini*

(*Tongmai Sini Tang*):

Rhizoma Aconiti	1 large pc.
Rhizoma Zingiberis	3 liang
Radix Glycyrrhizae Praeparata	2 liang

Stew the drugs in three *sheng* of water until one *sheng* and two *ge* remain. Filter the decoction and serve lukewarm in two doses.

17-46 下利肺痛，紫参汤主之。

紫参汤方

紫参半斤 甘草三两

上二味，以水五升，先煮紫参，取二升，内甘草，煮取一升半，分温三服。疑非仲景方。



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CLAUSE 17-46

Diarrhea with pain in the Lung can be treated with Decoction of *Zishen*.

Decoction of *Zishen*

(*Zishen Tang*):

<i>Zishen</i>	0.5 jin
Radix Glycyrrhizae	3 liang



Stew *Zishen* in five *sheng* of water until two *sheng* remain. Add *Radix Glycyrrhizae* and stew until one and a half *sheng* remain. Serve the lukewarm decoction in three doses. (It is doubtful that this is the prescription in the original text of Zhang Zhongjing.)

17-47 气利，诃黎勒散主之。

诃黎勒散方

诃黎勒十枚，煨

上一味为散，粥饮和，顿服。疑非仲景方。

附方

《千金翼》小承气汤 治大便不通，哕，数谵语。方见上。

《外台》黄芩汤 治干呕下利。

黄芩 人参 干姜各三两 桂枝一两 大枣十二枚 半夏半升

上六味，以水七升，煮取三升，分温三服。

CLAUSE 17-47

Diarrhea accompanied by flatus can be treated with Powder of *Fructus Chebulae*.

Powder of *Fructus Chebulae*

(*Kelile San*):

Fructus Chebulae Praeparata

10 pcs.

Pound the drug into powder and blend with porridge. Serve in a single draft. (It is doubtful that this is the prescription in the original text of Zhang Zhongjing.)

Appendix:

Decoction of Lesser *Chengqi* recorded in *A Supplement to the Prescriptions Worth a Thousand Gold* is effective in treating constipation with retching and delirium.

Decoction of Lesser *Chengqi*

(*Xiao Chengqi Tang*):

Decoction of Radix Scutellariae recorded in *Waitai* is effective in curing diarrhea with nausea and retching.

Decoction of Radix Scutellariae

(*Huangqin Tang*):

Radix Scutellariae	3 liang
Radix Ginseng	3 liang
Rhizoma Zingiberis	3 liang
Ramulus Cinnamomi	1 liang
Fructus Ziziphi Jujubae	12 pcs.
Rhizoma Pinelliae	0.5 sheng

Stew the drugs in seven *sheng* of water until three *sheng* remain. Serve lukewarm decoction in three doses.

疮痈肠痈浸淫病脉证并治第十八

论一首 脉证三条 方五首

CHAPTER XVIII

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF ULCEROUS DISEASES OF SKIN, ACUTE APPENDICITIS AND *JINYIN* (ACUTE ECZEMA)

18-1 诸浮数脉，应当发热，而反洒淅恶寒，若有痛处，当发其痈。

CLAUSE 18-1

Floating and speedy pulse usually indicates a case of fever. But here the patient has chills. In case local pain is present, this may be due to carbuncles.

18-2 师曰：“诸痈肿欲知有脓无脓，以手掩肿上，热者为有脓，不热者为无脓。”

CLAUSE 18-2

Master: In a case of carbuncles and swelling, diagnosis of pus can be made by feeling the focus. When focus is hot, pus must be present. If there is no hot feeling, there will be no pus.

18-3 肠痛之为病，其身甲错，腹皮急，按之濡，如肿状，腹无积聚，身无热，脉数，此为肠内有痈脓，薏苡附子败酱散主之。

薏苡附子败酱散方

薏苡仁十分 附子二分 败酱五分

上三味，杵为末、取方寸匕，以水二升，煎减半，顿服。小便当下。

CLAUSE 18-3

Cases of acute appendicitis may have the following symptoms and signs: Scaly skin, strained abdomen, and a mass in the abdomen that is soft when pressed. No hard mass can be felt. There is no fever, and the pulse is speedy. This is a case of carbuncles and pus in the intestine. Powder of Semen Coicis, Radix Aconiti Praeparata and Herba Patriniae can be adopted.

Powder of Semen Coicis, Radix Aconiti Praeparata and Herba Patriniae

(*Yiyi Fuzi Baijiang San*):

Semen Coicis	10 fen
Radix Aconiti Praeparata	2 fen
Herba Patriniae	5 fen

Pound the drugs into powder. Stew one *fangcunbi* of the powder in two *sheng* of water until one *sheng* remains. Take the medicine in a single draft. The patient will pass urine.



18-4 肠痈者，少腹肿痞，按之即痛如淋，小便自调，时时发热，自汗出，复恶寒；其脉迟紧者，脓未成，可下之，当有血；脉洪数者，脓已成，不可下也。大黄牡丹汤主之。

大黄牡丹汤方

大黄四两 牡丹一两 桃仁五十个 瓜子半升 芒硝三合

上五味，以水六升，煮取一升，去滓，内芒硝，再煎沸，顿服之，有脓当下，如无脓，当下血。

CLAUSE 18-4

A case of acute appendicitis may be accompanied by the following symptoms and signs: swelling mass in the abdomen as painful as gonorrhea when pressed; normal urination and sporadic fever with spontaneous perspiration and chills. When the pulse is slow-tense, this indicates that pus is not forming. Decoction of Radix et Rhizoma Rhei and Cortex Moutan Radicis can be adopted. After taking the decoction, bloody stool will be observed. If pulse is grand-speedy, this indicates the formation of pus and no purgative should be adopted.

Decoction of Radix et Rhizoma Rhei and Cortex Moutan Radicis
(*Dahuang Mudan Tang*):

Radix et Rhizoma Rhei	4 liang
Cortex Moutan Radicis	1 liang
Semen Persicae	50 pcs.
Semen Melo	0.5 sheng
Natrii Sulfas	3 ge

Stew the first five drugs in six *sheng* of water until one *sheng* remains. Filter the decoction. Add Natrii Sulfas and stew until it boils. Serve the decoction in a single draft. If there is pus, it will be defecated with the stool. If there is no pus, bloody stool will be observed.

18-5 问曰：“寸口脉浮微而涩，法当亡血，若汗出，设不汗者云何？”答曰：“若身有疮，被刀斧所伤，亡血故也。”《脉经》无“浮”字。

CLAUSE 18-5

Question: floating-feeble and hesitant pulse in the wrist generally indicates a case with loss of blood or perspiration. In case there is no perspiration, how should it be diagnosed?

Master: This must be a case of trauma causing loss of blood.

18-6 病金疮，王不留行散主之。

王不留行散方

王不留行十分（八月八日采） 蒴藿细叶十分（七月七日采） 桑东南根白皮十分（三月三日采） 甘草十八分 川椒三分（除目及闭口，去汗） 黄芩二分 干姜二分 芍药二分 厚朴二分

上九味，桑根皮以上三味烧灰存性，勿令灰过，各别杵筛，合治之为散，服方寸匕。小疮即粉之，大疮但服之，产后亦可服。如风寒，桑东根勿取之，前三物皆阴干百日。



排脓散方

枳实十六枚 芍药六分 桔梗二分

上三味，杵为散，取鸡子黄一枚，以药散与鸡黄相等，揉和令相得，饮和服之，日一服。

排脓汤方

甘草二两 桔梗三两 生姜一两 大枣十枚

上四味，以水三升，煮取一升，温服五合，日再服。

CLAUSE 18-6

Powder of Semen Vaccariae can be adopted in cases of trauma.

Powder of Semen Vaccariae
(*Wangbuliuxing San*):

Semen Vaccariae (collected on the eighth day of the eight month)	10 fen
Folium Sambucus Chinensis (collected on the seventh day of the seventh month)	10 fen
Cortex Moutan Radicis (southeast portion, collected on the third day of the third month)	10 fen
Radix Glycyrrhizae	18 fen
Pericarpium Zanthoxyli Praeparata	3 fen
Radix Scutellariae	2 fen
Rhizoma Zingiberis	2 fen

Radix Paeoniae	2 fen
Cortex Magnoliae Officinalis	2 fen

Roast Semen Vaccariae, Folium Sambucus Chinensis and Cortex Moutan Radicis over a slow charcoal fire until the exterior is charred and the interior browned (this is called "charring"). Do not allow the drugs to burn exteriorly. Pound all the drugs separately into powder and mix together. Take one *fangcunbi* per dose. In case of a minor carbuncle, the powder can be applied locally to the affected part. In acute cases, the powder can be taken orally. After childbirth, woman can also take it when necessary. On windy and cold days, Cortex Moutan Radicis should be subtracted from the prescription.

Dry the first three drugs (Semen Vaccariae, Folium Sambucus Chinensis and Cortex Moutan Radicis) in a shady place for one hundred days before using them.

Powder of Pus-dispersion
(*Pai Nong San*):

Fructus Aurantii Immaturus	16 pcs.
Radix Paeoniae	6 fen
Radix Platycodi	2 fen

Pound the drugs into powder and blend with an egg yolk. The powder should weigh about the same as the yolk. Take the medicine with water once a day.

Decoction of Pus-dispersion
(*Pai Nong Tang*):



Radix Glycyrrhizae	2 liang
Radix Platycodi	3 liang
Rhizoma Zingiberis Recens	1 liang
Fructus Ziziphi Jujubae	10 pcs.

Stew the drugs in three *sheng* of water until one *sheng* remains. Serve five *ge* of the lukewarm decoction per dose twice during the day.

18-7 浸淫疮，从口流向四肢者，可治；从四肢流来入口者，不可治。

CLAUSE 18-7

Jinyinchuang, a form of skin sore, will be curable when it develops from the mouth to the extremities. When it spreads from extremities towards the mouth, case will be fatal.

18-8 浸淫疮，黄连粉主之。方未见。

CLAUSE 18-8

Powder of *Rhizoma Coptidis* can be applied to *Jinyinchuang*.

Powder of *Rhizoma Coptidis*

(*Huanglian Fen*):

(Prescription is missing.)

跌蹶手指臂肿转筋阴狐疝蛔虫病脉证治 第十九

论一首 脉证一条 方四首

CHAPTER XIX

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF DISEASES ON EXTREMITIES, HERNIA AND ASCARIASIS

19-1 师曰：“病跌蹶，其人但能前，不能却，刺腓入二寸，此太阳经伤也。”

CLAUSE 19-1

Master: *Fujue* is a disease caused by contraction on the dorsal side of the foot. The patient can walk forward comfortably but feels pain when walking backward. This is due to injury of the Initial Yang Channel. Puncture the calf for a length of two inches.

19-2 病人常以手指臂肿动，此人身体润润者，藜芦甘草汤主之。

藜芦甘草汤方未见

CLAUSE 19-2

The patient has swollen fingers and arms and twitching of the body.

Decoction of *Veratrum Nigrum* and *Radix Glycyrrhizae* can be adopted.

Decoction of *Veratrum Nigrum* and *Radix Glycyrrhizae*
(*Lilu Gancao Tang*):

(Prescription is missing.)

19-3 转筋之为病，其人臂脚直，脉上下行，微弦，转筋入腹者，鸡屎白散主之。

鸡屎白散方

鸡屎白

上一味为散，取方寸匕，以水六合，和温服。

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CLAUSE 19-3

Zhuanjin (spasm) is a syndrome with stiff arms and legs and slightly tight pulse which moves to and fro in a straight line. When the spasm invades the abdomen, Powder of Chicken Excrement can be adopted.

Powder of Chicken Excrement
(*Jishibai San*):

White of chicken excrement

Pound the drug into powder and blend with six *ge* of water. Take when lukewarm in one dose.

19-4 阴狐疝气者，偏有小大，时时上下，蜘蛛散主之。

蜘蛛散方

蜘蛛十四枚，熬焦 桂枝半两

上二味，为散，取八分一匕，饮和服，日再服，蜜丸亦可。

CLAUSE 19-4

Yinhushan (hernia) that causes swelling in the scrotum on one side and shrinking on the other with ascending and descending feelings can be treated with Powder of Spider.

Powder of Spider

(*Zhizhu San*):

Spiders (prepared)	14 pcs.
Ramulus Cinnamomi	0.5 <i>liang</i>

Pound the drugs into powder. Take eight *fen* per dose with water twice a day. Pills can also be made with honey.

19-5 问曰：“病腹痛有虫，其脉何以别之？”师曰：“腹中痛，其脉当沉，若弦，反洪大，故有蛔虫。”

CLAUSE 19-5

Question: Describe the pulse in a case of abdominal pain caused by ascarides.





Master: Pulse should be deep or tight. If it is grand-huge, it indicates a case of ascariasis.

19-6 蛔虫之为病，令人吐涎，心痛发作有时，毒药不止，甘草粉蜜汤主之。

甘草粉蜜汤方

甘草二两 粉一两 蜜四两

上三味，以水三升，先煮甘草，取二升，去滓，内粉、蜜，搅令和，煎如薄粥，温服一升，差即止。

CLAUSE 19-6

Ascariasis will cause the patient to vomit saliva and experience paroxysmal pains in the epigastrium and the abdomen. Toxic drugs that dispel the ascarides have been adopted, but they are not effective. Decoction of Radix Glycyrrhizae, Rice Powder and Honey can be adopted.

Decoction of Radix Glycyrrhizae, Rice Powder and Honey
(*Gancao Fen Mi Tang*):

Radix Glycyrrhizae	2 liang
Rice powder	1 liang
Honey (Mel)	4 liang

Stew Radix Glycyrrhizae in three *sheng* of water until two *sheng* remain. Filter the decoction. Add rice powder and honey and stew again

until it resembles thin porridge. Serve one *sheng* of lukewarm decoction per dose. Stop taking the decoction when the syndrome subsides.

19-7 蛔厥者，当吐蛔，令病者静而复时烦，此为脏寒，蛔上入膈，故烦。须臾复止，得食而呕，又烦者，蛔闻食臭出，其人当自吐蛔。蛔厥者，乌梅丸主之。

乌梅丸方

乌梅三百枚 细辛六两 干姜十两 黄连一斤 当归四两 附子六两，炮 川椒四两，去汗 桂枝六两 人参六两 黄蘗六两

上十味，异捣筛，合治之，以苦酒渍乌梅一宿，去核，蒸之五升米下，饭熟，捣成泥，和药令相得，内臼中，与蜜杵二千下，丸如梧子大，先食饮服十丸，日三服，稍加至二十丸，禁生冷滑臭等物。

CLAUSE 19-7

If coldness in extremities is caused by ascarides, the patient should vomit ascarides. When the patient is quiet and feels occasionally restless, it is a case of coldness in the Viscera. When ascarides appear above the diaphragm, restlessness results but ceases shortly. The patient will be nauseous and vomit after eating, after which he will become restless. When ascarides smell food and crawl upward, the patient will vomit ascarides. Pills of Fructus Mume can cure coldness in the extremities caused by ascariasis.

Pills of Fructus Mume

(*Wumei Wan*):

Fructus Mume	300 pcs.
Herba Asari	6 liang
Rhizoma Zingiberis	10 liang
Rhizoma Coptidis	16 liang
Radix Angelicae Sinensis	4 liang
Radix Aconiti Praeparata	6 liang
Pericarpium Zanthoxyli	4 liang
Ramulus Cinnamomi	6 liang
Radix Ginseng	6 liang
Cortex Phellodendri	6 liang

Pound the drugs separately into powder and mix together. Soak Fructus Mume in vinegar overnight. Remove the kernels of Fructus Mume and steam in a pot under five *dou* of rice. When rice is well-cooked, pound it with Fructus Mume until creamy. Continue this with the powdered drugs and pound two thousand times with honey. Form pills the size of Chinese parasol seeds. Take ten pills before meals, three times a day. Dosage can be increased to twenty pills. Avoid eating cold dishes, hard-to-digest food and strongly spiced food.

妇人妊娠病脉证并治第二十

证三条 方八首

CHAPTER XX

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF GYNOPATHY DURING PREGNANCY

20-1 师曰：“妇人得平脉，阴脉小弱，其人渴，不能食，无寒热，名妊娠，桂枝汤主之方见下利中。于法六十日当有此症，设有医治逆者，却一月，加吐下者，则绝之。”

CLAUSE 20-1

Master: The pulse of a woman patient is moderate, but the pulse at the Cubit is slender and weak. She is also thirsty and has no appetite. No fever or chill is observed. This indicates a pregnancy. Decoction of Ramulus Cinnamomi can be adopted. This syndrome generally appears on the sixtieth day of pregnancy. In case of improper treatment, syndrome will appear with complications of vomiting and diarrhea at the end of the first month of pregnancy. At this point, Decoction of Ramulus Cinnamomi is no longer suited to the case.

20-2 妇人宿有癥病，经断未及三月，而得漏下不止，胎动在脐上者，为癥痼害。妊娠六月动者，前三月经水利时，胎也。





下血者，后断三月坏也。所以血不止者，其癥不去故也，当下其癥，桂枝茯苓丸主之。

桂枝茯苓丸方

桂枝 茯苓 牡丹去心 桃仁去皮尖，熬 芍药各等分

上五味，末之，炼蜜和丸，如兔屎大，每日食前服一丸，不知，加至三丸。

CLAUSE 20-2

A women patient who originally suffered from *Zheng* disease ceases menstruating for a period of less than three months, but continues to suffer from mild chronic bloody vaginal discharges. She also feels a quickening in the abdomen above the navel, which is caused by *Zheng* disease. If menstruation is normal for three months prior to conception and if the patient feels the quickening during the sixth month after conception, fetus will be normal. In case menstruation ceases for three months and is followed by mild chronic bloody vaginal discharge, blood stasis will result. Bloody discharge does not cease because *Zheng* has not yet subsided. Stasis should be removed with Pills of Ramulus Cinnamomi and Poria.

Pills of Ramulus Cinnamomi and Poria

(*Guizhi Fuling Wan*):

Ramulus Cinnamomi

Poria

Cortex Moutan Radicis

Semen Persicae

Radix Paeoniae

Pound the drugs in equal amounts into powder. Blend with honey and form pills the size of rabbit feces. Take one pill before every meal. If not effective increase dosage to three pills.

20-3 妇人怀娠六月，脉弦发热，其胎愈胀，腹痛恶寒者，少腹如扇，所以然者，子脏开故也，当以附子汤温其脏。方未见。

CLAUSE 20-3

During the sixth and seventh month of pregnancy, the patient has fever and pulse is tight. Abdomen is distended, and this becomes aggravated. She had abdominal pains and a feeling of cold, as if the abdomen were being fanned. This indicates the opening of the uterus. Decoction of Radix Aconiti Praeparata should be adopted to warm the uterus.

(Prescription is missing.)

20-4 师曰：“妇人有漏下者，有半产后因续下血都不绝者，有妊娠下血者，假令妊娠腹中痛，为胞阻，胶艾汤主之。”“胞阻”，《脉经》作“胞漏”。

芎归胶艾汤方

芎蒭 阿胶 甘草各二两 艾叶 当归各三两 芍药 干地黄各四两

上七味，以水五升，清酒三升，合煮取三升，去滓，内胶，令消尽，



温服一升，日三服，不差更作。

CLAUSE 20-4

Master: Decoction of Colla Corii Asini and Folium Artemisiae Argyi can be prescribed in the following cases: mild chronic bloody vaginal discharge; mild chronic bloody vaginal discharge after miscarriage, and mild chronic bloody vaginal discharge with abdominal pain resulting from retarded growth of fetus.

Decoction of Colla Corii Asini and Folium Artemisiae Argyi
(*Xiong Gui Jiao Ai Tang*):

Rhizoma Ligustici Chuanxiong	2 liang
Colla Corii Asini	2 liang
Radix Glycyrrhizae	2 liang
Folium Artemisiae Argyi	3 liang
Radix Angelicae Sinensis	3 liang
Radix Paeoniae	4 liang
Radix Rehmanniae	4 liang

Stew the first six drugs in five *sheng* of water and three *sheng* of rice wine until three *sheng* remain. Filter the decoction. Add Colla Corii Asini and allow it to dissolve thoroughly. Serve one *sheng* of lukewarm decoction per dose three times a day. If not effective, additional doses should be served.

20-5 妇人怀娠腹中疔痛，当归芍药散主之。

当归芍药散方

当归三两 芍药一斤 茯苓四两 白术四两 泽泻半斤 芎藭半斤 (一作三两)

上六味，杵为散，取方寸匕，酒和，日三服。

CLAUSE 20-5

Powder of *Radix Angelicae Sinensis* and *Radix Paeoniae* can be prescribed for pregnant women with chronic abdominal pain and contractions.

Powder of *Radix Angelicae Sinensis* and *Radix Paeoniae*
(*Danggui Shaoyao San*):

<i>Radix Angelicae Sinensis</i>	3 <i>liang</i>
<i>Radix Paeoniae</i>	1 <i>jin</i>
<i>Poria</i>	4 <i>liang</i>
<i>Rhizoma Atractylodis Macrocephalae</i>	4 <i>liang</i>
<i>Rhizoma Alismatis</i>	0.5 <i>jin</i>
<i>Rhizoma Ligustici Chuanxiong</i>	0.5 <i>jin</i>

Pound the drugs into powder. Take one *fangcunbi* of the powder with wine per dose three times a day.

20-6 妊娠呕吐不止，干姜人参半夏丸主之。



干姜人参半夏丸方

干姜一两 人参一两 半夏二两

上三味，末之，以生姜汁糊为丸，如梧子大，饮服十丸，日三服。

CLAUSE 20-6

A pregnant woman is suffering from repeated nausea and vomiting. Pills of *Rhizoma Zingiberis*, *Radix Ginseng* and *Rhizoma Pinelliae* can be adopted.

Pills of *Rhizoma Zingiberis*, *Radix Ginseng* and *Rhizoma Pinelliae*
(*Ganjiang Renshen Banxia Wan*):

<i>Rhizoma Zingiberis</i>	1 <i>liang</i>
<i>Radix Ginseng</i>	1 <i>liang</i>
<i>Rhizoma Pinelliae</i>	2 <i>liang</i>

Pound the drugs into powder and blend with juice of fresh ginger (*Rhizoma Zingiberis Recens*). Form pills the size of Chinese parasol seeds. Take ten pills per dose three times a day.

20-7 妊娠，小便难，饮食如故，当归贝母苦参丸主之。

当归贝母苦参丸方

当归 贝母 苦参各四两

上三味，末之，炼蜜丸，如小豆大，饮服三丸，加至十丸。

CLAUSE 20-7

A pregnant woman is eating normally but is suffering from dysuria. Pills of *Radix Angelicae Sinensis*, *Bulbus Fritillariae Thunbergii* and *Radix Sophorae Flavescens* can be adopted.

Pills of *Radix Angelicae Sinensis*, *Bulbus Fritillariae Thunbergii* and *Radix Sophorae Flavescens*

(*Danggui Beimu Kushen Wan*):

For male patients, half *liang* of Talcum should be added.

<i>Radix Angelicae Sinensis</i>	4 <i>liang</i>
<i>Bulbus Fritillariae Thunbergii</i>	4 <i>liang</i>
<i>Radix Sophorae Flavescens</i>	4 <i>liang</i>

Pound the drugs into powder. Blend with honey and form pills the size of *Semen Phaseoli*. Take three pills per dose. Dosage can be increased to ten pills.

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20-8 妊娠有水气，身重，小便不利，洒淅恶寒，起即头眩，葵子茯苓散主之。

葵子茯苓散方

葵子一斤 茯苓三两

上二味，杵为散，饮服方寸匕，日三服，小便利则愈。

CLAUSE 20-8

A pregnant woman is suffering from Fluid-retention syndrome with symptoms and signs of heaviness of movement, dysuria, aversion to cold and vertigo which is aggravated when the patient stands up. In such cases, Powder of Semen Malvae Verticillatae and Poria can be prescribed.

Powder of Semen Malvae Verticillatae and Poria

(*Kuizi Fuling San*):

Semen Malvae Verticillatae	1 <i>jin</i>
Poria	3 <i>liang</i>

Pound the drugs into powder. Take one *fangcunbi* per dose three times a day. When urination returns to normal, the syndrome disappears.

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20-9 妇人妊娠，宜常服当归散主之。

当归散方

当归 黄芩 芍药 芎藭各一斤 白术半斤

上五味，杵为散，酒饮服方寸匕，日再服，妊娠常服即易产，胎无苦疾，产后百病悉主之。

CLAUSE 20-9

Powder of Radix Angelicae Sinensis can be frequently prescribed as a tonic for women during pregnancy .

Powder of Radix Angelicae Sinensis
(*Danggui San*):

Radix Angelicae Sinensis	1 jin
Radix Scutellariae	1 jin
Radix Paeoniae	1 jin
Rhizoma Ligustici Chuanxiong	1 jin
Rhizoma Atractylodis Macrocephalae	0.5 jin

Pound the drugs into powder. Take one *fangcunbi* with wine per dose twice a day. If drug is taken frequently, delivery will be easy and the fetus will be born in healthy condition. This prescription is also effective for various postpartum diseases.

20-10 妊娠，养胎，白术散主之。

白术散方（见《外台》）

白术 芎藭 蜀椒三分，去汗 牡蛎

上四味，杵为散，酒服一钱匕，日三服，夜一服。但苦痛，加芍药，心下毒痛，倍加芎藭；心烦吐痛，不能食饮，加细辛一两、半夏大者二十枚，服之后更以醋浆水服之；若呕，以醋浆水服之；复不解者，小麦汁服之；已后渴者，大麦粥服之。病虽愈，服之勿置。

CLAUSE 20-10

Powder of Rhizoma Atractylodis Macrocephalae can be adopted as tonic to protect the fetus.



Powder of Rhizoma Atractylodis Macrocephalae

(*Baizhu San*):

Rhizoma Atractylodis Macrocephalae	3 fen
Rhizoma Ligustici Chuanxiong	3 fen
Pericarpium Zanthoxyli	3 fen
Concha Ostreae	

Pound the drugs into powder. Take one *qianbi* with wine three times in the day and once at night.

When the patient feels pain (in the abdomen), add Radix Paeoniae;

When the patient has acute pain in the epigastrium, double the dosage of Rhizoma Ligustici *Chuanxiong*;

If the patient has restlessness, nausea, vomiting, pain and anorexia, add one *liang* of Herba Asari and twenty large pieces of Rhizoma Pinelliae. After taking the medicine, if the patient still vomits, serve *cujiang* water. If still not efficacious, serve wheat juice (Fructus Tritici). The patient will become thirsty. Feed the patient barley porridge. When the syndrome subsides, continue serving barley porridge as a tonic.

20-11 妇人伤胎怀身，腹满不得小便，从腰以下重，如有水气状，怀身七月，太阳当养不养，此心气实，当刺泻劳宫及关元，小便微利则愈。见《玉函》。

CLAUSE 20-11

The patient is in the seventh month of pregnancy when she catches a febrile disease caused by Cold, which causes abdominal distention and dysuria. She also feels heaviness in the region below the waist, similar to

the feeling experienced in Fluid-retention syndrome. In the seventh month of pregnancy, the Initial Yin Channel should be nourishing the fetus, but it fails to do so. The Heart Vital Energy is in an excessive state. Treatment should be applying needle to acupoints *Laogong* (PC 8) and *Guanyuan* (RN 4). When urination begins to return normal, the syndrome will disappear.



妇人产后病脉证治第二十一

论一首 证六条 方七首

CHAPTER XXI

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF POSTPARTUM DISEASES

21-1 问曰：“新产妇人有三病，一者病痉，二者病郁冒，三者大便难，何谓也。”师曰：“新产血虚，多汗出，喜中风，故令病痉；亡血复汗，寒多，故令郁冒；亡津液、胃燥，故大便难。产妇郁冒，其脉微弱，呕不能食，大便反坚，但头汗出；所以然者，血虚而厥，厥而必冒，冒家欲解，必大汗出，以血虚下厥，孤阳上出，故头汗出；所以产妇喜汗出者，亡阴血虚，阳气独盛，故当汗出，阴阳乃复。大便坚，呕不能食，小柴胡汤主之”方见呕吐中。

CLAUSE 21-1

Question: Convulsive disease, syncope and constipation are the three principal postpartum diseases. Can the Master explain them?

Master: After delivery, a woman will suffer Blood Deficiency. She will perspire a lot and is therefore easily affected by pathogenic Wind. Convulsive disease is a common ailment. Loss of blood and perspiration will allow in the pathogenic Cold, resulting in syncope. Loss of Body Fluid will bring Dryness to the Stomach, eventually resulting in constipation.



Symptoms and signs of syncope in women after delivery include feeble-weak pulse, nausea and anorexia, constipation, sweat appearing only on the head. Pathology of the syndrome is that syncope results from Deficiency in the Blood. Before the syncope subsides, profuse perspiration will appear. When the Blood is deficient, coldness in the extremities will occur and the solitary Yang will ascend, causing perspiration. This will bring the Yin and Yang into harmony .

Syndrome of constipation, nausea and anorexia can be treated with Decoction of Lesser Radix Bupleuri.

21-2 病解能食，七八日更发热者，此为胃实，大承气汤主之。方见痙病中。

CLAUSE 21-2

After the syndrome subsides, the patient has a good appetite. Seven or eight days later, fever recurs. This is a case of Stomach Excess. Decoction of Greater *Chengqi* should be adopted .

21-3 产后腹中疝痛，当归生姜羊肉汤主之。并治腹中寒疝，虚劳不足。

当归生姜羊肉汤方见寒疝中

CLAUSE 21-3

Postpartum chronic abdominal pain and contraction can be treated with Decoction of Radix Angelicae Sinensis, Rhizoma Zingiberis Recens and Mutton. This prescription is also effective for abdominal pain caused by Cold and consumptive diseases.



21-4 产后腹痛，烦满不得卧，枳实芍药散主之。

枳实芍药散方

枳实烧令黑，勿太过 芍药等分

上二味，杵为散，服方寸匕，日三服，并主痈脓，以麦粥下之。

CLAUSE 21-4

Powder of *Fructus Aurantii Immaturus* and *Radix Paeoniae* can be adopted in cases of postpartum abdominal pain with restlessness and a sensation of fullness that makes it difficult for the patient to lie quietly in bed.

Powder of *Fructus Aurantii Immaturus* and *Radix Paeoniae*
(*Zhishi Shaoyao San*):

Fructus Aurantii Immaturus (burn it until it turns black, but do not overdo it)

Radix Paeoniae

Pound the drugs in equal amounts into powder. Take one *fangcunbi* per dose three times a day. This prescription is also effective in treating carbuncles and pus. Medicine should be taken together with barley porridge.

21-5 师曰：“产妇腹痛，法当以枳实芍药散，假令不愈者，此为腹中有干血着脐下，宜下瘀血汤主之。亦主经水不利。”

下瘀血汤方

大黄二两 桃仁二十枚 蟅虫二十枚，熬，去足

上三味，末之，炼蜜和为四丸，以酒一升，煎一丸，取八合，顿服之，新血下如豚肝。

CLAUSE 21-5

Master: Postpartum abdominal pain should be treated with Powder of Fructus Aurantii Immaturus. If the syndrome does not subside, it is a case caused by blood stasis in the region below the umbilicus. Decoction for Removing Blood Stasis should be adopted. This prescription is also effective in treating menstrual disorders.

Decoction for Removing Blood Stasis

(*Xia Yuxue Tang*):

Radix et Rhizoma Rhei	2 liang
Semen Persicae	20 pcs.
Eupolyphaga seu Steleophaga	20 pcs.

Pound the drugs into powder and blend with honey. Form into four pills. Stew one pill in one *sheng* of wine until eight *ge* remain. Serve the decoction in a single draft. Blood stasis in the color of pig liver will appear in the stool.

21-6 产后七八日，无太阳证，少腹坚痛，此恶露不尽，不大便，烦躁发热，切脉微实，再倍发热，日晡时烦躁者，不食，

食则谵语，至夜即愈，宜大承气汤主之。热在里，结在膀胱也。方见痉病中。

CLAUSE 21-6

On the seventh or eighth day after delivery, the patient does not suffer Initial Yang syndrome but suffers abdominal distention and pain. This is a case of profuse lochia. Decoction of Greater *Chengqi* can be adopted when the following symptoms and signs are observed: constipation; fever with restlessness and irritability; and slightly excessive pulse; fever aggravated in the afternoon; poor appetite. If food is taken, delirium will occur but the patient will quiet down at night. This is a case with accumulated pathogenic Heat in the Urinary Bladder.

21-7 产后风，续之数十日不解，头微痛，恶寒，时时有热，心下闷，干呕汗出，虽久，阳旦证续在耳，可与阳旦汤即桂枝汤方，见下利中。

CLAUSE 21-7

Postpartum disease caused by Wind lasts for several dozen days. Symptoms and signs include slight headache, aversion to cold, sporadic fever, fullness in the chest, perspiration, nausea and retching. Although the syndrome lasts for a long time, it is still classified as a *Yangdan* syndrome. Decoction of *Yangdan* can be adopted. (Decoction of *Yangdan* is just Decoction of *Ramulus Cinnamomi*. Prescription see Clause 17-36.)

21-8 产后中风，发热，面正赤，喘而头痛，竹叶汤主之。

竹叶汤方

竹叶一把 葛根三两 防风 桔梗 桂枝 人参 甘草各一两 生姜五两
大枣十五枚 附子一枚，炮

上十味，以水一斗，煮取二升半，分温三服，温覆使汗出。颈项强用大附子一枚，破之如豆大，煎药扬去沫；呕者，加半夏半升洗。

CLAUSE 21-8

Postpartum febrile disease caused by Wind accompanied by symptoms and signs of fever, flushed face, wheezing and headache can be treated with Decoction of Bamboo Leaves.

Decoction of Bamboo Leaves

(*Zhuye Tang*):

Bamboo leaves	1 bundle
Radix Puerariae	3 liang
Radix Ledebouriellae	1 liang
Radix Platycodi	1 liang
Ramulus Cinnamomi	1 liang
Radix Ginseng	1 liang
Radix Glycyrrhizae	1 liang
Rhizoma Zingiberis Recens	5 liang
Fructus Ziziphi Jujubae	15 pcs.
Radix Aconiti Praeparata	1 pc.

Stew the drugs in one *dou* of water until two and a half *sheng* remain.

Serve the lukewarm decoction in three doses. Cover the patient to induce a perspiration. If the patient has a stiff neck, use one large piece of Radix Aconiti Praeparata broken into pieces the size of soya beans. When stewing the medicine, skim off the foam. If the patient is nauseous and vomiting, add one half *sheng* of Rhizoma Pinelliae (washed).

21-9 妇人乳中虚，烦乱，呕逆，安中益气，竹皮大丸主之。

竹皮大丸方

生竹茹二分 石膏二分 桂枝一分 甘草七分 白薇一分

上五味，末之，枣肉和丸弹子大，以饮服一丸，日三夜二服。有热者，倍白薇；烦喘者，加柏实一分。

CLAUSE 21-9

During lactation, a woman is weak and weary with restlessness, irritation, nausea and retching. Pills of Caulis Bambusae in Taeniam can be prescribed to tranquilize the Interior and replenish the Vital Energy.

Pills of Caulis Bambusae in Taeniam

(*Zhupi Da Wan*):

Caulis Bambusae in Taeniam	2 fen
Gypsum Fibrosum	2 fen
Ramulus Cinnamomi	1 fen
Radix Glycyrrhizae	7 fen
Radix Cynanchi Atrati	1 fen

Pound the drugs into powder and blend with the pulp of *Fructus Ziziphi Jujubae* to form pills the size of bullets. Take one pill per dose, three times in the day and twice at night. When Heat-syndrome is observed, double the dosage of *Radix Cynanchi Atrati*. When restlessness and wheezing appear, add one *fen* of *Semen Biotae*.

21-10 产后下利虚极，白头翁加甘草阿胶汤主之。

白头翁加甘草阿胶汤方

白头翁二两 秦皮三两 黄连三两 柏皮三两 阿胶二两 甘草二两

上六味，以水七升，煮取二升半，内胶，令消尽，分温三服。

附方

《千金》三物黄芩汤 治妇人在草蓐，自发露得风。四肢苦烦热，头痛者，与小柴胡汤；头不痛但烦者，此汤主之。

黄芩一两（《千金》作“二两”） 苦参二两 干地黄四两

上三味，以水八升，煮取二升，温服一升，多吐下虫。

《千金》内补当归建中汤 治妇人产后虚羸不足，腹中刺痛不止，吸吸少气，或苦少腹中急，摩痛引腰背，不能食饮。产后一月，日得服四五剂为善，令人强壮宜。《千金》“刺痛”作“疔痛”，“中急”作“拘急”，无“摩”字，“宜”作“方”。

《千金》内补当归建中汤方

当归四两 桂枝（《千金》作“桂心”）三两 芍药六两 生姜三两 甘草二两
大枣十二枚

上六味，以水一斗，煮取三升，分温三服，一日令尽，若大虚，加饴糖六两，汤成内之，于火上暖令饴消。若去血过多、崩伤内衄不止，加地黄六两、阿胶二两，合八味，汤成内阿胶。若无当归，以芎藭代之，若无生姜，以干姜代之。

CLAUSE 21-10

Postpartum diarrhea makes the patient extremely weak. Decoction of Radix Puerariae adding Radix Glycyrrhizae and Colla Corii Asini can be adopted to strengthen the patient's health.

Decoction of Radix Puerariae adding Radix Glycyrrhizae and Colla Corii Asini

(*Baitouweng Jia Gancao Ejiao Tang*):

Radix Pulsatillae	2 liang
Cortex Traxini	3 liang
Rhizoma Coptidis	3 liang
Cortex Phellodendri	3 liang
Radix Glycyrrhizae	2 liang
Colla Corii Asini	2 liang

Stew the first five drugs in seven *sheng* of water until two and a half *sheng* remain. Add Colla Corii Asini and let it dissolve in the decoction. Serve the lukewarm decoction in three doses.

Appendix:

Decoction of Radix Scutellariae with Three drugs from *Qianjin* is effective in treating syndromes of cold caused by exposure to wind while the patient is in puerperal period. If headache is present, Decoction of Lesser Radix Bupleuri (see Clause 17-15) can be given. In case of restlessness without headache, this prescription can be adopted.

Decoction of Radix Scutellariae with Three Drugs

(*Sanwu Huangqin Tang*):

Radix Scutellariae	2 liang
Radix Sophorae Flavescentis	2 liang
Radix Rehmanniae	4 liang

Stew the drugs in eight *sheng* of water until two *sheng* remain. Serve one *sheng* of lukewarm decoction per dose. Worms will be vomited up or defecated. (Radix Sophorae Flavescentis is a pesticide.)

Tonic Decoction of Radix Angelicae Sinensis from *Qianjin* is effective in treating postpartum weakness and Deficiency accompanied by acute pain in the abdomen and dyspnea, dragging pain in the waist and back, and anorexia. In the first month after delivery, four or five doses will help restore the patient's health.

Tonic Decoction of Radix Angelicae Sinensis

(*Neibu Danggui Jianzhong Tang*):

Radix Angelicae Sinensis	4 liang
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Ramulus Cinnamomi	3 liang
Radix Paeoniae	6 liang
Rhizoma Zingiberis Recens	3 liang
Radix Glycyrrhizae	2 liang
Fructus Ziziphi Jujubae	12 pcs.

Stew the drugs in one *dou* of water until three *sheng* remain. Serve the decoction lukewarm in three doses on a single day. If the patient is extremely weak, add six *liang* of malt sugar and stew until it melts.

If the patient has suffered a great loss of blood, add six *liang* of Radix Rehmanniae and two *liang* of Colla Corii Asini, the latter being added when the decoction is prepared.

If Radix Angelicae Sinensis is not available, Rhizoma Ligustici *Chuanxiong* can be used, and Rhizoma Zingiberis Recens can be replaced by Rhizoma Zingiberis.



妇人杂病脉证并治第二十二

论一首 脉证合十四条 方十六首

CHAPTER XXII

ON PULSE, SYMPTOM COMPLEX AND TREATMENT OF MISCELLANEOUS GYNECOLOGICAL DISEASES

22-1 妇人中风七八日，续来寒热，发作有时，经水适断，此为热入血室。其血必结，故使如疟状，发作有时，小柴胡汤主之。方见呕吐中。

CLAUSE 22-1

Febrile disease caused by Wind in women: The patient has tidal fever and chills during the seventh or eighth day after last day of menstruation period. This is a case of invasion of Heat in the Body Cavity. Congelation of blood causes tidal chill and fever resembling malaria. Decoction of Lesser Radix Bupleuri can be adopted to cure the disease. (For prescription, see Clause 17-15.)

22-2 妇人伤寒发热，经水适来，昼日明了，暮则谵语，如见鬼状者，此为热入血室。治之无犯胃气及上二焦，必自愈。

CLAUSE 22-2

Febrile disease caused by Cold in women: At the onset of menstruation,

the patient has fever and delirium with sanity at night but returns to normal during the day. These are symptoms of Heat invading the Body Cavity. Be careful not to disturb Stomach Vital Energy and the Upper and Middle Portions of Body Cavity, a self-healing will follow.

22-3 妇人中风，发热恶寒，经水适来，得七八日，热除脉迟，身凉和，胸胁满，如结胸状，谵语者，此为热入血室也。当刺期门，随其实而取之。《伤寒论》太阳下篇在“得”下有“之”字。

CLAUSE 22-3

Febrile disease caused by Wind in women: The patient has fever and chill during menstruation. After seven or eight days, when fever disappears, her skin cools and pulse becomes slow. She experiences fullness below the costal margin similar to a Blocked-up Chest syndrome, as well as delirium, both of which are symptoms of Heat invading the Body Cavity. Needle therapy at Qimen (LR 14) will release the pathogenic Heat.

22-4 阳明病，下血谵语者，此为热入血室，但头汗出，当刺期门，随其实而泻之。濇然汗出者愈。

CLAUSE 22-4

Greater Yang syndrome with delirium and excretion of blood indicates that pathogenic Heat has invaded the Body Cavity. When sweat appears on the head only, puncture at acupoint *Qimen* (LR 14) will release the Excess. Following this, heavy perspiration will lead to recovery.

22-5 妇人咽中如有炙脔，半夏厚朴汤主之。

半夏厚朴汤方。《千金》作“胸满，心下坚，咽中帖帖如有炙肉，吐之不出，吞之不下”。

半夏一升 厚朴三两 茯苓四两 生姜五两 干苏叶二两

上五味，以水七升，煮取四升，分温四服，日三夜一服。

CLAUSE 22-5

The patient is suffocating as if there were a piece of roast meat stuck in her throat. Decoction of *Rhizoma Pinelliae* and *Cortex Magnoliae Officinalis* can provide a cure.

Decoction of *Rhizoma Pinelliae* and *Cortex Magnoliae Officinalis*
(*Banxia Houpo Tang*):

<i>Rhizoma Pinelliae</i>	1 <i>sheng</i>
<i>Cortex Magnoliae Officinalis</i>	3 <i>liang</i>
<i>Poria</i>	4 <i>liang</i>
<i>Rhizoma Zingiberis Recens</i>	5 <i>liang</i>
<i>Fructus Perillae</i>	2 <i>liang</i>

Stew the drugs in seven *sheng* of water until four *sheng* remain. Serve the decoction in four doses (three in the day and one at night).

22-6 妇人脏躁、喜悲伤欲哭，象如神灵所作，数欠伸，甘麦大枣汤主之。



甘草小麦大枣汤方

甘草三两 小麦一升 大枣十枚

上三味，以水六升，煮取三升，温分三服，亦补脾气。

CLAUSE 22-6

The patient suffers hysteria and tends to weep constantly as if she were haunted. She frequently stretches and yawns repeatedly. Decoction of *Radix Glycyrrhizae*, *Fructus Tritici* and *Fructus Ziziphi Jujubae* can be adopted to calm the patient.

Decoction of *Radix Glycyrrhizae*, *Fructus Tritici* and *Fructus Ziziphi Jujubae*

(*Gan Mai Dazao Tang*):

<i>Radix Glycyrrhizae</i>	3 liang
<i>Fructus Tritici</i>	1 sheng
<i>Fructus Ziziphi Jujubae</i>	10 pcs.

Stew the drugs in six *sheng* of water until three *sheng* remain. Serve the lukewarm decoction in three doses. This decoction is also a tonic for the Spleen.

22-7 妇人吐涎沫，医反下之，心下即痞，当先治其吐涎沫，小青龙汤主之。涎沫止，乃治痞，泻心汤主之。

小青龙汤方见痰饮中

泻心汤方见惊悸中（《千金》在“泻心汤方”前有“甘草”二字）。

CLAUSE 22-7

A woman patient salivates copiously, but the doctor prescribes a purgative for the patient, and Vital-energy Stagnation in the epigastrium results. In treating the case, saliva should be dealt with first. Decoction of Lesser *Qinglong* can be adopted (see Clause 12-21). When salivation stops, Decoction of *Xiexin* can be adopted to disperse the Vital-energy Stagnation (see Clause 16-17).

Decoction of Radix Glycyrrhizae *Xiexin*
(*Gancao Xiexin Tang*):

Radix Glycyrrhizae Praeparata	4 liang
Radix Scutellariae	3 liang
Rhizoma Zingiberis	3 liang
Rhizoma Pinelliae	0.5 sheng
Fructus Ziziphi Jujubae	12 pcs.
Rhizoma Coptidis	1 liang

22-8 妇人之病，因虚、积冷、结气，为诸经水断绝，至有历年，血寒，积结胞门，寒伤经络，凝坚在上：呕吐涎唾，久成肺癰，形体损分。在中：盘结，绕脐寒疝；或两胁疼痛，与脏相连；或结热中，痛在关元，脉数无疮，肌若鱼鳞，时着男子，非止女身。在下：未多，经候不匀，令阴掣痛，少腹恶寒，或引腰脊，下根气街，气冲急痛，膝胫疼烦，奄忽眩冒，状如厥癲，或有忧惨，悲伤多嗔，此皆带下，非有鬼神，久则羸瘦，脉虚多寒。三十六病，千变万端；审脉阴阳，虚实紧弦，行其



针药，治危得安；其虽同病，脉各异源，子当辨记，勿谓不然。

CLAUSE 22-8

Deficiency, accumulation of pathogenic Cold and stagnation of Vital Energy are the main causes of menolipsis, which may last as long as a year. Pathogenic Cold intermingles with the Blood. The uterus is weakened, and the Channels and Collaterals blocked.

When the pathogenic factors invade the Upper Portion, there will be copious salivation, which gradually evolves into pulmonary abscesses. Consequently, the patient loses weight.

While the pathogenic factors invade the Middle Portion, pain caused by Cold appears in the region around the navel or in the costal regions with dragging pain moving in the direction of the Viscus (the Liver). Or the Cold may evolve into Heat and accumulate in the abdomen, causing pain around acupoint Guanyuan (RN 4). The pulse is speedy. This is not a case of skin sores or carbuncles. Scaly skin appears. The syndrome may also affect male patients.

When the pathogenic factors invade the Lower Portion, amount of menstrual blood is less than normal. Other symptoms are irregular menses, menorrhagia with dragging pains in the vagina, chills in the abdomen, which may stretch to the waist and *Qijie*, and acute pain on *Qichong* (ST 30), the knee and the shin. Syncopes and vertigo may suddenly occur, accompanied by melancholy, distress and indigestion. These symptoms are not caused by ghosts and spirits, but are rather symptoms and signs of gynopathy. They will make the patient weak and emaciated, and will be accompanied by Cold syndrome and deficient pulse.

The thirty-six varieties of gynopathy may evolve into numerous syndromes. Diagnosis should be made to evaluate the Yin and the Yang,

and whether the pulse is deficient, excessive, tense or tight. Relevant prescriptions and acupuncture should be prescribed to save the patient. Symptoms and signs may be the same in different cases, but different pulses will indicate different pathology. Diagnosis should be made carefully. Particular caution is advised.

22-9 问曰：“妇人年五十所，病下利数十日不止，暮即发热，少腹里急，腹满，手掌烦热，唇口干燥，何也？”师曰：“此病属带下。何以故？”曾经半产，瘀血在少腹不去。何以知之？其证唇口干燥，故知之，当以温经汤主之。

温经汤方

吴茱萸三两 当归 芍药 人参 桂枝 阿胶 牡丹皮去心 生姜 甘草各二两 半夏半升 麦门冬去心一升

上十二味，以水一斗，煮取三升，分温三服。亦主妇人少腹寒，久不受胎，兼取（一作“兼治”）崩中去血，或月水来过多，及至期不来。

CLAUSE 22-9

Question: A fifty-year-old woman patient suffers from vaginal bleeding for several dozen days. She also has tide fever in the evening, with contractions and distention in the abdomen, restlessness, heat on palms and parched mouth and lips. Can Master explain this?

Master: This is a gynecological disease. A patient has had a miscarriage with blood stasis remaining in the abdomen. How is this diagnosed? Parched mouth and lips are the relevant symptoms. Decoction of *Wenjing* can be given as a cure.

Decoction of *Wenjing*
(*Wenjing Tang*):

Fructus Evodiae	3 liang
Radix Angelicae Sinensis	2 liang
Rhizoma Ligustici Chuanxiong	2 liang
Radix Paeoniae	2 liang
Radix Ginseng	2 liang
Ramulus Cinnamomi	2 liang
Colla Corii Asini	2 liang
Cortex Moutan Radicis	2 liang
Rhizoma Zingiberis Recens	2 liang
Radix Glycyrrhizae	2 liang
Rhizoma Pinelliae	0.5 sheng
Radix Ophiopogonis	1 sheng

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Stew the drugs in one *dou* of water until three *sheng* remain. Serve the decoction lukewarm in three doses. This prescription is also effective in syndromes of coldness in the abdomen and chronic infertility. It is also effective for sudden profuse uterine bleeding and menstrual disorders such as menorrhagia and late menstruation.

22-10 带下经水不利，少腹满痛，经一月再见者，土瓜根散主之。

土瓜根散方阴癰肿亦主之

土瓜根 芍药 桂枝 麋虫各三两

上四味，杵为散，酒服方寸匕，日三服。

CLAUSE 22-10

Menstrual disorders are accompanied by abdominal pain. Menses may occur twice a month. Powder of Radix Trichosanthis Cucumeroidis can be adopted to regulate the menoxenia.

Powder of Radix Trichosanthis Cucumeroidis

(*Tuguagen San*):

Also effective for reducing swelling in the female pudendum.

Radix Trichosanthis Cucumeroidis	3 liang
Radix Paeoniae	3 liang
Ramulus Cinnamomi	3 liang
Eupolyphaga seu Steleophaga	3 liang

Pound the drugs into powder. Take one *fangcunbi* with wine per dose three times a day.

12-11 寸口脉弦而大，弦则为减，大则为芤，减则为寒，芤则为虚，虚寒相搏，此名曰革，妇人则半产漏下，旋覆花汤主之。

旋覆花汤方

旋覆花三两 葱十四茎 新绛少许

上三味，以水三升，煮取一升，顿服之。

CLAUSE 22-11

The pulse is tight and huge. When pressed deeply, it is not as strong as a true tight pulse. Though huge, it is void within. Such pulse is called "void-tight." Tight pulse of reduced strength indicates prevalence of pathogenic Cold. Void pulse reflects Interior Deficiency. When Void-tight pulse occurs in female patients, this indicates premature delivery or mild, chronic bloody vaginal discharge. Decoction of Fols Inulae can be adopted. (For prescription, see Clause 11-7)

22-12 妇人陷经漏下，黑不解，胶姜汤主之。臣亿等校诸本无胶姜汤方，想是前妊娠中胶艾汤。

CLAUSE 22-12

Continuous uterine bleeding with dark blood can be treated with Decoction of Colla Corii Asini and Rhizoma Zingiberis.

22-13 妇人少腹满，如敦状，小便微难而不渴，生后者，此为水与血并结在血室也，大黄甘遂汤主之。

大黄甘遂汤方

大黄四两 甘遂二两 阿胶二两

上三味，以水三升，煮取一升，顿服之，其血当下。

CLAUSE 22-13

A woman patient is suffering from abdominal distention and her



abdomen swells so big that it looks like a *Dui*. (a container shaped in a melon with pointed ends prevalent in ancient China.) She also experiences slight dysuria with no thirst. If the syndrome appears after delivery, this case is one caused by the intermingling of Water and Blood in the Body Cavity. Decoction of Radix et Rhizoma Rhei and Radix Euphorbiae Kansui can be adopted.

Decoction of Radix et Rhizoma Rhei and Radix Euphorbiae Kansui
(*Dahuang Gansui Tang*):

Radix et Rhizoma Rhei	4 liang
Radix Euphorbiae Kansui	2 liang
Colla Corii Asini	2 liang

Stew the drugs in three *sheng* of water until one *sheng* remains. Take the decoction in a single draft. Blood stasis will pass with the feces.

22-14 妇人经水不利下，抵当汤主之。亦治男子膀胱满急有瘀血者。

抵当汤方

水蛭三十个，熬 虻虫三十枚，熬，去翅足 桃仁二十个，去皮尖 大黄三两，酒浸

上四味，为末，以水五升，煮取三升，去滓，温服一升。

CLAUSE 22-14

Decoction of *Didang* can cure syndromes of menopathy.

Annotator's Remark: Decoction of *Didang* is also effective in curing male patient syndromes of blood stasis in the Urinary Bladder accompanied by feeling of distention.

Decoction of *Didang*
(*Didang Tang*):

Hirudo	30 pcs.
Tabanus	30 pcs.
Semen Persicae	20 pcs.
Radix et Rhizoma Rhei (soaked in wine)	3 liang

Pound the drugs into powder and stew in five *sheng* of water until three *sheng* remain. Filter the decoction and serve one *sheng* of lukewarm decoction per dose.

22-15 妇人经水闭不利，脏坚癖不止，中有干血，下白物，矾石丸主之。

矾石丸方

矾石三分，烧 杏仁一分

上二味，末之，炼蜜和丸如枣核大，内脏中，剧者再内之。

CLAUSE 22-15

A patient experiences menolipsis, scanty menstruation, and the formation of a hard mass in the uterus which remains there for a long

time. Dry blood stasis is also present in the uterus. Leukorrhea is also present. Pills of Alumen can be adopted to cure the syndrome.

Pills of Alumen

(*Fanshi Wan*):

Alumen (burned)	3 fen
Semen Armeniacae Amarum	1 fen

Pound the drugs into powder. Blend with honey and form pills the size of kernels of Fructus Ziziphi Jujubae. Insert one pill as a vaginal suppository. Additional pills can be used in severe cases.

22-16 妇人六十二种风，及腹中血气刺痛，红蓝花酒主之。

红蓝花酒方疑非仲景方

红蓝花一两

上一味，以酒一大升，煎减半，顿服一半，未止再服。

CLAUSE 22-16

Sixty-two women's diseases caused by Wind, and acute pain in the abdomen caused by the stagnation of the Vital Energy and the Blood can be treated with Wine of Flos Carthami.

Wine of Flos Carthami

(*Honglanhua Jiu*):



Annotator's Remark: It is doubtful that this is an original prescription from Zhang Zhongjing's Treatise.

Flos Carthami

1 *liang*

Stew the drug in one large *sheng* of wine until a half *sheng* remains. Take a half of the decoction per dose. A second dose can be given if necessary.

22-17 妇人腹中诸疾痛，当归芍药散主之。

当归芍药散方见前妊娠中

CLAUSE 22-17

Powder of Radix Angelicae Sinensis and Radix Paeoniae is effective in curing abdominal pain caused by various gynopathies. (For prescription, see Clause 20-5.)

22-18 妇人腹中痛，小建中汤主之。

小建中汤方见前虚劳中

CLAUSE 22-18

Decoction of Lesser *Jianzhong* can be adopted to reduce the abdominal pain of female patients. (For prescription, see Clause 6-13.)

22-19 问曰：“妇人病，饮食如故，烦热不得卧，而反倚息者，何也？”师曰：“此名转胞，不得溺也，以胞系了戾，故致此病，但利小便则愈。宜肾气丸主之。”

肾气丸方

干地黄八两 薯蓣四两 山茱萸四两 泽泻三两 茯苓三两 牡丹皮三两 桂枝一两 附子炮，一两

上八味，末之，炼蜜和丸，梧子大，酒下十五丸，加至二十五丸，日再服。

蛇床子散方 温阴中坐药。

蛇床子仁

上一味，末之，以白粉少许，和令相得，如枣大，绵裹纳之，自然温。

CLAUSE 22-19

Question: The patient experiences restlessness and a fever that prevents her from lying quietly in bed. The patient must recline to breathe freely (the patient suffers from dyspnea). But she is eating normally. Please explain this.

Master: This is a case of dysuria due to pressure exerted by the fetus (*Zhuan Pao*). The fetus is pressing the urinary bladder and the urethra, preventing them from voiding urine. A diuretic should be adopted. Pills of the Kidney Vital Energy can be used. (For prescription, see Appendix to Chapter V, "Pills of Eight-Ingredients.")

Powder of *Fructus Cnidii* is effective in relieving a cold feeling in the vagina.

Powder of *Fructus Cnidii*
(*Shechuangzi San*):

Fructus Cnidii

Pound *Fructus Cnidii* into powder. Blend it with rice powder. Wrap enough powder in a piece of silk to form a pouch the size of a date. Insert the silk pouch as a vaginal suppository. A warm feeling will be sensed.

22-20 少阴脉滑而数者，阴中即生疮，阴中蚀疮烂者，狼牙汤洗之。

狼牙汤方

狼牙三两（《千金》作“两把”）

上一味，以水四升，煮取半升，以绵缠箸如茧，浸汤沥阴中，日四遍。

CLAUSE 22-20

The pulse in the Cubit is slippery and speedy. Carbuncles are found in the pudenda. Decoction of *Herba Agrimoniae* can be used to cleanse the affected part.

Decoction of *Herba Agrimoniae*
(*Langya Tang*):

Herba Agrimoniae

3 liang

Stew the drug in four *sheng* of water until one half *sheng* remains. Make a ball of silk to resemble a silkworm cocoon. Soak this in the decoction and use it to wash the pudenda, four times a day.

22-21 胃气下泄，阴吹而正喧，此谷气之实也，膏发煎导之。

膏发煎方见黄疸中

附方

小儿疳虫蚀齿方疑非仲景方

雄黄 葶苈

上二味，末之，取腊日月猪脂，镕。以槐枝绵裹头，四五枚，点药烙之。

CLAUSE 22-21

When the cereal Vital Energy descends to produce flatus, it is emitted from the vagina with an audible sound. This is caused by an excessive state of the cereal Vital Energy. Decoction of Lard and Human Hair can be used to cure the syndrome. (For prescription, see Clause 15-17.)