# Shang Han Lun

## Yang Ming Organ Syndrome – "Qi Level"

## A Closer look at " Da Cheng Qi Tang"

By:

Gina Mortellaro-Gomez, MSOM, L.Ac, Dipl. O.M., FABORM

&

Amy DePry, MSOM, L.Ac, Dipl. O.M., CA & Nevada Certified

Cohort 4

# Special Thanks and Acknowledgment


- Much of the information utilized for this project and power point was from notes taken while attending a 3 month Shang Han Lun seminar series taught by the following instructors:
  - Arnaud Versluys
  - Dan Bensky
  - Craig Mitchell
- Information also extracted from Master's Programs Herbal Theory Courses attended and additional seminars by Amy and Gina
  - Jiayu Zhang, OMD, Lac, Dipl. O.M. (Southwest Acupuncture College, Boulder, Colorado.
  - Dong Ji – Pacific College of Oriental Medicine
  - Dr. Huang Huang -

# Problems in SHL – 2 diff kinds of multi channel Disease:

- **He Bing:** called combination Disease – this means when you have two of the levels attacked at the same time.
- **Bing Bing** – drag over disease – a disease in one stage while also moving into the next stage where you still have one foot in each door.
- SHL progression – Slower progression and a bit more complicated.
- Wen Bing progression –Quicker progression.

# Da Huang

# Da Huang/Rhubarb Constitution

# Da Huang/Rhubarb Constitution

- **External Appearance**: Robust physique with strong and firm musculature, reddish, oily complexion or one that is greasy and dirty looking, thick, darkened red lips.

- Tongue with thick, dry coating, thick & sticky sputum & fluids.

# Da Huang/Rhubarb Indications

- '**Accumulated Heat**'
  - Toxins from waste products built up in intestinal tract & entered blood.

# A Story from Dr. Huang Huang

# Da Huang/Rhubarb – Western Pharmacological

- **Pharmacological research demonstrate that Da Huang:**
  - Improves immunity,
  - Lowers blood lipid levels,
  - Hemostatic
  - Antipyretic,
  - Antibacterial
  - Purgative

# Da Huang/Rhubarb Commonly Expressed SXs

- Dreads heat and favors coolness.
- Excessive appetite.
- Tendency towards dizziness or vertigo & constipation.
- Only sweats lightly or unevenly.
- Chest stuffiness, a dry mouth with thick and sticky fluids (including sputum and saliva).
- Hyperlipidemia, hypertension.
- Abdominal tenderness or resistance to pressure.
- SXs presenting with heat & fire.

# Pulses of Da Huang

*Ten Key Formula Families in Chinese Medicine* – Dr. Huang Huang

- Slippery and replete pulse.
- Slippery Pulse, arrives smoothly, the fingers feel roundness and slipperiness.
- Replete Pulse
- Forceful Pulse

# Tongues of Da Huang

*Ten Key Formula Families in Chinese Medicine* – Dr. Huang Huang

- Dry mouth and scorched yellow coating.
  or
- Red tongue w/stiff and old body (tough).
  or
- Tongue w/ red spurs, yellow or brown tongue coating.

# In Severe Cases…

*Ten Key Formula Families in Chinese Medicine* – Dr. Huang Huang

- **In severe cases:**
  - Check tongue first. Once you find a "Da-Huang tongue" with abdominal signs, then Da Huang should be the key herb to use.
    - Such as:
      - Da Cheng Qi Tang
      - Tiao Wei Cheng Qi Tang
      - Xiao Cheng Qi Tang
      - Da Chai Hu Tang
      - Tao He Cheng Qi Tang
      - Da Huang Mu Dan Tang (internal abscess)

# Dà Chéng Qì Täng

*"Major Order the Qi Decoction"*

- Da Huang 12
- Mang Xiao 9g
- Zhi Shi 12g
- Hou Po 15g

# Dà Chéng Qì Täng

# Background – *Da Cheng Qi Tang*

- **Appearance:**
  - Robust or overweight, flesh firm, face is red and usually greasy.
  - Averse to heat/drawn to cold, **over active appetite, tendency to constipation**

    .
- **Common Signs and SXs**:
  - Abd feels full and painful with resistance; Shouldn't feel good to have their abd palpated + **Constipation.**
  - Sweat is drizzly if present; **fluids are thick; usually sweats a lot; Fever** With Sweating.
  - **Possible lung and mental problems.**
  - Restless Spirit, Irritability, easily excited

- **Traditional Examination**
  - Tongue body is red and leathery (looks like an old piece of meat); **coating is very thick and dry, as well as, yellow or black.**

  - Pulse – often submerged and firm, can be thin; usually submerged

# Da Cheng Qi Tang Actions

- Stimulates peristalsis (increases motility of large intestine & increases volume of contents w/in the intestinal tract for a laxative effect.
- Improves blood circulation.
- Strengthens body's resistance to pathological microorganisms & is anti-inflammatory.
- Biliary regulating, antipyretic & regulates digestive enzymes.

# DIAGNOSIS & BASIC USE I

- **Line 208**
  - For a yang brightness disease with a slow pulse, if there is sweating without chills ,the [patient's] body will certainly feel heavy, there will be shortness of breath, fullness in the abdomen, and wheezing.
  - If there are tidal fevers, the outside is about to be released and one can attack the interior.
  - When they have drizzly sweating from the hands and feet, the bowel movements will already have become hard and Major Order the Qi Decoction masters it.
  - If sweating is profuse with slight feverishness and chills, the outside is not yet released.
  - As their fevers are not tidal one cannot yet give an Order the Qi Decoction.
  - If there is significant fullness [in the abdomen] and no passage [of stool], Minor Order the Qi Decoction can be given to mildly harmonize the Stomach qi.
  - Do not allow it to cause major draining downwards.

# DIAGNOSIS & BASIC USE I

- **Line 208 Interpretation:**
  - Yangming organ excess CX often has a **slow pulse** b/c the pathogenic heat clumps with the dry stool – but the pulse **should also be Forceful.**
    - And when you have the clumping, the organ Qi will slow down → a slow, forceful pulse.
  - Pathogenic heat clumping in the dry stool.
    - Remember that the goal isn't to purge, but to expel the pathogen through the bowels (pathogen is clumped in the stools).
    - The pathogenic heat is actually locked up in the dry stool and if you purge the patient and get the stool out then you are getting the heat out.
  - Sweating w/o chills = interior Cx
  - Body will feel heavy and their will be **SOB** = Blockage in LI causing blockage in LU Qi – can use for chronic lung CXs

# DIAGNOSIS & BASIC USE I

- **Line 208 Interpretation:**
  - Tidal fever – outside is about to be released.
  - Sweating – the drizzling sweating – is an important sign for Da Cheng Qi Tang –
    - Think about the soaker hoses that trickle out – these people have trickling, oily type sweating –
      - Sign of the steaming of the heat locked up in the stool.
  - "Exterior CX w/ int CXs" – Get rid of the Ext Cxs first b/f giving the Cheng Qi Tangs!

# DIAGNOSIS & BASIC USE I

- **Yang Ming organ – Qi Level Heat.**

- Severe Yang Ming heat with Severe qi stagnation
- Heat binds in interior
- **Severe Cx**

- **Key SX:** Constipation/ No BM
- **Key Action:** MV BM & Clear heat

# "Harmonize" in the SHL

- The word "Harmonize" in the SHL means "to get things to move in the way they are suppose to move".
  - ie: harmonize the ST – getting the ST Qi to move in the way it is suppose to go = DOWN, etc.

- "Harmonize"
  - Also refers to "*Harmonizing the Shaoyang*" =
    - Boosting Sp qi while Releasing Lingering Ext. pathogen transforming to heat.

# The "Other Two" Cheng Qi Tangs

- ***Tiao Cheng Qi Tang*:**
  - *Mainly deals with dryness due to the heat with SXs of mild Glomus and fullness and possible steaming heat effusion.*
  - RX drains heat and moistens dryness and harmonizes the ST.
  - Da Huang 12g, Mang Xiao 12g, Gan Cao 6g
    - Medicinals to rectify the qi and disperse glomus (Zhi Shi & Hou Po) are not included in the RX b/c the Qi Stagnation signs are not as severe.
  - But a large dose of Mang Xiao is used to increase the RX's ability to drain heat and moisten.

# The "Other Two" Cheng Qi Tangs

- ***Tiao Cheng Qi Tang*:**
  - Yang ming syndrome with **dryness**
  - Dryness due to heat; **no stagnation**
  - Yangming syndrome + distress/Anxious/Irritable, no vomiting, no bowel movement, no bloating, no distention.
  - PT might have heat on upper part of body presenting as→ Canker sores, acne, mouth infections.
  - After sweating, pathogen moves interior.

# The "Other Two" Cheng Qi Tangs

- ***Xiao Cheng Qi Tang*:**
  - *PT has moderate heat binding in the interior, Fullness, but no hardness of stool, thus, does not contain Mang Xiao (stool softner) b/c the dryness and heat are secondary to Qi stagnation.*
  - **Contains**: *Zhi Shi and Hou Po which rectify the qi and are used in small doses to address the mild qi stagnation + Da Huang.*
  - *RX rectifies the Qi, and disperses glomus and fullness.*

# The "Other Two" Cheng Qi Tangs

- ***Xiao Cheng Qi Tang*:**
  - No tidal fever, Abd distention with dry stool, distress.
  - **Mild yang ming heat and qi stag**
  - Qi stag > heat
  - **Focuses more on moving Stagnation**

# Da Cheng Qi Tang
# DIAGNOSIS & BASIC USE 2

- **Line 209 – *Da Cheng Qi Tang - Xiao Cheng Qi Tang***:
  - For yang brightness diseases with tidal fevers and bowel movements that are slightly hard, Major Order the Qi Decoction can be given.
  - If [the bowel movements] are not hard, it cannot be given.

# Da Cheng Qi Tang
# DIAGNOSIS & BASIC USE 2

- **Line 209 – *Da Cheng Qi Tang - Xiao Cheng Qi Tang*:**
  - If there are no bowel movements for six or seven days and one fears that there are dried up feces and wants to know the [proper] method [of treatment], give a little of Minor Order the Qi Decoction.
    - If when the decoction enters the abdomen, [the fullness] shifts and there is passing of gas, there are dried up feces and one can then attack it.
    - If there is no shifting and passing of gas, one cannot attack it. If there is no passing of gas, then only the leading part [of the feces] is hard and what comes after will certainly be loose; so one cannot attack it.

# Da Cheng Qi Tang
# DIAGNOSIS & BASIC USE 2

- **Line 209 – *Da Cheng Qi Tang - Xiao Cheng Qi Tang*:** Cont..
  - If it is attacked there will be distention, fullness and they will not be able to eat.
  - When they want to drink water, if water is given they will retch.
  - Later those that are feverishness will have bowel movements that are again hard and scanty. Use Minor Order the Qi Decoction to harmonize them.
  - Be cautious and do not [use an] attacking [approach to] those who do not shift and pass gas.

# DIAGNOSIS & BASIC USE I

- **Line 209 – *Da Cheng Qi Tang - Xiao Cheng Qi Tang***
  **-Interpretation:**

- After NOT having a Bowel movement for 6-7 days, Utilize *Xiao Cheng Qi Tang* as an "Herbal Imaging Tool" so to speak, to find out if the patient's backed up intestines contain hard/dry stool or loose, watery stools to guide your treatment.

  - Take *Xiao Cheng Qi Tang* to get the patient's intestines to shift a little and pass gas, which will show dried stool.
    - Passing gas after taking *Xiao Cheng Qi Tang* = Dry Stool = Can attack binding heat and use *Da Cheng Qi Tang*

# DIAGNOSIS & BASIC USE I

- **Line 209 – *Da Cheng Qi Tang* - *Xiao Cheng Qi Tang***
  **-Interpretation:**

- After NOT having a Bowel movement for 6-7 days, Utilize *Xiao Cheng Qi Tang* as an "Herbal Imaging Tool" to find out if the patient's backed up intestines contain hard/dry stool or loose, watery stools:

  - If they have watery, loose stools backed up in their intestines, taking *Xiao Cheng Qi Tang* won't cause gas and you cannot "attack it" = cannot use *Da Cheng Qi Tang*
    .

# DIAGNOSIS & BASIC USE I

- **Line 209 – *Da Cheng Qi Tang - Xiao Cheng Qi Tang* - Interpretation:**

  - **Exception in Acute CXs – for Diarrhea – *Da Cheng Qi Tang* is used:**

    - There are people who have hard edged stool with liquid stools behind the hard edged stool. The liquid will come out and will be very, very smelly, hot and burning and maybe green & toxic looking.

    - These people look very sick and there is a sense of difficulty even with the diarrhea.

    - In these cases you can use *Da Cheng Qi Tang* to purge out the hard stool and benefit the bowels.

  - .

# Da Cheng Qi Tang
# DIAGNOSIS & BASIC USE 3

- **Line 212 – *Da Cheng Qi Tang*:**
  - [There are patients with] cold-damage that has not resolved after either being treated by vomiting or purging that go five or six days without a bowel movement, or even more than ten days, have tidal fevers at dusk, no chills, and talk to themselves as if seeing ghostly phenomena.
  - (a) For those where it is severe and develops such that they do not recognize people [close to them], unravel their clothes, and grab at the bed, have palpitations and are not at ease, have slight wheezing and fixed staring.
  - If the pulse is wiry they will live, and if it is choppy they will die.
  - (b) When mild and they only have fevers and incoherent speech, Major Order the Qi Decoction masters it.
  - If they have diarrhea after one dose, stop any further doses.

# DIAGNOSIS & BASIC USE 3

## Line 212 – *Da Cheng Qi Tang* - Interpretation:

- **This line is all about timing.**
  - Purge too soon and you will make problems worse (damaging yang and fluids will dry out too much).
  - Purge too late and this RX won't work anymore. Pathogen is moving very fast – not as fast as Wen Bing, but still very fast.
- Incoherent speech, they do not recognize people – due to the exuberant heat harassing HT spirit– use *Da Cheng Qi Tang* – once they have diarrhea – stop using this.

# DIAGNOSIS & BASIC USE 3

## Line 212 – *Da Cheng Qi Tang* - Interpretation:

- The pulse in this line is making a prognosis:
  - A Wiry/string-like pulse = indicates the patient's constitution is strong and/or the fluids have not been totally exhausted and the qi is still vital = the PT may be treated successfully with *Da Cheng Qi Tang*.
  - If the pulse is rough = it indicates Xu of the right Qi and desiccated fluids from extreme excess heat in the interior = the PT may NOT be treated with *Da Cheng Qi Tang*.

# Da Cheng Qi Tang
# DIAGNOSIS & BASIC USE 3

## Line 56 – *Da Cheng Qi Tang*:

- For cold-damage with no bowel movements for six or seven days, headache, and fever give an Order the Qi Decoction.
- If their urine is clear one knows that [the disease] is not in the interior and is still in the exterior, so one should induce sweating.
- If there is headache there must be nosebleeds and Cinnamon Twig Decoction is appropriate.

# DIAGNOSIS & BASIC USE 3

## Line 56 – *Da Cheng Qi Tang* - Interpretation:

- Cold Damage with No BM for 6-7 days, HA and fever. If the urine is clear one knows that the disease IS NOT in the interior and is still in the exterior, so one should induce sweating. If there is HA there must be nosebleeds and Gui Zhi Tang must b used.
- Most think this refers to *Da Cheng Qi Tang*: Don't just look at the urine, of course.
- No BM does not always mean that there is heat clumping in the intestines.
  - No BM could be b/c the qi is not moving. Releasing the Exterior can cause the Qi to move and circulate, so the fact of no BM is almost irrelevant here – give *Gui Zhi Tang*.

# Additional Notes – *Da Cheng Qi Tang*

- Don't be afraid to use this in Qi Xu people, elderly, etc.
  - *Da Cheng Qi Tang* can provide great relief in Qi Xu people with Severe constipation but need to **use Ren Shen immediately after purging.**

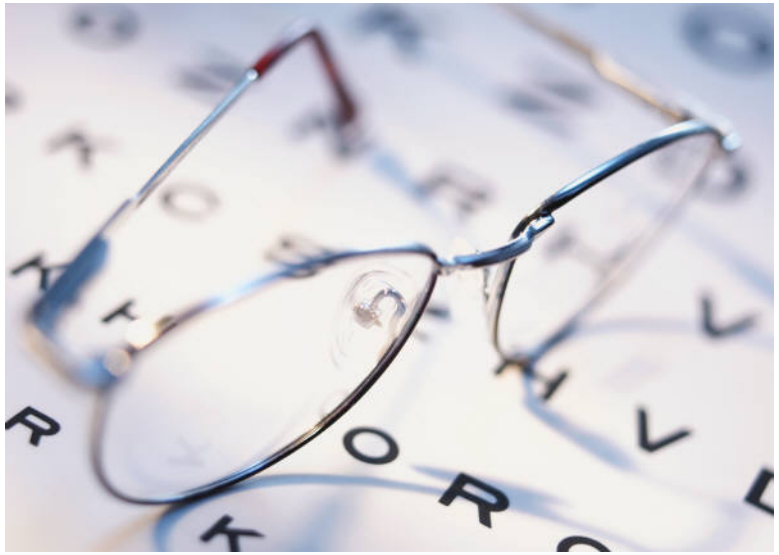
- Can use with the debilitated – but must supplement **at the same time** possibly with Ren Shen

- **In modern China – it is used for **High BP and High Cholesterol**
  - Use **lower dosage** for longer term administration and as a supplement.

  - If they have the steaming sweat and are wiling to change diet, exercise, the Cholesterol and High BP will stay down
    .
- Also used for **Post Stroke** who match this presentation – sometimes used to get people back to consciousness with a very thick black tongue coat.

# Dan Bensky

# *Da Cheng Qi Tang* Cases



# Case 1
# *Da Cheng Qi Tang*

Female 24 yo post partum started having no BM b/f giving birth then had no BM after giving birth, continuous fever, irritable, sense of something obstructing the chest (Qi obstruction), she became stuporous at 4p; Radial pulses were hidden and indistinct, her dorsalis pedis pulse were palpated and were slippery and forceful.

- Heat obstructing the Qi mechanism

- RX: Hou Po 18g, Zhi Shi 12g, Da Huang 12g, Mang Xiao 12g –
  - Took 2 hours to give first dose, woke at 2am, fairly clear headed and had 2 BMs and then incoherent speech stopped along with feverishness. Pulses were slippery and forceful and gave RX for 2 more days.
  - Took 3 visits – after each she would have 2 BMS and was improving; she **was given this until she began to have diarrhea** – heat was no longer bound in the stools any more.

- **If they still have heat but also have diarrhea – use another RX, since the heat is not bound up in the stool**.

# Case 2
# *Da Cheng Qi Tang*

50 yo man – wheezing worse w/ activity using accessory muscles to breath; wheezing; unable to breath while laying down; Chronic Constipation; cough is productive with thick, white sputum but he cannot expectorate all of it and there are occasional streaks of blood in the sputum; mouth is dry and wants to drink but not eat. Urine is dark and has only one BM in the last 5 days; T- red w/ a yellow coating that is dry and black in the center and very dry; P- thin and rapid.

- *Xiao Cheng Qi Tang* - 20g of Da Huang (added at end), 5g Hou Po, 10g Zhi Shi, + 10g of Xing Ren, 15g of Mai men dong – after giving him 1 dose – he had a large BM of goat pellet type stools and his coughing was better, then decreased the da Huang to 15g and gave 3 more bags. By the end he had loose stools 2x/day and could lay down flat and have normal breathing activity.
    - Then gave him a clearing moistening RX for another week.
    - Once you get rid of the constrained heat then need to work on the root problem.
- **Main point here**: Chronic constipation is part of Chronic breathing problem.

# Case 3
# *Da Cheng Qi Tang*

40 yo woman w/ low grade fever for 1 year at 3p and at night (refer to the clock of the SHL), has had a lot of TXs (western, herbs, etc) but then the fever would return, had numerous imaging studies, has a dysfunctional GB; Chronic Constipation, food not having any flavor (hungry but food does not taste right); when going to sleep she would mutter to herself as if seeing ghosts; T- red w/ yellow coat; P- submerged, excessive and forceful.

- 12g Da Huang, 12g of Mang Xiao, 12g of Hou po, 9g of Zhi Shi. – then she had 8 BM in one day that were foul smelling with dry pieces of stool in it. Her pulse returned to normal and she had no more problems.

- SHL clock: different than organ clock; Yanming starts around 3p.

# References


- Bensky, D, Mitchell, C, Versluys, A, (2007). Core Patterns of the Shang Han Lun (Discussion of Cold Damage): A Clinical Approach Seminar Series.
- Huang, Huang (2013). Classic Formula's Identification on Body Surfaces Class during the Doctoral program at Five Branches University.
- Huang, Huang. Ten Key Formula Families in Chinese Medicine. Seattle, Eastland Press, 2009.
- Ji, Dong (2011). Shang Han Lun/ Wen Bing (Survey of the Classics) Class during the Master's program at Pacific College of Oriental Medicine.
- Mitchell, C, Wiseman, N, Ye, F. (1999). *Shang Han Lun on Cold Damage: Translation & Commentaries*. Brookline, MA: Paradigm Publications.
- Zhang, Jiayu, (2006-2007). Classic Herbal Theory Class during Master's Program at South West Acupuncture College (Shang Han Lun, Jin Gui Yao Lue, Wen Bing, 4 levels, Pi Wei Lun).