

## 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.

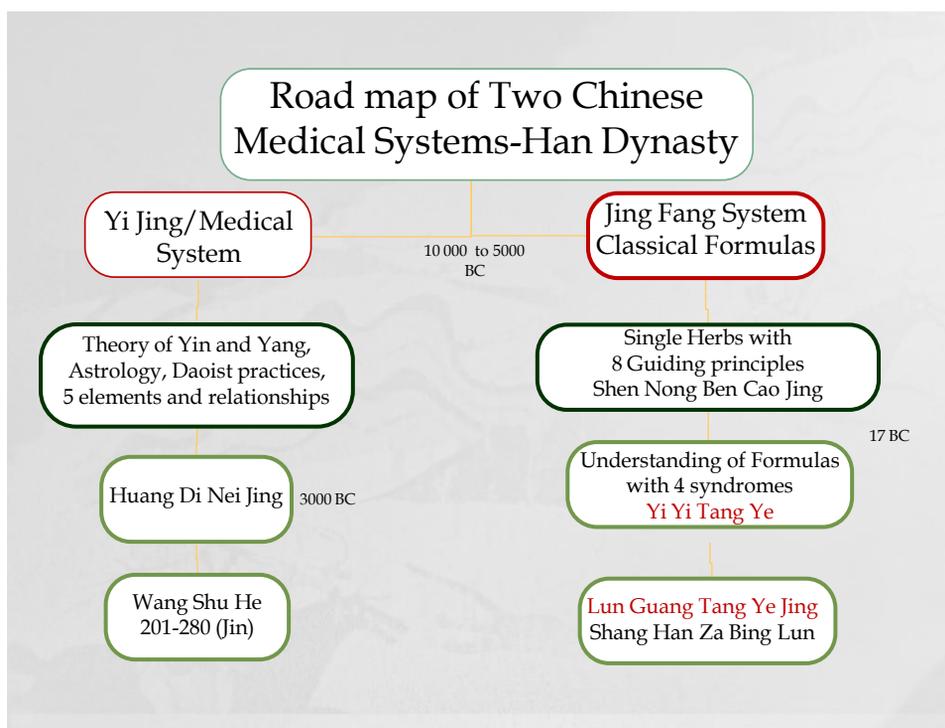


There are some related to the Zhou Yi (Book of Change), some to the channels, some are even related to numerology. However, the two main branches remain the Neijing approach and the Jing Fang approach which was already recorded in the Han dynasty.

## 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。”



## Liu Jing 六经（經）

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)

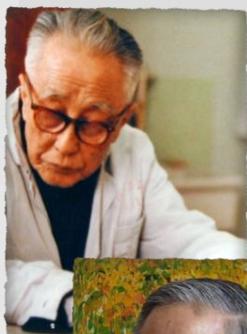
**Division** (used by Maciocia)

**Conformation** (used by Versluys/Liu)

**Warp** (used by Bensky/Scheid)

**Syndrome** (used by Feng/Robidoux)

## 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

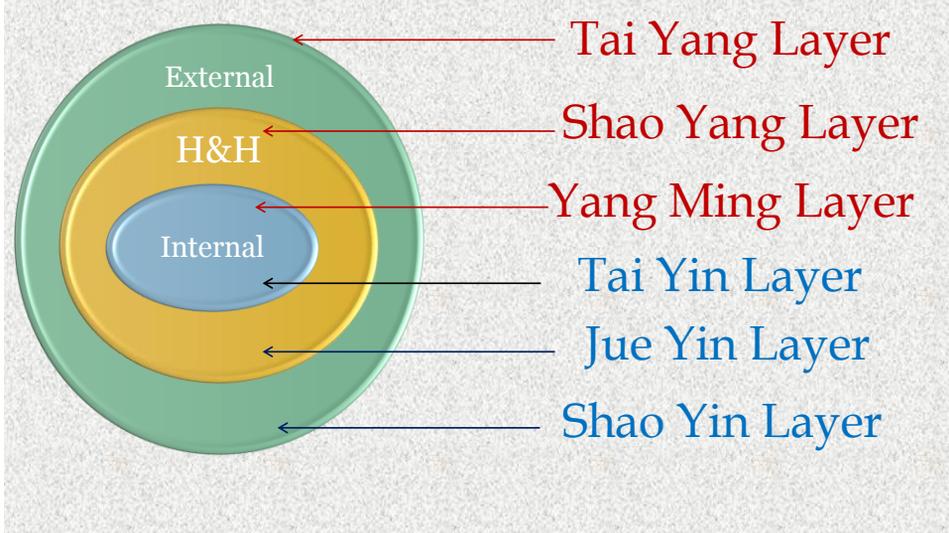
- **Channels**
- **Meridians**
- **Organs**
- **Diseases**
- **5 element theory**
- **One singular symptoms**

### 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

- Fever, sweating or no sweating, aversion to cold and wind, **pain and stiffness** of the neck, body pain, skin disorders, floating pulse.

### 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

## 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
- Anxiety
- Insomnia
- Depression
- Psoriasis
- Eczema

## Internal Syndromes

- 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.

### Yang Ming 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).

### Tai Yin Syndrome

## Internal Syndromes

<b>Symptoms</b>	<b>Yang Ming</b>	<b>Tai yin</b>
<b>Often Missed</b>	<ul style="list-style-type: none"> <li>• Night Sweating</li> <li>• Fatigue</li> <li>• Diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>• Heaviness</li> <li>• Phlegm</li> <li>• Blood depletion</li> </ul>
<b>Common Causes</b>	<ul style="list-style-type: none"> <li>• Internal Rheum transforming to heat</li> <li>• Blood depletion</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Blood loss</li> <li>• Excessive sweating</li> <li>• Antibiotics</li> </ul>

## Half Exterior Half Internal Syndromes

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

**Shao Yang 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.

**Jue Yin Syndrome**

## Half & Half Syndromes

<b>Symptoms Often Missed</b>	<b>Shao Yang</b>	<b>Jue Yin</b>
	<ul style="list-style-type: none"> <li>• Loose stool</li> <li>• Fatigue</li> <li>• Low Appetite</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional</li> <li>• Heat Sensation</li> <li>• Blood depletion</li> </ul>
<b>Common Diseases</b>	<ul style="list-style-type: none"> <li>• Idiopathic Fever</li> <li>• Chronic Fatigue</li> <li>• Insomnia</li> <li>• Breast Cancer</li> <li>• Heart Diseases</li> <li>• Glaucoma</li> </ul>	<ul style="list-style-type: none"> <li>• Menopause</li> <li>• Hyperthyroidism</li> <li>• Severe Acne</li> <li>• Immunity Disorders</li> <li>• Bechet's</li> </ul>

## 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

1<sup>st</sup> Consultation, June 5<sup>th</sup> 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

1<sup>st</sup> Consultation, June 5<sup>th</sup>, 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

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

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

Gui Zhi	10g	Shao Yao	10g	Sheng Jiang	15g
Zhi Gan Cao	6g	Da Zao	20g	Sheng Long Gu	15g
Sheng Mu Li	15g	Bai Wei	10g	Fu Zi	15g
Cang Zhu	12g	Fu Ling	15g		

The patient took the formula for 2 weeks.

## 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

2<sup>nd</sup> Consultation, June 19<sup>th</sup>, 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.

## 1. Disease vs Symptoms Case Study

Mr. Sun, 52 years old

2<sup>nd</sup> Consultation, June 19<sup>th</sup>, 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

Gui Zhi	10g	Shao Yao	10g	Sheng Jiang	15g
Zhi Gan Cao	6g	Da Zao	20g	Sheng Long Gu	15g
Sheng Mu Li	15g	Huang Qi	15g	Cang Zhu	15g
Fu Ling	15g				

**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

1<sup>st</sup> consultation on March 3<sup>rd</sup>, 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

1<sup>st</sup> consultation on March 3<sup>rd</sup>, 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

Chai Hu	12g	Huang Qin	10g	Qing Ban Xia	15g	Dang Shen	10g
Zhi Gan Cao	6g	Gui Zhi	10g	Fu Ling	15g	Cang Zhu	15g
Chen Pi	30g	Sheng Long Gu	15g	Sheng Mu Li	15g	Sheng Shi Gao	45g
Ju Hua	10g	Sheng Jiang	15g	Da Zao	4 pcs		

## 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 Hiccough 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:

Fu Ling	Cang Zhu	Chen Pi
Sheng Jiang	Zhi Shi	Dang Shen

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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