Jing Fang Classical Formula
Six Syndrome Overview

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SHL 41 Schools of Thought

In the Zhang Zhong Jing studies Dr. Wang Qing Guo lists 41 different understandings of the teachings listed in the Shang Han Lun and Jin Gui Yao Lue.

There are some related to the Zhou Yi (Book of Change), some to the channels, some are even related to numerology. However, the two main branches remain the Neijing approach and the Jing Fang approach which was already recorded in the Han dynasty.
**Han Dynasty – Two Medical Systems**

“The Jing Fang system stems from the herbal records of the Ben Cao, looking at medicinal properties such as **cold** or **hot**, examining their dosages in respect to disease **severity**, their flavours and qualities, their effect on the qi circulation, as well as 5 bitters and 6 acrids, regulating **water** and **fire**, to promote circulation and open blockages, to restore harmony when imbalances appear.”

《汉书·艺文志》: “经方者，本草后之寒温，量疾病之深浅，假药味之滋，因气感之宜，辨五苦六辛，致水火之剂，以通闭解结，反之宇平。”

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**Road map of Two Chinese Medical Systems-Han Dynasty**

- **Yi Jing/Medical System**
  - Theory of Yin and Yang, Astrology, Daoist practices, 5 elements and relationships
  - Huang Di Nei Jing 3000 BC
  - Wang Shu He 201-280 (Jin)

- **Jing Fang System Classical Formulas**
  - Single Herbs with 8 Guiding principles
  - Shen Nong Ben Cao Jing
  - Understanding of Formulas with 4 syndromes
  - Yi Yi Tang Ye
  - Lun Guang Tang Ye Jing
  - Shang Han Za Bing Lun

10,000 to 5000 BC

17 BC
The word Jing 經 is hard to translate and has many meanings, including classic text or book (as in Yi Jing/Nei Jing) and channel or meridian (as in the 12 channels). In the context of the 6 Jing it is variously translated as:

- **Channel** (used by Wiseman)
- **Division** (used by Maciocia)
- **Conformation** (used by Versluys/Liu)
- **Warp** (used by Bensky/Scheid)
- **Syndrome** (used by Feng/Robidoux)

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Prof. Hu Xi Shu & Prof. Feng Shi Lun

- Prof. Hu received the teachings of Jing Fang from an imperial doctor called Wang Xiang Zheng 王祥徵 in 1901 and spent his life teaching it to disciples.
- Dr. Feng first learned medicine at the university and later he was lucky to receive Prof. Hu’s teachings.
- Together they kept the teachings of this lineage alive without any support from the system, teaching it independently and keeping it safe during the revolution.
Six Syndromes

**NOT**
- Channels
- Meridians
- Organs
- Diseases
- 5 element theory
- One singular symptoms

**ARE**
- Diagnosis system based on the **full compilation of symptoms** clearly defining the **presented syndrome** to target a **formula pattern**

3. Overview of the Six Syndrome System
Six Syndrome System

External Syndromes

- Tai yang Syndrome
  - Spontaneous sweating with aversion to wind and cold, multiple joint and body pain, skin disorders, floating or deep pulse. No heat sensation and fever.

- Shao Yin Syndrome
  - Fever, sweating or no sweating, aversion to cold and wind, pain and stiffness of the neck, body pain, skin disorders, floating pulse.
### External Syndromes

**Symptoms Often Missed**
- Cough
- Blocked sinuses
- Body Pain
- Up surging of Qi (dizziness, palpitation)
- Skin itching, numbness and pain

**Common Diseases**
- Epidemic Diseases
- Multiple Joint Pain
- Sciatica

**Internal Syndromes**

**Yang Ming Syndrome**
- Fever, excessive sweating with no aversion to cold, with aversion to heat, *vexation*, dry mouth, insomnia, restlessness, fullness in the epigastrium, chest oppression, diarrhea or constipation, rapid and slippery pulse.

**Tai Yin Syndrome**
- Cold limbs, fatigue, bloating or vomiting after eating or drinking, pain or glomus in the epigastrium, phlegm, heaviness, diarrhea or constipation (due to body fluid depletion).
## Internal Syndromes

<table>
<thead>
<tr>
<th>Symptoms Often Missed</th>
<th>Yang Ming</th>
<th>Tai yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Night Sweating</td>
<td></td>
<td>Heaviness</td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
<td>Phlegm</td>
</tr>
<tr>
<td>Diarrhea</td>
<td></td>
<td>Blood depletion</td>
</tr>
<tr>
<td></td>
<td>Internal Rheum transforming to heat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Blood depletion</td>
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</tr>
<tr>
<td>Fatigue</td>
<td></td>
<td>Blood loss</td>
</tr>
<tr>
<td>Blood depletion</td>
<td></td>
<td>Excessive sweating</td>
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<tr>
<td>Antibiotics</td>
<td></td>
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</tr>
</tbody>
</table>

### Common Causes

- Internal Rheum transforming to heat
- Blood depletion
- Fatigue
- Blood loss
- Excessive sweating
- Antibiotics

## Half Exterior Half Internal Syndromes

- **Shao Yang Syndrome**
  - Fever, heat sensations, restlessness, irritability, introversion, glomus & tension under the heart, wiry pulse.

- **Jue Yin Syndrome**
  - Acne, hot flushes, cold sores, cold sensation in the lower, fatigue, weakness, bloating after eating or drinking, diarrhea or constipation, restlessness, deep and slow pulse.
## Half & Half Syndromes

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Shao Yang</th>
<th>Jue Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Often Missed</td>
<td>Loose stool</td>
<td>Emotional</td>
</tr>
<tr>
<td></td>
<td>Fatigue</td>
<td>Heat Sensation</td>
</tr>
<tr>
<td></td>
<td>Low Appetite</td>
<td>Blood depletion</td>
</tr>
<tr>
<td>Common Diseases</td>
<td>Idiopathic Fever</td>
<td>Menopause</td>
</tr>
<tr>
<td></td>
<td>Chronic Fatigue</td>
<td>Hyperthyroidism</td>
</tr>
<tr>
<td></td>
<td>Insomnia</td>
<td>Severe Acne</td>
</tr>
<tr>
<td></td>
<td>Breast Cancer</td>
<td>Immunity Disorders</td>
</tr>
<tr>
<td></td>
<td>Heart Diseases</td>
<td>Bechet’s</td>
</tr>
<tr>
<td></td>
<td>Glaucoma</td>
<td></td>
</tr>
</tbody>
</table>

## Important Treatment

If the external syndrome is not resolve the patient will not recover.

A **singular external syndrome** is resolved by slightly promoting sweating.

An **exterior interior syndrome** is resolved by harmonizing the *ying* and *wei* with a Gui Zhi formula such as Gui Zhi Long Gu Mu Li Tang, Wu Ling San, Ling Gui Zhu Gan Tang or Gui Zhi Jia Ling Zhu Fu Tang.

An **interior syndrome** we must either warm the interior in Tai yin (expel internal rheum) or clear heat in a Yang ming syndrome. ** Or apply both method together in needed.
Important Treatment: Half & Half

There are no exit points for the pathogen in the Half and Half layer. So the only treatment is to harmonize by:

• clearing the heat above
• warming the middle or lower

In Jue yin syndromes we also need to nourish the blood and body fluids, and often move blood.

It is Prohibited to promote sweating and purge. (Clauses 264 & 265)
• 3 yang syndrome are treated by treating Shao yang
• 3 yin syndrome are treated by treating Jue yin

2. Jing Fang Diagnostic System & Case Studies
1. Disease vs Symptoms: Case Study

Mr. Sun, 52 years old
1st Consultation, June 5th, 2015

Main Symptoms: Impotence for 6 years, enlarged prostate, profuse sweating, fatigue, cold limbs, aversion to cold, blocked sinuses, dry mouth, peeled tongue and coating, rapid pulse.

Western Diagnosis: Chronic prostatitis for 10 years

TCM Diagnosis: Kidney yang depletion

Took 6 months of kidney yang tonifying formulas such as You Gui Wan, Ren Shen Yang Rong Wan, Jin Gui Shen Qi Wan, Zhen Wu Tang which did not resolve the symptoms and caused him to be very irritable. Spent over 30 000 Yuan in medical fees without resolving his disease and his symptoms aggravated.

1. Disease vs Symptoms: Case Study

Mr. Sun, 52 years old
1st Consultation, June 5th, 2015

Six Syndrome Analysis:

1. Profuse sweating, blocked sinuses, cold limbs and aversion to cold all belong to an External Shao yin syndrome.

2. Impotence, fatigue, peeled tongue and coating demonstrate internal rheum stagnation and an Internal Tai yin syndrome.

3. The rapid pulse, irritability and dry mouth point to an Internal Yang ming syndrome.

Diagnosis: Shao yin Yang ming Tai yin concurrent syndrome.
1. Disease vs Symptoms
Case Study

Mr. Sun, 52 years old
1st Consultation, June 5th, 2015

**Diagnosis:** Shao yin Yang ming Tai yin concurrent syndrome

**Formula:** Er Jia Long Gu Mu Li Tang plus Cang Zhu, Fu Ling

<table>
<thead>
<tr>
<th></th>
<th>Gui Zhi</th>
<th>10g</th>
<th>Shao Yao</th>
<th>10g</th>
<th>Sheng Jiang</th>
<th>15g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zhi Gan Cao</td>
<td>6g</td>
<td>Da Zao</td>
<td>20g</td>
<td>Sheng Long Gu</td>
<td>15g</td>
<td></td>
</tr>
<tr>
<td>Sheng Mu Li</td>
<td>15g</td>
<td>Bai Wei</td>
<td>10g</td>
<td>Fu Zi</td>
<td>15g</td>
<td></td>
</tr>
<tr>
<td>Cang Zhu</td>
<td>12g</td>
<td>Fu Ling</td>
<td>15g</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The patient took the formula for 2 weeks.

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1. Formula Analysis

Gui Zhi Jia Long Gu Mu Li Tang was discussed in the *Jin Gui Yao Lue · On Blood Impediment and Taxation Disorders line 8:* “Loss of essence and dreaming of intercourse are both lustful in nature, they cause the spirit to become restless, where the intent influences the state of living.”

This disease is also related to body fluid damage due to sweating and disharmony of *ying-wei* indicating Gui Zhi, while Bai Shao, Sheng Jiang, Da Zao and Gan Cao nourish the interior.

Long Gu and Mu Li are used to consolidate fluids and clear Yang ming heat in the chest and check nervousness.
1. Formula Analysis

《Essay Quotation》：“In case of weakness, floating heat and sweating remove Gui Zhi and add Bai Wei and Fu Zi, otherwise known as Er Jia Long Gu Mu Li Tang”.

The medicinal Bai Wei is said to be “neutral and bitter” in the Shen Nong Ben Cao Jing. It can treat an exterior Tai yang Zhong Feng syndrome combined with a Yang ming syndrome. Since it is bitter but neutral it can clear deficient heat and not the excessive type of Yang ming syndrome.

The medicinal Fu Zi is added to warm the interior and treat Shao yin syndromes.

1. Clinically!

Impotence, premature ejaculation and spermatorrhea often present with:

• blocked sinuses
• spontaneous sweating
• heat flashes and
• aversion to cold or wind

Adding Gui Zhi to Er Jia Long Gu Mu Li Tang can resolve exterior Zhong Feng syndrome. Cang Zhu and Fu Ling are often added when there is a Tai yin syndrome with internal rheum stagnation as was the case for this patient causing the enlarged prostate or inhibited urination.
1. Disease vs Symptoms
Case Study

Mr. Sun, 52 years old
2nd Consultation, June 19th, 2015

Result: The patient took the herbs for two weeks and he had full erections during 3 mornings on the second week. The coldness of the limbs and aversion to cold resolved. The prostate was not as enlarged but not completely resolved. The patient had also contracted a common cold 2 days prior, with heat sensations, profuse sweating from the neck, peeled tongue with yellow coating, blocked sinuses and a rapid pulse.

In this case the external Shao yin syndrome has resolved and there is an external Tai yang syndrome fitting a Gui Zhi Long Gu Mu Li Tang pattern.

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1. Disease vs Symptoms
Case Study

Mr. Sun, 52 years old
2nd Consultation, June 19th, 2015

Diagnosis: Tai yang Yang ming Tai yin concurrent syndrome
Formula: Gui Zhi Long Gu Mu Li Tang plus Huang Qi, Cang Zhu, Fu Ling

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gui Zhi</td>
<td>10g</td>
</tr>
<tr>
<td>Shao Yao</td>
<td>10g</td>
</tr>
<tr>
<td>Sheng Jiang</td>
<td>15g</td>
</tr>
<tr>
<td>Zhi Gan Cao</td>
<td>6g</td>
</tr>
<tr>
<td>Da Zao</td>
<td>20g</td>
</tr>
<tr>
<td>Sheng Long Gu</td>
<td>15g</td>
</tr>
<tr>
<td>Sheng Mu Li</td>
<td>15g</td>
</tr>
<tr>
<td>Huang Qi</td>
<td>15g</td>
</tr>
<tr>
<td>Cang Zhu</td>
<td>15g</td>
</tr>
<tr>
<td>Fu Ling</td>
<td>15g</td>
</tr>
</tbody>
</table>

Result: Normal morning erections, no blocked sinuses and the spontaneous sweating resolved. Peeled tongue, thin coating and a thready pulse.
1. Disease vs Symptoms

Symptoms analysis:
Tai yang Zhong Feng: spontaneous sweating, blocked nose and hot sensations
Yang Ming: rapid pulse and the excessive sweating
Tai yin: enlarged prostate

Herbal Analysis:
Huang Qi was recorded as sweet and slightly warm in the Shen Nong Ben Cao Jing. It is used to consolidate the exterior and check sweating as well as remove excess dampness on the exterior layer and treat pain.
Cang Zhu and Fu Ling were still treating the internal rheum retention and enlarged prostate.

Case of Impotence

Mr. Li, 22 years old
1st consultation on March 3rd, 2011

History: The patient suffered from heaviness of the head for 3-4 years, which aggravated after taking antibiotics, frequent urination for 3-4 years, nocturia 1-2 times a night, with dry eyes for 3-4 years, occiput and neck stiffness, tinnitus, slightly dry mouth with a desire to drink, a sticky feeling in the mouth, bitter taste, dry throat, sweating easily from the hands and feet, cold sensations in the calves, aversion to cold at night.
Case of Impotence

Mr. Li, 22 years old
1st consultation on March 3rd, 2011

Main Complaint: Impotence and forceless erections for 3 years with premature ejaculation. After intercourse he often experienced dry lips, nausea, epigastric tightness, glomus, aggravated belching and head heaviness, regular stools, dark tongue with a thin white coating, the right pulse was thready and rapid, the left guan position was wiry and rapid whereas the left cun and chi positions were deep, rapid and slightly faint in strength.

Symptoms Analysis

Tai yin syndrome: heaviness of the head for 3-4 years, which aggravated after taking antibiotics, frequent urination for 3-4 years, nocturia 1-2 times a night, a sticky feeling in the mouth, thready pulse, cold sensations and weakness in the calves;

Yang ming syndrome: slightly dry mouth with a desire to drink, sweating easily from the hands and feet, rapid pulse;

Tai yang syndrome: occipital and neck stiffness, spontaneous sweating, aversion to cold at night;

Shao yang syndrome: tinnitus, dry eyes, dry throat, sweating, bitter taste, nausea, epigastric tightness, glomus.
Case of Impotence

**Six syndrome:** Shao yang Tai yin Tai yang Yang ming concurrent syndrome

**Formula pattern:** Chai Hu jia Long Gu Mu Li qu Da Huang, Qian Dan plus Fu Ling Yin qu Zhi Shi jia Gan Cao Shi Gao Ju Hua Tang pattern

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chai Hu</td>
<td>12g</td>
</tr>
<tr>
<td>Huang Qin</td>
<td>10g</td>
</tr>
<tr>
<td>Qing Ban Xia</td>
<td>15g</td>
</tr>
<tr>
<td>Dang Shen</td>
<td>10g</td>
</tr>
<tr>
<td>Zhi Gan Cao</td>
<td>6g</td>
</tr>
<tr>
<td>Gui Zhi</td>
<td>10g</td>
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<tr>
<td>Fu Ling</td>
<td>15g</td>
</tr>
<tr>
<td>Cang Zhu</td>
<td>15g</td>
</tr>
<tr>
<td>Chen Pi</td>
<td>30g</td>
</tr>
<tr>
<td>Sheng Long Gu</td>
<td>15g</td>
</tr>
<tr>
<td>Sheng Mu Li</td>
<td>15g</td>
</tr>
<tr>
<td>Sheng Shi Gao</td>
<td>45g</td>
</tr>
<tr>
<td>Ju Hua</td>
<td>10g</td>
</tr>
<tr>
<td>Sheng Jiang</td>
<td>15g</td>
</tr>
<tr>
<td>Da Zao</td>
<td>4 pcs</td>
</tr>
</tbody>
</table>

Shao Yang Treatment

**Clause 264:** “Shao yang Zhong feng, both ears do not hear, the eyes are red, there is chest fullness and vexation, vomiting and purgation are prohibited, as they will result in palpitations and fright.”

第264条：少阳中风，两耳无所闻，目赤，胸中满而烦者，不可吐下，吐下则悸而惊

**Clause 265:** “Shang han, if the pulse is wiry and thready, there is headache with hot sensations, this belongs to Shao yang, and during which sweating is prohibited, as it will result in delirious speech.”

第265条：伤寒，脉弦细，头痛发热者，属少阳，少阳不可发汗，发汗则谵语
Case of Impotence

Treat by harmonizing and clearing heat above while warming the lower.

Chai Hu jia Long Gu Mu Li Tang stems from:

Xiao Chai Hu Tang: treats Shao yang syndrome with symptoms of nausea, glomus sensation, rib side pain, tinnitus and lack of appetite.

Gui Zhi: treats upsurging of qi, belching and tinnitus.

Fu Ling: expels internal rheum retention

Da Huang: purges the Yang ming heat through the stools

Sheng Long Gu and Sheng Mu Li: clear empty heat in the upper and consolidate fluids

Qian Dan: calms the spirit which is removed due to its toxicity and often replaced by Ling Ci Shi.

Case of Impotence

In this case since the stools were regular, Da Huang was removed. Since the eyes were severely dry for a period of 3-4 years, Ju Hua was added to nourish the qi and blood as well as clear the heat in the head and eyes.

The incomplete erections, impotence, premature ejaculation and spontaneous sweating from the hands and feet called for keeping Sheng Long Gu and Sheng Mu Li to consolidate the exterior, astringe the essence and ground the spirit.

If after intercourse a patient experiences dry lips, nausea, aggravated belching and head heaviness, it reflects interior deficient heat causing an up surging of qi, with simultaneous internal rheum stirring and affecting the orifices, which is why Gui Zhi is kept.
Case of Impotence

Since there was a slightly dry mouth with a desire to drink, sticky sensation in the mouth, dry throat and lips and rapid pulse, Sheng Shi Gao was added to further clear the Yang ming internal heat.

Fu Ling and Cang Zhu were added to expel internal rheums and treat the head heaviness, frequent urination for 3-4 years, nocturia and wiry pulse, which reflect a Tai yin internal deficiency cold syndrome.

The dry retching and belching were fairly severe therefore Chen Pi and Sheng Jiang were added, in the spirit of 《Jin Gui Yao Lue· On Vomiting Hicough and Diarrhea Disorders》 line 22, which says: “If there is dry vomiting with hand and foot reversal, Ju Pi Tang governs.”

Case of Impotence Resolved

The internal rheum the patient experienced were coupled by nausea, belching and aversion to cold of the feet at night, which all fit a stomach deficiency causing internal rheum to harass upwards, namely a Fu Ling Yin pattern.

Wai Tai Fu Ling Yin:

<table>
<thead>
<tr>
<th></th>
<th>Fu Ling</th>
<th>Cang Zhu</th>
<th>Chen Pi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sheng Jiang</td>
<td>Zhi Shi</td>
<td>Dang Shen</td>
<td></td>
</tr>
</tbody>
</table>

This formula can warm the interior and transform rheums, descend reversal and stop vomiting. Since there was no fullness and bloating, Zhi Shi was removed and Qing Ban Xia was added.
Clinical Success

**Result:** After taking this formula for one week, the erections were full and there was no more premature ejaculation. The head heaviness, stiffness of the occiput and neck reduced, the nausea, belching and calf coldness improved, the lower legs were not as soft and had more energy, urination was not frequent anymore.

These two cases were both treated with western medicine and modern TCM and they did not improve; not because Chinese medicine is ineffective but because the syndrome was not addressed correctly. On the other hand, these same cases were resolved quickly with classical medicine.

Growth and Evolution

If we are to not only survive in the medical system but also treat severe systematic diseases of the nephritic, hormonal, neurological or immune systems, we need to understand the experience and teachings of the ancients like Zhang Zhong Jing to master and apply them correctly.

There are a few adaptations from the modern TCM to classical Chinese medicine. Knowing these modifications in diagnostic methods and treatment approaches gives us the key to successfully treat complex and stubborn diseases.
THANK YOU!

Dr. Suzanne Robidoux

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