温热论

Ye Tian-Shi’s Wen Re Lun

Discourse on warm-heat disease

By Daniella Van Wart and Charles Chace

On macules and papules

凡斑疹初见，须用纸燃照看胸背，两胁，点大而在皮肤之上者为斑。
Whenever macules and papules begin to appear, one must illuminate the chest, back and both ribs with a piece of burning paper. If the spots are large and [evenly spread] on the skin, then they are macules.

LGH, pp 121–126

或云头隐隐，或碾碎小粒者为疹。又宜见而不宜见多。
Or [if the rash appears] with faint, cloudy [raised] heads or presents as slight granules, then they are papules. Also, it is a favourable sign to see [some macules or papules] but an unfavourable sign to see many.

LGH, p. 122

按方书谓斑色红者属胃热，疹者热极，黑者胃烂。
According to the prescription texts, if the colour of the macules is red, then this pertains to Stomach heat. If they are purple, then the heat is intense. If they are black, then the Stomach is ulcerated.

LGH, p. 123

然而春夏之间，湿病俱发疹为甚，且其色黄赤。

However, during transition between spring and summer, any damp disease can aggravate the eruption of papules. Furthermore, it is important to differentiate the colour [of the rash].

如淡红色，四肢滑，口不甚渴，脉不促数，非虚斑即阴斑。
If the colour [of the papules] is pale-red, the four extremities are unaffected, the thirst is minimal and the pulse is neither flooding nor rapid, then these will be either vacuity macules or yin macules.

或胸微见数点，而赤足冷，或下利清谷，此阴盛格阳于上而见，当温之。
Or, [if the patient presents with] many barely visible [pale red] spots on the chest, a red face and cold feet, or [presents with] clear food diarrhea, this means that there is exuberant yin repelling yang in the upper [part of the body] and appearing there, and one should administer warming [methods].

若斑色紫，小点者，心包热也。
If the macules are purple and small, there is heat in the Pericardium.

点大而紫，胃中热也。
Spots that are large and purple mean that there is heat in the Stomach.
The failure to evict the pathogen through the exterior had resulted in its retention in the interior where it damaged the fluids and humours.

If [the macules] are black and dull, [the condition] is invariably fatal.

If the macules and papules are commingled, then this means that there is not just one [heat] pathogen, and each should be drained based on its location [in the Stomach or Lungs, and its location in construction or blood aspects].

Macules and papules are both expressions of the pathogenic qi moving outward. Once they erupt, the patient’s bearing should become more alert, meaning that the exterior has resolved and the interior has been harmonised.

Macules most often pertain to the blood, while most papules pertain to the qi.

If [mental] clouding occurs with the eruption of the macules and papules, this means that the correct [qi] has not overcome the pathogen and [the heat] has sunken inwards and is causing harm, or that there is an internal desiccation of stomach liquids.

Another type [of rash] is miliaria alba, which are small granules with a crystalline appearance. This is damp-heat damaging the Lungs, and although the pathogen has been vented, the qi and humors have become desiccated. One must administer sweet medicinals to supplement [the correct qi].

Even if the condition is not prolonged, the damage may still reach the qi and humors causing damp constraint in the defense aspect, resulting in an incomplete sweat [and expressed as miliaria]. [Nevertheless], one should rectify the pathogen [from] the qi aspect [with the administration of sweet, moistening medicinals].

Case history
A patient suffered from spring warmth presenting with generalised fever that went unresolved for six days. The retained pathogen damaged the fluids; the tongue was crimson and the joints were painful. Sweet, cold methods were indicated to extinguish the pathogen.

Zhī Yè Xīn (Phyllostachys aviculāris Folium)
Zhī Mù (Anemarrhenae Rhizoma)
Hui Fēn (Trichosanthes Radix)
Hui Shī (Talcum)
Shēng Gān Cāo (uncooked Glycyrrhizae Radix)
Lí Pī (Pear skin)

Comment: Although Ye has identified Huang Qin Tang (Scutellariae Decoct) as the correct treatment for spring warm patterns, our options for removing heat cannot be limited to single methods such as the administration of the bitter cold Huang Qin Tang. In the above case, the failure to evict the pathogen through the exterior had resulted in its retention in the interior where it damaged the fluids and humours. Administration of bitter cold medicinals to directly clear the heat pathogen in this situation would inevitably promote a further retention of the pathogen. Also, one would then worry about [the pathogen] transforming to dryness.

Hence, rather than using Huang Qin (Scutellariae Radix) and Bai Shao (Paeoniae Radix alba), Ye instead used Zhī Mù (Anemarrhenae Radix) and Hui Shī (Talcum) to clear heat, together with Hui Fēn (Trichosanthes Radix) and Zhī Yè Xīn, (Phyllostachys aviculāris Folium) to both clear heat and engender fluids. The prescription also clears and enriches while simultaneously evicting pathogens and illustrates the principle that there are many methods for evicting pathogens. While the prescription actually makes use of sweet cold medicinals, it is most accurately understood as employing cool moistening, evicting and resolving methods.
When the rash is white and dry like bone, the condition is far more severe, indicating an exhaustion of the qi and humors.

Ante Babic's

Tips for running a successful clinic...

Don't let anyone else make a patient's appointment for them; that gives you a 50 per cent better chance that the patient will actually show up.

LGH, pp. 120–121

再温热之病，看舌之后，亦须验齿。As for warm heat diseases, after one looks at the tongue one must also examine the teeth.

齿为肾之余，龈为胃之络。The teeth are the surplus of the Kidneys and the gums are the networks of the Stomach.

热邪不燥胃津，必耗肾液。Even if heat pathogens do not dry the Stomach liquids, they will invariably harm the Kidney humours.

且二经之血皆走其地，病深动血，结癖于上。Moreover, the blood in these two channels also travels to these places [i.e. the teeth and gums], so if the disease deepens and stirs the blood [the heat pathogen] will bind to the segments of the upper [gums].

阳血者色必紫，紫如干漆；阴血者色必黄，黄如酱瓣。Yang blood [from the gums] will be a purplish color, purple like dried lacquer. Yin blood [from the gums] will be yellowish, yellow like broad bean sauce.

阳血若见，安胃为主。阴血若见，救肾为要。If yang blood is present, calming the Stomach is primary. If yin blood is present, then it is essential to rescue the Kidney.

然豆膑色者多险，若症还不逆者尚可治，否则难治矣。Although a bean [sauce] colour is indicative of a very dangerous [condition], it can still be treated if there are no ominous symptoms and signs. Otherwise, it will be difficult to treat [successfully].

何以故邪？盖阴下竭，阳上厥也。What then, does this mean? The yin below is exhausted and there is an ascending reversal of yang.

齿若光燥如石者，胃热甚也。If the teeth are lustrous and dry like stones, there is extreme Stomach heat.

若无汗恶寒，卫偏胜也。If there is an absence of sweating and an aversion to cold, the defense [aspect] is relatively overbalanced [due to the presence of the pathogenic factor].
The following text is in Chinese.

酸走筋，木来湿土故也。
Since sour flavors travel to the sinews, Wood is used to drain Earth.

若齿垢如灰糕样者，胃气无权，津亡，湿独用事，多死。
If the teeth are dirty as if caked with ash, then the Stomach qi lacks vigor. The liquids have become exhausted and damp turbidity is in control. [Such a condition] is often fatal.

而初病，齿缝流清血，痛者，胃火冲激也。
At the onset of disease, when fresh blood flows from the gaps between the teeth and there is pain, this is due to fierce surging Stomach fire.

不痛者，龙火内燔也。
If there is no pain, then dragon fire blazes internally.

齿焦无垢者死。齿焦有垢者，肾热胃劫也；当微下之，或玉女煎清胃救肾可也。
If the teeth are scorched but not dirty; this is fatal. However, if the teeth are scorched and dirty then the Kidney heat [is excessive] and the Stomach has been plundered. [This condition] should be lightly precipitated, or one may administer Yù Nu Jìán (Jade Maiden Decoction) to clear the Stomach and rescue the Kidney.

论妇女温热
On warm heat in women

再妇女病温与男子二也，但其胎前产后，以及经水适来适断。
Female patients with warm diseases are [generally] treated the same as males. Nevertheless, many pre-partum and post-partum [conditions] as well as [complications] arising from the arrival and cessation of menstruation [require special consideration].

大凡胎前病，古人皆以四物加减用之，谓护胎为要，恐来害妊。
For the great majority of prepartum diseases, our ancestors used modifications of Sì Wù Tāng (Four Substance Decoction) stating the importance of protecting the fetus lest harm come to the pregnancy.

如热极，用井底泥，兰布浸冷，覆盖覆上等，皆是保护之意，但亦要看其邪之可解处。
In cases of extreme heat the abdomen is covered with mud from the bottom of a well or a moist, blue-coloured cloth containing orchid [flowers], all with the intention of protecting [the fetus]. Still, it is also important to see that the pathogen is resolved from [the pivotal place in which] it resides.

用血之药不灵，又当审察，不可认板法。
[In this case] the use of clinging blood [supplementing] medicinals is ineffectual and [the patient] must be carefully examined, since [the application of blood supplementers] cannot be considered a universal remedy.

然须步步保护胎元，恐损正邪陷也。
Of course, one must safeguard the fetal source at every step, lest the correct [qi] become damaged allowing the pathogen to sink [inward].

至于产后之法，按方书调慎用苦寒药，恐伤其已亡之阴也。
As for the methods [of treating] post partum [patients], the prescription books state that one should be cautious in one's use of bitter cold medicinals lest they [further] damage yin that is already exhausted.

然亦要辨其邪，能从上中解者，稍从症用之，亦无妨也，不过勿犯下焦。
However, it is also essential to differentiate [the location] of the pathogen. To resolve [pathogens] from the upper and middle burner, one may use small amounts [of bitter cold medicinals] based on the symptoms without causing harm. However, do not attack the lower burner.

且属虚体，当如虚法人病邪而治，总之勿犯其实虚之禁。
Moreover, those with weak constitutions should be treated as one would treat individuals who are weakened by pathogens. In general, do not violate the prohibition against replenishing a repletion or evacuating a vacuity.

况产后当血气沸腾之候，最多空窍，邪势必乘虚内陷，虚处受邪，为难治也。
In post partum situations presenting with an agitation of blood and qi and the [potential] for emptiness on many [levels], there is a tendency of the pathogen to avail itself of whatever vacuity may be present and to sink inward. The pathogen will be contracted wherever there is a vacuity, and such conditions are difficult to treat.

如经水适来适断，邪将陷血室，少阳伤寒言之详悉，不必多赘。
For instance, [a heat] pathogen may sink into the blood chamber either during or after menstruation. The Shao Yang cold damage [literature] has already discussed this in great detail, and therefore it requires no further attention.
For sinking heat pathogens the use of Ren Shen (Ginseng Radix) and Da Zao (Zizyphi Jujubae Fructus) supports the Stomach qi, because the Chong vessel connects with [Stomach] Yang Ming. Therefore, this [sinking heat] and the vacuity condition are treated simultaneously.

LGH, pp. 148, 156

If the pathogenic heat has already sunken inward and become bound with the blood, one should adopt Master Tao’s version of Chai Hu Tang (Bupleurum Formula) that omits Ren Shen (Ginseng Radix) and Da Zao (Zizyphi Jujubae Fructus), and adds Sheng Di (Huang Rhemanniae Glutinosae Radix), Tao Ren (Persicae Semen), Shan Zhu Rou (Caetagus fructus), Mu Dan Pi (Moutan Cortex) and Xi Jiao (Rhinoceros Cornu).

LGH, pp. 148, 186

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Endnotes
1. Spicy thick broad bean sauce.
2. In some editions, ‘defence’ (卫 [we]) is replaced by Stomach (胃 [wei]).
3. 食走 is not in the Shanghai edition.
4. The sour medicinal that is rubbed on the gums is Wu Mei (Mume Fructus).
5. Dragon fire is Kidney fire.
6. Should be changed.