

## CHAPTER THREE

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### 厥陰

## JUE YIN

### *Section One*

#### 3.1 Outline of Jue Yin

##### 3.1.1. Pathway of the Jue Yin Channel

**Liver channel:** The liver channel starts on the lateral aspect of the big toe, ascends upwards on the dorsum of the foot, passing anterior to the medial malleolus and then up the medial aspect of the leg. It then reaches the genital region, curves around the genitalia and then proceeds to the lower abdomen. Proceeding further up, it curves around the stomach and then enters the liver and gallbladder organs. It then continues to ascend, passing through the diaphragm and branches out in the hypochondriac and costal region. From there, it ascends to the throat and reaches the eye. A branch running further upwards goes to the top of the head to meet the Governing Vessel.

**Pericardium channel:** The pericardium channel originates from the chest region and enters the peri-

cardium. It then descends through the diaphragm to the abdomen to communicate with the upper, middle and lower jiao.

Clinically, many diseases are intimately related to the channel pathways. For example, gout and hyperuricaemia can be treated as patterns associated with liver damp-heat downpour. Other manifestations are headache, tinnitus associated with a bitter taste in the mouth. Liver heat harassing the spleen and stomach characterized by stomach pain etc. Treatment is to clear liver damp-heat with the formula Long Dan Xie Gan Tang, while for headache at the top of the head the formula indicated is Wu Zhu Yu Tang.

From the zang-fu organs perspective, the Jue Yin channel incorporates the liver and the pericardium. The TCM perspective of the pericardium is an incorporeal concept with little clinical relevance. For example, heat entering the pericardium in wen bing references a patient suffering from delirium and the treatment principle is to open the orifice to clear the

heart heat using the formula An Gong Niu Huang Wan. Thus, in reality, Jue Yin diseases primarily refers to diseases of the liver. The function of the liver is to disperse constrained liver qi and store liver blood. If the dispersing function of the liver is impaired this will result in the obstruction of qi characterized by qi constraint or pain with no fixed location. Another function involving the liver dispersing function concerns the digestive system, ensuring the free movement of the spleen and stomach with the ascending of spleen qi and the corresponding descending of stomach qi. This is in keeping with the theory discussed in *Jing Gui Yao Lue* in stating that disease of the liver will involve the spleen, thus one must tonify the spleen. The other function of the liver is to store blood. The role of the liver governing blood is mentioned in *Huang Di Nei Jing* quote: “Liver stores blood to enhance the sight; liver stores blood to enhance the ability to walk. Liver stores blood to enable the function of grasping”. Wang Bing 王冰, an academic from the Tang dynasty explained this quote: “Movement of the human body will result in the circulation of blood. When the body is at rest, the blood is being stored in the liver”. This reflects the concept of the liver storing blood but also regulating blood circulation.

### 3.1.2 Physiology of the Jue Yin Channel

The Jue Yin channels encompass both the foot Jue Yin liver and the hand Jue Yin pericardium. It is coupled with foot Shao Yang gallbladder and hand Shao Yang triple jiao as an exterior/interior relationship. The Liver stores blood and governs dispersion within the body. The liver orifice is the eyes; therefore, the eyes are intimately related to the liver. It governs the sinews; this means that the movement of all the sinews of the body is associated with the liver. The Pericardium is the layer enshrouding the heart, it houses the fire and is linked with the triple jiao as

an interior and exterior relationship. If the triple jiao is free of obstruction, it can ensure the upper jiao is in harmony and the lower jiao is being warmed by the heart fire and at the same time nourish liver wood. It has a stabilizing effect between the heart and the kidney.

### **Jue Yin Disease is a complex pattern of heat and cold:**

The characteristic of Jue Yin disorder is the terminal phase of the three yin channels with yang engendering aspect. It is essential to note that the liver belongs to the wood phase and it has relations with heart fire and kidney water. From a five-phase perspective, the kidney is the mother, while the liver is the son while the liver is the mother and the heart is the son. On account of this three-way relationship, the liver disorder can present as a complex heat and cold pattern. In other words, liver is associated with the heart fire in the upper jiao hence the tendency of transforming into heat. Likewise, the liver association with the kidney in the lower jiao may relate to a possible transformation to cold. Thus, as a general rule, a liver disorder is a prevalent complex heat and cold disorder.

### **Categories of Jue Yin Disease**

1. Cold pattern due to cold transformation; the formula Dang Gui Si Ni Tang is recommended for a channel cold pattern while Wu Zhu Yu Tang is suggested for a Jue Yin zang coldness pattern.
2. Cold pattern: Dang Gui Si Ni Tang + Wu Zhu Yu Tang for channel and zang organ cold pattern
3. Heat and cold complex pattern: Bai Tou Weng Tang for liver damp-heat downpour pat-

tern characterized by blood in the stool and tenesmus

4. Complex heat and cold pattern: (a) Wu Mei Wan, Gan Jiang Qin Lian Ren Shen Tang. Wu Mei Wan is indicated for stomach heat and intestinal cold pattern while (b) Gan Jiang Qin Lian Ren Shen Tang is suggested for stomach heat and spleen coldness pattern; (c) Ma Huang Sheng Ma Tang is for lung heat and spleen coldness complex pattern.

### 3.1.3 Pathology of the Jue Yin Channel

The aetiology of Jue Yin disease can be due to: (1) Direct attack which is rarely seen; (2) Pathogenic transmission from other channels e.g. from Tai Yin and Shao Yin, or due to incorrect treatment of Shao Yang or wrong administration of purgative from Yang Ming which ultimately manifests as Jue Yin syndrome.

Jue Yin is the terminal stage of the six-channel disease progression. It is the final stage where the zheng qi contends with the pathogenic qi as well as the stage where there is waxing and waning of yin and yang. *Su Wen: Zhi Zhen Yao Da Lun Chapter 74*: “What is the definition of Jue Yin? Qi Bo said: The end stage of the interaction of the two yin.” This refers to the idea that extreme cold can engender heat or vice versa. It can herald the return of yang qi. Therefore, the Jue Yin syndrome can present simultaneously as both heat and cold. On the one hand, the manifestation of yin and yang repelling each other has a potential for death or the extreme yin cold could come to an end heralding the gradual return of yang qi. Based on the theory that extreme cold can engender pathogenic heat and can also herald the return of yang qi, these extreme states of yin and yang mean that both heat and cold symptomology can manifest in Jue Yin disease. On the one hand,

there is the phenomenon of yin and yang repelling each other, with their ultimate separation causing death; where as extreme yin cold can be resolved with the gradual return of yang qi. In brief, Jue Yin disease is primarily associated with unpredictable fluctuations of yin and yang due to their failure to embrace and communicate.

### 3.1.4 Classification of Jue Yin Disease

1. Complex of heat and cold. The characteristic of Jue yin syndrome is that yin and yang are not communicating with each other and is reflected as a syndrome of heat in the upper jiao and cold in the lower jiao. Jue Yin therefore often reflects the total disarray of yin and yang as they are no longer rooted in each other and have lost their ability of regulation and lack of homeostasis.
2. Waxing and waning of Yang Qi. This is reflected in the manifestation of cold extremities and fever. Based on the duration of the fever and the cold extremities, one can evaluate the degree of yang qi and yin cold.
3. Jue Ni Pattern (Reversal Pattern). (a) Due to the non-communication of yin and yang qi this pattern manifests as cold extremities with exuberance of cold in the interior known as Cold Jue; (b) deep-lying pathogenic heat preventing the dispersion of yang qi is known as Re Jue (heat reversal) and (c) intermingled heat and cold is known as Hui Jue (roundworm reversal)
4. Diarrhoea and vomiting. This can be differentiated as diarrhoea due to heat or diarrhoea due to cold. Diarrhoea due to cold should be accompanied by cold extremities, whereas diarrhoea due to heat conversion should be accompanied by thirst, fever, diarrhoea and tenesmus.

### 3.1.5 Treatment of Jue Yin Disease

Treatment of Jue Yin disease must be based on the principle of treating the cold with warmth and the heat with cold due to the complexity of Jue Yin disease. Special consideration is required to focus not only on the disease pathology but also the patient's constitution.

### 3.1.6 Prognosis of Jue Yin Disease

If zheng qi is restored with the correct treatment, then recovery will ensue. Another possible development is the excessive return of yang qi may lead to a heat pattern characterized by sore throat, blood in the stool. This is treated with the corresponding formulas such as Si Ni Tang and Tong Mai Si Ni Tang, formulas often indicated for Shao Yin cold transformation pattern. If the yang qi is waning with total devastation of yin essence, then the prognosis is poor.

## Section Two

### 3.2 Principal Features of Jue Yin Disease

#### CLAUSE 326

厥阴之为病，消渴，气上撞心，心中疼热了，饥而不欲食，食则吐蛔，下之利不止。

Jue Yin disease, there is excessive thirst, upsurge of qi rushing up from below the epigastrium, burning sensation in the chest (stomach) and hunger but with no desire for food, once food is taken roundworms will be vomited, if a purgative is used continuous diarrhoea will ensue.

#### Discussion:

The above clause describes a pattern with heat in the upper jiao and coldness in the lower jiao which is a complex heat and cold syndrome reflecting the characteristic of Jue Yin with extreme yin heralding the return of yang and the inter-convertibility of yin and yang. Jue Yin disease is associated with the liver. The liver organ is associated with wind and wood and houses the ministerial fire (liver fire). A disorder of the liver causes the dispersion function of liver to be impaired hence there is heat in the upper part (liver heat) combined with cold in the lower part (intestinal cold). This pattern is generally related to a gastrointestinal disorder. Due to the intensive liver fire, liver and stomach yin are being depleted hence there is excessive thirst. The rebellious liver qi at-

tacks the stomach leading to a burning sensation in the chest. The transportation function of spleen is impaired resulting in lack of appetite. In the event of an incorrect use of a purgative, the spleen qi will be further damaged manifesting as continuous diarrhoea. Therefore, the Jue Yin heat disorder is mainly due to liver and gallbladder fire whereas the cold is due to spleen weakness resulting in accumulation of yin cold.

The vomiting of roundworms after ingestion of food reflects a condition of deficient spleen and intestinal coldness, with the heat in the upper jiao repelling the coldness in the lower jiao resulting in vomiting after ingestion of food. Furthermore, if the person has a history of worm infestation, then the vomiting of worms will occur. The incessant diarrhoea is inferring to a condition resulting from purgation with further damage to the yang qi.

Clause 326 although it is under the heading of Jue Yin disease it does not reflect the full spectrum of Jue Yin disease as it merely features a complex heat and cold pattern with heat in the upper jiao and cold in the lower jiao, which reflects the special characteristic of Jue Yin disease concerning the waxing and waning of yin and yang as well as a complex heat and cold pattern. Some past scholars suggest that Clause 326 when compared with the other five channels does not fully reflect the principle features of Jue Yin disease as it does not feature the characteristic of the different categories of reversal patterns.

In view of the Jue Yin disease being the final stage of the three yin channels characterized by deficiency with treatment using heat-clearing and warming herbs it should also incorporate herbs to supplement the zheng qi and nourish yin. The formula Wu Mei Wan should be considered.

## Identification of the Pathogenesis of Reversal Pattern

### CLAUSE 337

凡厥者，阴阳氣不順接，便為厥。厥者，手足逆冷者是也。

The term jue means yin and yang qi are not communicating, which means reversal. It is inferring to the reversal coldness of the extremities.

**Discussion:** The above clause describes the pathogenesis of a reversal pattern and its associated symptoms. The special characteristic of a reversal pattern is cold extremities which cannot be taken as an individual disorder, as the pathogenesis of reversal pattern can be differentiated as heat or cold, while the symptom of cold extremities merely reflects a phenomenon of the non-interaction of yin and yang qi.

Under healthy conditions, the yin and yang qi in the body should be interdependent and in equilibrium. If these two components are not in balance, with a preponderance of either yin or yang, then disease will ensue. If there is an exuberance of coldness with deficiency of yang qi unable to warm the extremities, then cold jue will ensue. If the yang qi is constrained by heat with inability to warm the extremities, this is called heat jue and the overall cause of either the cold or heat jue is attributed to the non-communication of yin and yang.

In *Shang Han Lun*, there are three clauses associated with the impact of yin and yang. Clause 7 incorporates yin and yang as a key principle for pattern identification; Clause 58 describes the need for the harmony of yin and yang in bringing about recovery; while Clause 337 describes the pathogenesis and symptoms of a reversal pattern. When linking the three clauses together, it provides an overview of pattern identification, treatment and pathogenesis.

In addition to the heat and cold reversal patterns other clinical factors may be involved such as: (1) Incorrect sweat promotion, purgation and emetic action which may result in the devastation of fluid and desertion of yang; (2) Stomach coldness and liver heat which can cause the stirring of round-worms; (3) Blood deficiency with cold congelation; (4) Phlegm obstruction causing phlegm jue; (5) Qi constraint causing jue; (6) Water retention causing jue; (7) Cold turbid yin harassing the stomach and (8) Devastation of true yang. All these situations may lead to cold extremities therefore the aetiology and pathogenesis will differ and treatment is based on the pattern, therefore it is essential to focus on the differentiation of pattern and treat accordingly.

The origin of reversal patterns, according to *Huang Di Nei Jing*, are two: (1) Sudden loss of consciousness characterized by cold extremities and dizziness; (2) Cold extremities only without loss of consciousness. The jue described in *Shang Han Lun* belongs to the second description. Clinically there are also qi jue, blood jue, phlegm jue and food stagnation jue.

## Section Three

### 3.3 Jue Yin Patterns

#### 3.3.1 Patterns of Heat and Cold Complex

##### Wu Mei Wan Pattern

###### CLAUSE 338

(1) 傷寒脈微而厥，至七八日而肤冷，其人躁無暫安者，此為藏厥，非蛔厥也。(2) 蛔厥者，其人當吐蛔。今病者靜，而復時煩者，此為臟寒。蛔上入其膈，故煩。須臾復止；得食而嘔，又煩者，蛔聞食臭出，其人常自吐蛔。(3) 蛔厥者，烏梅丸主之。又主久痢。

(1) Shang han with a pulse that is faint and there is reversal, at the seventh or eighth day, the skin is cold and the person is agitated and restless. This is cold zang jue and is not due to roundworm jue. (2) For the roundworm jue, this should be characterized by vomiting roundworms. The patient is quiet with occasional agitation which is due to coldness of the zang with the roundworms harassing the diaphragm, hence the agitation. It will cease after a little while; the intake of food can cause vomiting and again vexation, If the roundworms sense the flavour of food, the person will vomit the roundworms. (3) For the roundworm jue, Wu Mei Wan governs and it is also indicated for chronic diarrhoea.

**Wu Mei Wan:** Wu Mei 300 pieces, Xi Xin 6 liang; Gan Jiang 10 liang; Huang Lian 16 liang; Dang Gui 4 liang; Fu Zi 6 liang (dry-fry remove skin); Shu Jiao 4 liang (sweated); Gui Zhi 6 liang (remove bark); Ren Shen 6 liang; Huang Bai 6 liang.

\*Note: Use a low flame to fry the Shu Jiao until water and oil begin to appear.

**Directions:** For the above ten ingredients, grind and sieve them. Soak the Wu Mei with vinegar overnight, remove the shell, steam with five dou of rice and when cooked, pound into a paste and mix. Add honey and make it into pills, the size of Wu Tong. Take ten pills three times daily and gradually increase to twenty pills for each dose. Refrain from cold, and slippery food.

**Discussion:** During the course of shang han disease if the pulse is faint and the extremities are cold, this reflects yang deficiency with exuberant yin cold. The faint pulse indicates depletion of yang with inability to move the blood, while the cold extremities is attributed to yang deficiency with severe yin cold unable to warm the four limbs. After seven or eight days, the further depletion of yang qi is not confined to the cold limbs but there is generalized coldness whereby the skin is cold. The person is vexed as the excessive yang is characterized by irritability while the excessive coldness is characterized by agitation. This clause points out the difference between roundworm jue and zang jue.

The second paragraph describes the symptoms of roundworm jue and treatment, which differs from the zang jue. The pathology of roundworm jue is due to a complex heat and cold condition with heat in the upper jiao and intestinal cold in the lower jiao. This condition affects the activity of the roundworms with subsequent harassment of the diaphragm hence the person feels vexed and if the roundworms' activity abates, the vexation ceases, therefore the vexation is a temporary condition. The intake of food may induce the roundworms to stir, causing recurrent vexation and vomiting of roundworms. The presence of roundworms is obstructing the flow of qi and blood with ensuing non-interconnection of yin and yang resulting in cold extremities. Treatment involves the use of hot and cold herbs to address the complex heat and cold pattern.

Wu Mei Wan is also indicated for chronic diarrhoea. The plum, Wu Mei, is sour and astringent and if soaked in vinegar will render it increasingly more sour. The large dosage of Wu Mei enters the liver, generates fluids, augment the liver yin, astringes the intestine and stops diarrhoea. In this instance it stops the activity of the roundworms and has a paralytic effect on the worms; Shu Jiao and Xi Xin are acrid which unblocks the yang, disperses the cold and disintegrates the yin as well as killing the worms; Wu Mei and Shu Jiao paralyze and kill the worms and ease pain. Fu Zi, Gui Zhi and Gan Jiang supports the yang and inhibit coldness; Huang Lian and Huang Bai are bitter and cold which purge heat and dispel the worms, encouraging down-bearing and stopping the vomiting; Ren Shen tonifies qi and the spleen. It has the effect of supporting the earth to restrain the liver; Dang Gui tonifies blood and nourishes the liver; the combination of Dang Gui and Wu Mei nourishes the liver yin as well as tonifying qi and blood. The use of rice and honey which are sweet and tonify the stomach. This is a formula with combined flavours of bitter, sour, acrid as well

as being hot in nature which facilitates the paralysis of the worms with the subsequent effect of killing and dispelling the worms.

The clinical signs of zang jue and hui jue differ and should be differentiated to determine the correct treatment. Zang jue is attributed to kidney yang devastation with exuberance in yin cold indicating the looming desertion of true yang. This is characterized by a faint pulse, cold extremities, generalized coldness of the skin, and continuous agitation without any remission. This is a pure yin pattern with no yang indicating death. Hui jue is attributed to the interior harassment of the roundworms characterized by heart vexation, vomiting of roundworms, abdominal pain, cold extremities, irritability but no agitation, occasional remission and the prognosis is comparatively better than zang jue.

The pathology of hui jue is the presence of worms with frequent harassment surging up to the diaphragm (including the stomach and the bile duct).

Treatment for zang jue involves supporting the yang and eliminating the yin. Treatment can be combined with moxibustion to warm the channel and disperse the coldness. Formulas such as Si Ni Tang and Tong Mai Si Ni Tang can be used to resuscitate the yang and restore the pulse.

#### **How to apply Wu Mei Wan for treatment of contemporary diseases:**

Treatment should be based on the case history and pulse diagnosis with the identification of the pathogenesis to modify and treat many difficult-to-treat diseases.



**For treatment of external diseases:**

- (a) Early onset of shang han
- (b) Early onset of stroke with yin deficiency and endogenous wind, omit Gui Zhi, Xi Xin and substitute with Jing Jie, Fang Feng, Jiang Can and Chan Tui to disperse wind. In addition, reduce the dosage of Chuan Jiao, Gan Jiang and Fu Zi.
- (c) For external disorder due to Wind heat, remove Gui Zhi, Xi Xin and substitute with Yin Hua, Lian Qiao, Sang Ye and Ju Hua which are acrid and cool to disperse the wind heat. In addition, reduce the dosage of Chuan Jiao, Gan Jiang and Fu Zi.
- (d) For disorder of warm heat with toxicity, remove Gui Zhi, Xi Xin, Shu Jiao and Fu Zi which are acrid and hot. Add nourishing yin herbs to clear heat and augment fluid.
- (e) Early onset of warm disease, remove Gui Zhi, Xi Xin, and incorporate herbs for damp-warmth such as damp heat obstruction in the middle jiao. Ren Shen Ban Xia Xie Xin Tang is recommended, similar to Jiao Mei Tang in wen bing (Jiao Mai Tang 椒梅汤 Huang Lian, Huang Qin, Gan Jiang, Bai Shao, Chuan Jiao, Wu Mei, Ren Shen, Zhi Shi, Ban Xia. This formula is a modified version of Wu Mei Wan from Wen Bing Tiao Bian: Lower Jiao Chapter.” by Wu Ju Tong).

**For Jue Yin disorder due to internal injury:**

- (a) Emotional upset with constrained liver qi: omit Gui Zhi and Xi Xin and add Chai Hu, Bo He and Yu Jin to disperse constrained liver qi.
- (b) Blood stasis in the blood aspect: Add Gui Zhi Fu Ling Wan and if accompanied by collateral

obstruction, add Xuan Fu Hua to free the collateral obstruction.

- (c) If due to improper diet such as fatty and rich food with accumulated heat and phlegm: omit the warm and parching herbs and add Xiao Xian Xiong Tang and Bao He Wan to resolve constraint in the middle jiao.

## CASE STUDY 24

**Hypertension with anxiety**

*A 57-year-old female patient presents with stubborn high blood pressure and anxiety for many years. Signs and symptoms included coldness in the body during the day with cold and icy hands. The left neck and back regions have a strong aversion to cold with resulting pain after exposure to cold. In addition, there is nocturnal sweating, heart vexation and insomnia. She also reports dizziness with difficulty to lift the left shoulder, spontaneous sweating, red malar flushing (dull red), dry and bitter taste in the mouth and occasional thirst. She has a normal appetite, aversion to cold in the abdomen with preference for heat, bowel movement at times are dry or sloppy, and dark yellow urination with frequent cystitis. It was diagnosed as liver yin deficiency with heat. Her left pulse was submerged, thready and slippery and the right pulse wiry, thready and weak. Her tongue was pale red and swollen, with thin, white greasy tongue coat.*

*On palpation of her abdomen there was left abdominal tension with no pressure pain.*

**Analysis:** (1) Left pulse thready and the inability to lift her left shoulder and nocturnal urination due to liver yin deficiency with heat (2) Left pulse wiry and slippery, bitter taste in the mouth with occasional dizziness and high blood pressure due to constrained liver qi transform-

ing to fire with wind and heat upsurge. (3) Body and cold limbs during the day due to latent cold pathogen in the Jue Yin channel resulting in the inability of yang qi to communicate with the exterior. (4) Sloppy and hard stools, swollen tongue with white greasy tongue coat, right pulse wiry, thready and weak due to spleen and kidney yang qi deficiency.

**Treatment principle:** Jue Yin disease due to liver yin deficiency; constrained wind and heat with latent cold in the liver channel. Liver and spleen yang deficiency.

**Herbal formula:** Wu Mei Wan: Wu Mei 15g; Dang Gui 6g; Huang Lian 8g; Huang Bai 3g; Xi Xin 3g; Gui Zhi 3g; Pao Fu Pian 10g; Gan Jiang 5g; Dang Shen 5g; Shu Jiao 2g; vinegar 5ml. 5 packs.

#### Ancient Applications:

1. *Qian Jin Yao Fang*: For treatment of chronic diarrhoea.
2. *Sheng Ji Zong Lu*: Wu Mei Wan is used to treat incessant post-partum diarrhoea.
3. *Shang Han Lei Fang Hui Can*: For treatment of abdominal pain and coldness, swelling of the testis and headache on the top of the head.

#### Modern Applications:

1. Wu Mei Wan was used to treat 225 cases of roundworm obstruction of the bile duct with a full recovery rate of 97.6%. The pattern comprised of complex heat and cold. Formula used: Wu Mei 15~30g; Bing Leng 15g; Chuan Lian Zi 15g; Hua Jiao 6g; Gui Zhi 6g; Shu Fu Zi 6g; Xi Xin 3g; Gan Jiang 3g (with slight reduction of dosage for children); for the complex of heat and cold. With more heat than cold, add Huang

Bai 9g; Gui Zhi 9g; Huang Lian 6g (*Hu Nan Yi Yao Wei Sheng Ke Ji Cheng Guo*, 1971).

2. Wu Mei Wan is used for treatment of chronic enteritis, colitis and dysentery. Li et al (*Shang Han Lun Yu Lin Chuang*) used Wu Mei Wan to treat 60 cases of acute dysentery with 53 cases recovered. Formula used: Wu Mei 15g; Huang Lian 5g; Huang Bai 10g; Hua Shi 30g; Dang Gui 10g; Pao Jiang 3g; Fu Zi 1g; Gui Zhi 1g; Xi Xin 1g; Chuan Jiao 1g; Dang Shen 5g. Once the bowel movement became normal, the formula was switched to Shen Mei Tang (Dang Shen 10g; Wu Mei 10g; Mu Gua 10g; Yi Ren 15g; Bian Dou 15g; Jiao Shan Zha 3g; Gu Ya 3g; Gan Cao 3g).

#### CASE STUDY 25

### Ulcerative Colitis

*Li, male 56 years old Chief complaint: Persistent diarrhoea for one year. History: The patient had suffered from diarrhoea for about one year, with blood and pus in the stool, tenesmus and lower abdominal pain, aversion to cold, cold extremities, red tongue with yellow tongue coat and a submerged and rapid pulse. The Western diagnosis was ulcerative colitis and the TCM diagnosis was heat and cold complex pattern.*

*The treatment consisted of Wu Mei Wan modified. Wu Mei 9g; Huang Lian 6g; Huang Bai 6g; Pao Fu Pian 6g; Gui Zhi 6g; Mu Xiang 6g; Chuan Jiao 6g; Xi Xin 6g; Gan Jiang 6g; Dang Gui 10g; Bai Shao 10g; Jiu Da Huang 9g; seven packs.*

*After two packs, his abdominal pain was relieved, his hands became warm and the diarrhoea was reduced. His abdominal pain and bloody stool were resolved after further medication. Wu Mei Wan was then made into*

pills for a further two months treatment. Subsequent colonoscopy revealed no abnormality in the epithelium of the colon.

#### CASE STUDY 26

### Nonspecific Colitis

Zhang, female 39 years old. The chief complaint was abdominal pain, blood and pus in the stool. Over the past two years, the patient had suffered from abdominal pain which was alleviated with warmth and pressure. She also suffered from tenesmus and greasy and cold food caused her condition to worsen. The Western diagnosis was nonspecific colitis and stool examination revealed pus; pus cell count and white blood cell count. She was emaciated and her complexion was dull and sallow. She was fatigued and suffered from vertigo and had cold extremities. The tip and margin of her tongue were red and the tongue coat was yellow. The pulse was submerged and thready. Treatment consisted of Wu Mei Wan modified. Wu Mei 10g; Fu Zi 6g; Gui Zhi 6g; Gan Jiang 6g; Hua Jiao 6g; Huang Bai 6g; Huang Lian 6g; Mu Xiang 6g; Dang Gui 10g Dang Shen 10g. Seven packs with one pack daily. After the one week of treatment, there was no more blood or pus in the stool. The formula was administered in pill form for a further two months to consolidate the treatment.

### Gan Jiang Huang Qin Huang Lian Ren Shen Tang Pattern

#### CLAUSE 359

伤寒本自寒下，医复吐下之，寒格，更逆吐下；若食入口即吐，干姜黄芩黄连人参汤主之。

Shang han disease with cold diarrhoea, yet the practitioner used emetic and purgation, there is cold repelling, further adverse treatment of emetic and purgation were used; if there is immediate vomiting after intake of food, Gan Jiang Huang Qin Huang Lian Ren Shen Tang governs.

#### Gan Jiang Huang Qin Huang Lian Ren Shen Tang:

Gan Jiang 3 liang; Huang Qin 3 liang; Huang Lian 3 liang; Ren Shen 3 liang.

**Directions:** For the above four ingredients, boil with six sheng of water (1.2 litres) to get two sheng (400 ml). Remove the dregs and take it while warm, twice daily.

**Discussion:** A person suffering from cold diarrhoea infers that there is an insufficiency of spleen yang characterized by frequent deficient cold diarrhoea. From the line “there is cold repelling and further adverse treatment of emetic and purgation”, it is clear that the person originally is characterized as spleen yang deficiency and cold repelling. Furthermore, if emetic and purgation was used inadvertently, there will be immediate vomiting after intake of food due to the use of the emetic and purgation causing further damage to the spleen yang deficiency with impaired spleen and stomach qi dynamic causing further deterioration of cold repelling. It is understood that the cold diarrhoea will worsen. The most appropriate treatment is Gan Jiang Huang Qin Huang Lian Ren Shen Tang to restore the pivot movement of the middle jiao while at the same time regulating and warming the spleen and stomach. This is a strategy of acrid opening and bitter discharging by using a mixture of cold and hot herbs to address a case of heat in the upper jiao and coldness in the lower jiao. The immediate vomiting after food intake is associated with stomach heat while the cold diarrhoea is associated with spleen coldness.