CONTENTS

Foreword  *Chen Yiren*  xvii
Introduction  *Heiner Fruehauf*  xix
Translator’s Note  *Gabriel Weiss*  xlvii

CHAPTER ONE
A Few Words about Studying and Researching Chinese Medicine  1

I. Establishing a Correct Understanding  3
   I.1. The Importance of Understanding Theory  3
       I.1.a. The Current State of Chinese Medicine  3
       I.1.c. An Excursion into Twentieth-Century Physics  9
   I.2. Chinese Culture As Recognized by Professor Yang Zhenning  11
   I.3. The Structure of Traditional Theory  13
       I.3.a. What Are “Universal Principles”?  13
       I.3.b. Combining Inductive and Deductive Reasoning  15
       I.3.c. Rational Thinking and Internal Experimentation  16
       I.3.d. The Application of Theory  20

II. The Transmission of Knowledge  23
   II.1. Modern Chinese Medicine Education  23
   II.2. “Beyond Form” and “Form”  26
   II.3. Reciprocity between Teacher and Disciple  33
       II.3.a. Visiting Dr. Yu Lu  33
       II.3.b. Teachers: The Greatest Treasure in Life  34
       II.3.c. An Unexpected Gift by Lake Lugu  37

III. Seeking a Method That Works—Relying on the Classics  41
   III.1. The Experience of History  42
   III.2. Clearing Away Obstructions to Understanding the Classics  44
CONTENTS

III.3. Three Types of Culture
III.4. The Importance of Studying the Classics
   III.4.a. It Is Not “Holding On to the Old”
   III.4.b. All Change Is Encompassed by the Classics
   III.4.c. Studying the Classics Awakens Wisdom
III.5. Understanding the Classics and Modernity
   III.5.a. The Question of Conservatism
   III.5.b. Classical Music and Popular Music
   III.5.c. Can Modern Chinese Medicine Texts Replace the
   Yellow Emperor’s Classic?
III.6. How to Study the Classics Well
   III.6.a. Intuition and the Importance of Reference Tools
   III.6.b. Zeng Guofan: The Art of Reading the Classics
   III.6.c. Basic Requirements

CHAPTER TWO
The Significance of Cold Damage
I. The Content of the Treatise on Cold Damage
   I.1. The Meaning of “Cold Damage”
   I.2. The Meaning of “Miscellaneous Diseases”
   I.3. The Meaning of “Treatise”
II. Pursuing the Ultimate Principle by Comprehending Yin Yang
   II.1. Comprehending Yin Yang
      II.1.a. The Relationship between Yin and Yang
      II.1.b. The Issue of Hierarchy
      II.1.c. The Relationship between Substance and Function
   II.2. A Summary of Cold Damage
      II.2.a. The Qi of Winter Is Cold
      II.2.b. How to Nurture Storage
      II.2.c. Cold Damage Means Storage Damage

CHAPTER THREE
The Functioning of Yin and Yang
I. The Dao Produces the One, the One Produces the Two, the Two
   Produce the Three, and the Three Produce the Myriad Things
   I.1. Change Contains the Supreme Ultimate,
      Which Is What Produces the Two Polarities
   I.2. The Three Yin and Three Yang
II. The Mechanism of Yin and Yang Separating and Uniting 128
   II.1. Introducing the Concept of a Hinged Door 129
   II.2. The Opening, Closing, and Pivoting of Yin and Yang 132
      II.2.a. The Opening, Closing, and Pivoting of the Three Yang 132
      II.2.b. The Opening, Closing, and Pivoting of the Three Yin 132
      II.2.c. Collaborative Action 133
   II.3. Pathological Changes of Opening, Closing, and Pivoting 134
      II.3.a. Pathological Changes of Taiyang Opening 135
      II.3.b. Pathological Changes of Yangming Closing 136
      II.3.c. Shaoyang Pivoting Disease 136
      II.3.d. Pathological Changes of Taiyin Opening 138
      II.3.e. Shaoyin Pivoting Disease 139
      II.3.f. Pathological Changes of Jueyin Closing 140
   II.4. Cold Damage is Transmitted through the Legs, Not the Arms 141

CHAPTER FOUR
The Essentials of Treating Disease 147
I. Two Ranks of Physicians 149
   I.1. The Rank of Lower Physician 150
   I.2. The Rank of Higher Physician 153
II. Observing the Syndrome and Investigating the Trigger 156
   II.1. How to Investigate the Trigger 156
   II.2. The Nineteen Disease Triggers 160
   II.3. Apprehending the Primary Symptoms and Recognizing the Disease Trigger 168

CHAPTER FIVE
The Essentials of Taiyang Disease 173
I. An Explanation of the Chapter Title 175
   I.1. Explaining Differentiation 176
   I.2. Explaining Taiyang 176
      I.2.a. The Meaning of Taiyang 176
      I.2.b. The Meaning of the Taiyang Channels 176
      I.2.c. The Meaning of the Taiyang Bowels 179
      I.2.d. The Meaning of Taiyang in Yunqi 181
         I.2.d.1. The Meaning of Water 181
         I.2.d.2. The Meaning of Cold 183
   I.3. Explaining Disease 185
I.3.a. The Chinese Character Bing 185
I.3.b. The Orientation of Illness and Disease 188
  I.3.b.1. Time 191
  I.3.b.2. The Five Phases 192
  I.3.b.3. The Six Pathogenic Qi 193
  I.3.b.4. The Five Qi 193
  I.3.b.5. The Five Flavors 193
  I.3.b.6. The Five Colors 195
  I.3.b.7. The Five Tones 197
  I.3.b.8. The Five Odors 199
  I.3.b.9. The Five Animals 200
  I.3.b.10. The Five Grains 201
  I.3.b.11. The Five Emotions 202
  I.3.b.12. The Five Numbers 202
  I.3.b.13. The Five Emotional Toxins 205
I.3.c. Why Use the Radical Bing? 206
  I.3.c.1. The Heart Holds the Office of the Sovereign and Ruler; Spirit Brightness Originates from It 207
  I.3.c.2. The Nineteen Disease Triggers 208
I.4. Explaining Pulse 210
  I.4.a. The Chinese Character Mai 210
  I.4.b. The Meaning of Pulse 211
  I.4.c. On the Pulse in the Four Seasons 216
    I.4.c.1. The Wiry Pulse of Spring 217
    I.4.c.2. The Flooding Pulse of Summer 218
    I.4.c.3. The Hair-like Pulse of Autumn 219
    I.4.c.4. The Stony Pulse of Winter 220
I.5. Explaining Syndrome 221
  I.5.a. The Chinese Character Zheng 221
    I.5.a.1. Language (Yan) 221
    I.5.a.2. Deng (Zheng) 223
    I.5.a.3. The General Meaning of Zheng 227
  I.5.b. Specialized Meanings of Zheng 228
    I.5.b.1. The Definition of Syndrome 235
    I.5.b.2. The Basis for Syndrome 238
    I.5.b.3. The Difference between Syndrome and Disease 240
    I.5.b.4. Explaining Syndrome 242
      i. “Discerning the Disease, We Have Not Necessarily Determined the Syndrome” 242
CONTENTS

ii. If There Is a Syndrome, There Must Be Disease 245

iii. The Degree of Severity of a Syndrome 245

iv. Syndrome Characteristics 245

v. The Essential Variables of Syndrome 248

I.6. Explaining Treatment 249

II. An Outline of Taiyang Disease 250

II.1. Taiyang Disease Trigger Text 250

II.2. Explanation of Its Meaning 252

II.2.a. Floating Pulse 252

II.2.a.1. The Location of the Pulse Is the Location of the Disease 252

II.2.a.2. “Humans Take the Earth As Model” 252

II.2.a.3. Taiyang Emphasizes the Pulse 253

II.2.a.4. Contemplating “The Lungs Face the Hundred Pulses” 254

II.2.a.5. “The Highest Good Is Like Water” 258

II.2.b. “The Head and Nape of the Neck Are Stiff and Painful” 259

II.2.b.1. Taiyang Position Rules the Head and Nape of the Neck 259

II.2.b.2. The Xiang is Taiyang’s Special Location 259

II.2.c. Aversion to Cold 261

II.2.c.1. The Most Important Syndrome 261

II.2.c.2. An Emphasis on Subjective Experience 261

III. The Timing of Taiyang Disease 264

III.1. Carefully Attend to the Timing, For Then You Will Be Able to Predict the Qi 265

III.1.a. Timing Lines and Disease Trigger Lines Are Equally Important 265

III.1.b. Explaining Time 267

III.1.b.1. The Chinese Character Shi 267

III.1.b.2. The Significance of Time 270

III.2. The Time When It Tends to Resolve 271

III.2.a. From Si to Wei 271

III.2.b. The Essentials of Taiyang Disease 272

III.2.c. The Essentials of Si, Wu, and Wei Time Correspondences 273

III.2.d. The Essentials of Treating the Taiyang Orientation 274

III.3. The Time When It Tends to Act 279
CHAPTER SIX
The Essentials of Yangming Disease

I. An Explanation of Yangming

I.1. The Meaning of Yangming

I.2. The Meaning of the Yangming Channels

I.3. The Meaning of the Yangming Bowels

I.4. The Meaning of Yangming in Yunqi
   I.4.a. The Meaning of Dryness
   I.4.b. Why Is Dryness Associated with Metal?
   I.4.c. The Qi That Corresponds to Dryness and Dampness
   I.4.d. Dry Heat and Damp Cold
   I.4.e. The Dryness of Yangming Disease

II. An Outline of Yangming Disease

II.1. General Meaning
   II.1.a. The Different Routes of Yangming
   II.1.b. Contemplating Downward Purgation from
           a Modern Perspective

II.2. Spleen Constraint

II.3. Zhengyang Yangming
   II.3.a. Explanations of the Physicians of Previous Dynasties
   II.3.b. The Meaning of Zhengyang
   II.3.c. Fullness of the Stomach Family
      II.3.c.1. The Stomach
      II.3.c.2. The Stomach Family
      II.3.c.3. Excess or Fullness
      II.3.c.4. To Format As a Disease Trigger Line

II.4. Shaoyang Yangming
   II.4.a. Three Yang Therapies
      II.4.a.1. Taiyang Disease Therapies
      II.4.a.2. Yangming Disease Therapies
      II.4.a.3. The Role of the Six Bowels Is of Passage
      II.4.a.4. Shaoyang Disorders Are Not Governed by Passage
III. The Timing of Yangming Disease

III.1. From Shen to Xu 327
III.2. The Essentials of Yangming Disease 329
III.3. The Essential Correspondences of the Tendency to Resolve 330
III.4. The Essentials of Treating the Yangming Orientation 337
III.5. The Time When Yangming Disease Tends to Act 343
   III.5.a. From Yin to Chen 343
   III.5.b. Tidal Fever at Sundown 343
III.6. Contemplating Hypertension 347

CHAPTER SEVEN
The Essentials of Shaoyang Disease 351

I. An Explanation of Shaoyang 353
   I.1. The Meaning of Shaoyang 353
   I.2. The Meaning of the Shaoyang Channels 354
   I.3. The Meaning of the Shaoyang Bowels 356
   I.4. The Meaning of Shaoyang in Yunqi 360

II. An Outline of Shaoyang Disease 368
   II.1. Overview of Shaoyang Disease 368
      II.1.a. Shaoyang Disease Trigger 368
      II.1.b. The Three Orifices That Characterize Shaoyang 369
      II.1.c. Bitterness, Dryness, and Blurriness 370
   II.2. The Specialized Meanings of Shaoyang Disease 374
      II.2.a. The Characteristics of the Five Orifices 374
      II.2.b. Organization of the Nine Orifices 375
      II.2.c. Exhausion of Pi Is Followed by Tai 379

III. The Timing of Shaoyang Disease 384
   III.1. From Yin to Chen 387
   III.2. The Essentials of Shaoyang Disease 391
   III.3. The Essentials of Shaoyang Timing 392
   III.4. Shaoyang Formulas 394
      III.4.a. Numerology of the Formula 394
      III.4.b. The Physical Level 402
      III.4.c. Selecting the Appropriate Time to Administer Medication 407
   III.5. Two Unique Herbs in Divine Farmer’s Classic of Materia Medica 409
      III.5.a. Phase Transition 410
      III.5.b. The Correct Way 411
   III.6. The Shaoyang Pulse 415
CHAPTER EIGHT

The Essentials of Taiyin Disease

I. An Explanation of Taiyin

I.1. The Meaning of Taiyin

I.1.a. Taiyin Refers to Spleen Earth

I.1.b. Taiyin Refers to Kidney Water

I.1.c. The Union of Earth and Water

I.1.d. Soil Erosion

I.2. The Meaning of the Taiyin Channels

I.3. The Meaning of the Taiyin Viscera

I.3.a. The Chinese Character Pi

I.3.b. Spleen Does Not Rule a Season

I.3.c. Spleen Rules the Flesh

I.3.d. People Are the Chief of the “Naked Creatures”

I.3.e. Spleen Rules the Middle Burner

I.4. The Meaning of Taiyin in Yunqi

I.4.a. Explaining Dampness

I.4.b. Why Is Dampness Paired with Earth?

I.4.c. Chen, Xu, Chou, and Wei

I.4.d. Outward Sign of the Communication between Heaven and Earth

I.4.e. Dragons Contend in the Open, Their Blood Is Black and Yellow

II. An Outline of Taiyin Disease

II.1. The Taiyin Disease Trigger

II.2. Characteristics of the Taiyin Position and Nature

II.3. Characteristics of Taiyin Disease Signs and Symptoms

II.3.a. It Has Two Functions, and Also Two Diseases

II.3.b. Characteristics of Taiyin Diarrhea

II.3.c. Cold in the Viscera

II.3.c.1. Relationship to the Constitution

II.3.c.2. A Preference for Cold Foods

II.3.c.3. Excessive Vexation and Worry

II.3.c.4. Irregular Rest

II.3.d. The Official of Remonstration

III. The Timing of Taiyin Disease

III.1. From Hai to Chou

III.2. The Essentials of the Time It Tends to Resolve
CHAPTER NINE

The Essentials of Shaoyin Disease

I. An Explanation of Shaoyin

I.1. The Meaning of Shaoyin

I.1.a. The Meaning of Kan Water

I.1.a.1. The Formation of Kan Water

I.1.a.2. The Life Fire of the True Yang

I.1.b. The Meaning of Li Flame

I.1.b.1. The Formation of Li Flame

I.1.b.2. The Nature and Function of Li Flame

I.1.b.3. The Function of Fire in the Human Body

I.1.c. Two That Share the Name Shaoyin

I.1.c.1. Water and Fire Are the Male and Female of Qi and Blood

I.1.c.2. How the Fire and Water of Yin and Yang Are United with One Another

I.1.c.3. Qian and Kun Are the Form, Water and Fire Are the Function

I.1.c.4. The Water and Fire of Kan and Li, the Root of Establishing Life

I.1.d. Qian and Kun Produce the Six Children

I.2. The Meaning of the Shaoyin Channels

I.3. The Meaning of the Shaoyin Viscera

I.3.a. The Heart

I.3.a.1. “The Myriad Creatures of the World Emerge from Being, and Being Emerges from Non-being”

I.3.a.2. The Heart Holds the Office of the Sovereign and Ruler; Spirit Brightness Originates from It

I.3.a.3. Pain

I.3.b. The Kidney


I.3.b.2. The Kidneys Hold the Office of Making Strong; Technique and Skill Originate from Them
I.3.b.3. The Kidneys Rule Hibernation; They Are the Root of Sealing and Storing, the Dwelling Place of the Essence 521
I.3.b.4. All Cold with Contraction and Pulling In Belongs to the Kidney 523

I.4. The Meaning of Shaoyin in *Yunqi* 527

II. An Outline of Shaoyin Disease 529
II.1. The Subtlety of the Pulse 530
II.2. There Is Only Desire to Sleep 532
   II.2.a. Sleep and Waking 532
   II.2.b. When the Sun Enters the Earth, This is Taiyin; When It Emerges from the Earth, This is Jueyin 535
II.3. The Form of Shaoyin Disease 536
   II.3.a. Vexation with the Desire to Sleep 537
      II.3.a.1. What Is Vexation? 537
      II.3.a.2. Return to the Root: Stillness 538
      II.3.a.3. Sleeping Is the Great Return to the Root, Inhalation Is the Small Return to the Root 540
      II.3.a.4. With Vexation, Desire to Sleep Is Unexpected 542
   II.3.b. Thirsty but the Urine Is Pale in Color 543

III. The Timing of Shaoyin Disease 544
   III.1. Zi Is Fu (Turning Back) 544
      III.1.a. In Seven Days Comes the Return 544
      III.1.b. At the Winter Solstice, the One Yang Emerges 546
      III.1.c. The Essentials of the Time in Which Shaoyin Disease Tends to Resolve 547
   III.2. Why Resolving Covers Three Two-Hour Periods 548

IV. Contemplating Alzheimer’s Disease 549

CHAPTER TEN
The Essentials of Jueyin Disease 553

I. An Explanation of Jueyin 555
   I.1. The Meaning of Jueyin 555
   I.2. The Meaning of the Jueyin Channels 556
   I.3. The Meaning of the Jueyin Viscera 556
      I.3.a. The Liver 556
      I.3.b. The Pericardium 560
   I.4. The Meaning of the Jueyin in *Yunqi* 560
## I.4. A. The Meaning of Wind

- **I.4.a.1.** Wind Is the Envoy of Heaven and Earth 560
- **I.4.a.2.** How Wind Produces Wood 562
- **I.4.a.3.** Wind and Animals 563

## I.4. B. The Meaning of Wood

- **I.4.b.1.** Wood Refers to That Which Bends and Straightens 564
- **I.4.b.2.** The Sequence of the Five Elements 565
- **I.4.b.3.** The Significance of Wood Producing Fire 567

## II. An Outline of Jueyin Disease

- **II.1.** Dispersion-Thirst 569
  - **II.1.a.** The General Meaning of Thirst 569
  - **II.1.b.** How Jueyin Thirsts 570
  - **II.1.c.** Differentiating Thirst in the Six Conformations 571
  - **II.1.d.** Formulas to Treat Jueyin Thirst 573
  - **II.1.e.** Contemplating Diabetes 575
- **II.2.** The Qi Rises and Collides with the Heart, within the Heart Are Pain and Heat 578
- **II.3.** Hunger with No Desire to Eat 580
- **II.4.** Eating Induces Vomiting of Worms 582
- **II.5.** Jueyin Prohibitions 582

## III. The Timing of Jueyin Disease

- **III.1.** The Meaning of the Chou Time 583
  - **III.1.a.** The Two Yin Exchange Completely 583
  - **III.1.b.** Chou and Lin (Approaching) 584
  - **III.1.c.** Chou and Reversal 585
  - **III.1.d.** Prevalence of Reversal or Return of Heat 588
- **III.2.** The Meaning of the Jueyin Orientation 589
  - **III.2.a.** Principles for Establishment of the Jueyin Formula 589
  - **III.2.b.** An Explanation of Wumei Wan 590

Author’s Epilogue to the English Edition  
*Liu Lihong* 595

Appendix: Nine Questions on Contemplating Chinese Medicine 599

Glossary of Herbs and Formulas 625

Glossary of Names and Technical Terms 629

Glossary of Chinese Texts 637

A Chronology of the Dynasties in Chinese History 645