

Quick Understanding of Clinical Fundamentals of TCM

中医临床基础速览

(伤寒·金匮·温病)

Editor-in-Chief Liu Gongwang
Translator-in-Chief Liu Changlin



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Quick Understanding of Clinical Fundamentals of TCM

(Studies of Treatise on Exogenous Febrile
Diseases, Synopsis of Prescriptions of the Golden
Chamber and Doctrine of Epidemic Febrile Diseases)

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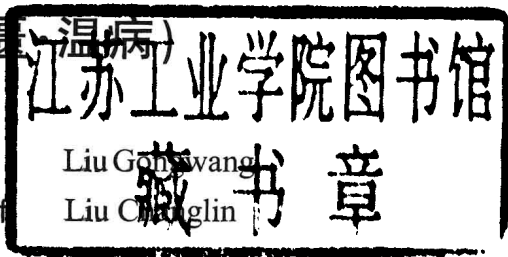
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Foreword

It is difficult to study TCM (traditional Chinese medicine) and what is even more difficult is to become a well-known TCM physician. Not only does the difficulty lie in mastering plenty of TCM fundamentals and skills, but also in grasping its unique thinking models, which need to be experienced and verified in one's clinical application of them time and again. Being an integration of TCM theories with its clinical practice, the TCM clinical fundamentals subject consists of the knowledge of *Treatise on Shanghan* (Exogenous Febrile Diseases) (伤寒学), *Treatise on Jingui* (Synopsis of the Prescriptions of the Golden Chamber) (金匱学) and *Doctrine of Wenbing* (Epidemic Febrile Diseases) (温病学).

Treatise on Exogenous Febrile Diseases (《伤寒论》) initiated the history of Determination of Treatment Based on Differentiation of Syndromes. The 112 formulas recorded in it have even been honored as the "Father of Formulas" by TCM physicians. Even 1800 years later, they do still assume their outstanding characteristics in clinic nowadays. The 66 formulas, accounting for 46 percent of the 145 formulas in *The Kanpo Catalogue* published by Tsumura Medicine Co. Ltd, Japan, originate from this ancient TCM book. From this, its importance can be seen. *Treatise on Exogenous Febrile Diseases* embodies the distinctive TCM thinking models based on its diagnosis and treatment practice, which have been more and more emphasized in present medical circles.

Synopsis of the Prescriptions of the Golden Chamber (《金匱要略》) records more than 40 diseases and 262 formulas. One third of the syndromes in this classic can find their way into *The Internal Classics* (《内经》). Having enriched the pathogeneses and improved the treatments, it made great contributions to the various specialties in clinical practice by exploring and inheriting the related theories in *The Internal Classics* and by supplementing many different syndromes.

Doctrine of Epidemic Febrile Diseases (温病学) is a kind of system of Diagnosis and Treatment Based on Syndrome Differentiation to which more attention has been gradually paid since the Ming and Qing dynasties and thus it has got a systematical development. It originated from *Treatise on Exogenous Febrile Diseases* but quite different from it. It has the same position as the other two, *Treatise on Exogenous Febrile Diseases* and *Treatise on Synopsis of the Prescriptions of the Golden Chamber* as much more progresses have been made in its research of treating infectious and contagious diseases and its effectiveness proved in the application of its established therapies and formulas for diseases in various specialties. So, it is regarded as the foundation and resource for rudiments of clinic practice and development in TCM.

Through more than 10 years' study and several times' revision and supplement of Prof. Liu Gongwang and some of his colleagues, this book here is accomplished by the efforts made in their research work. Featuring concision in word and comprehension in meaning, it concentrates on the main points and presentation of the essence, is closely linked with modern clinical practice and offers enlightenments in many aspects. As most of its contents are literally the essentials of the author's TCM lecture notes, this book would be sure to give TCM teachers great convenience.

As the old saying goes "Being a physician refers to thinking or reflection.", we do hope that TCM teachers and students are to be diligent in thinking and brave in blazing new trails on the basis of inheriting the valuable TCM essence and in view of the changeable disease patterns and try to grasp the opportunity to find more effective methods for diagnosis and treatment so as to promote the development of the theories of Chinese medicine and pharmacology. Let's meet the flourishing spring of TCM cause in the 21st century together.

Wu Xianzhong
Academician of Chinese
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Preface

From the ancient times on, there have been so many medical books directly or indirectly related to *Treatise on Shanghan (Exogenous Febrile Diseases)* (伤寒学), *Treatise on Jingui (Synopsis of the Prescriptions of the Golden Chamber)* (金匱学) and *Doctrine of Wenbing (Epidemic Febrile Diseases)* (温病学) and since 1950's when the higher education in TCM came into being in China, quite a few correlated textbooks have been repeatedly revised and as many as six or seven versions published formally that the learners are at a loss where to start their studies. It is desirable for a TCM teacher to impart the knowledge to the students and for a learner to master what he or she ought to grasp. But, unfortunately, 60 to 70 percent of TCM students can't literally understand the profound meanings of the classics and textbooks when they graduate and eventually lay aside and neglect the theories in them.

In the Han Dynasty, *Treatise on Exogenous Febrile Diseases* (《伤寒论》) and *Synopsis of the Prescriptions of Golden Chamber* (《金匱要略》) were in one book written by Zhang Zhongjing. In the Jin Dynasty, the book was divided into two parts by Wang Shuhe. After more than a thousand years' development, *Doctrine of Epidemic Diseases* emerged from *Treatise on Exogenous Febrile Diseases*. The latter could be two by dividing and one by integrating. It was always in a state of being unable to sever when it is cut and even much messier when it is sorted out. Now, the three, *Treatise on Shanghan (Exogenous Febrile Diseases)* (伤寒学), *Treatise on Jingui (Synopsis of the Prescriptions of the Golden Chamber)* (金匱学) and *Doctrine of Wenbing (Epidemic Febrile Diseases)* (温病学), are integrated in this book of mine.

By means of "When noting something down, it is necessary to grasp the gist, when writing a treatise, to expound the profundity." said by Han Yu in his *On Pursuit of Teacher*, Determination of Treatment Based on Differentiation of Syndromes and Establishment of Therapy and Regulation of Designing Formulas are simplified and combined into the "formula-syndrome relationship", which is the academic starting point to explore and summarize the knowledge of the three ancient books. Having been applied in TCM teaching and clinics for years, it is now compiled into this book and encouragingly published in the hope of attracting more valuable opinions.

In TCM emphasis is placed on seeking out the pathogenesis of a disease by closely examining and differentiating its syndrome, which means that its pathogenesis is mostly adversely inferred from its syndrome and that the inference basis is where its "theory" exists. In view of this, it can be said that a "syndrome" is the concrete manifestation of its "theory" and pathogenesis. Since

designing a formula is built on establishing therapy, and choosing herbs depends on the formula, the formula is the concrete manifestation of its therapy and drugs. By grasping the formula and syndrome, it is possible to master, from complexity to simplicity, the general trend of Diagnosis and Treatment Based on Differentiation of Syndromes.

I greatly appreciate such sensibleness as “It is a kind of learning to make a simple thing complicated while it is even more than a learning to make a complicated one simple,” remarked by Dr. Nakama, a famous medical expert in Japan. There is nothing too difficult to be understood in the world. As long as the key is grasped, all the difficulties related with it can be readily surmounted, which is also the gist of this book. On the other hand, there might be some oversights and omissions in this book. I do hope to get, and acknowledge, any suggestion and/or comment from its readers.

Liu Gongwang



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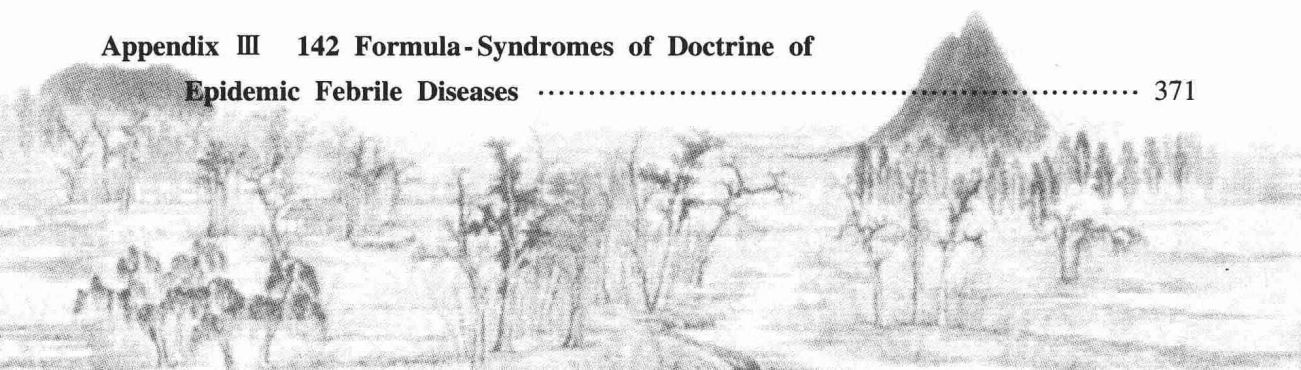
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Part One

Formulas and Syndromes of Treatise on Exogenous Febrile Diseases

傷寒論時方異體

