

Summary of Chapter 58 of the Líng Shū

Zéi Fēng – The Evil Wind

Paragraph 1

"When a man is injured by the evil wind, he will be sick. But someone contracts disease suddenly when he stays at home without leaving the screen, and he is not invaded by wind. What is the reason?"

Paragraph 2

Due to patient

- was injured by the wetness (shī qì 湿气) in the past, it retained in between channels and muscles and has not been removed.
- fell from a high place in the past, has stagnated blood in the body which has not been dissipated.
- has excessive over-joy or anger suddenly
- has improper food or drink
- encounters extreme cold or heat to cause obstruction in striae.
- encounters wind-cold when striae are open causing stagnation of Xuè and Qì.

When protracted wetness-evil combines with new contracted wind-cold, then causes hypochondriac protrusion due to cold.

When patient is hot, and perspires, and wind invades during perspiration, then he will become sick.

When protracted evil joins with the recent evil, then can cause disease even there is no Fēng and Xié Qì newly encountered.

Paragraph 3

"There is a condition when no Xié Qì of the four seasons is encountered, no stimulation of fright occurs, but the patient falls sick all of a sudden. What is the reason?"

Paragraph 4

Because patient has protracted evil retained in the body which has not yet surfaced, or he might have something detestable or something admirable in his heart causing his Xuè and Qì confusing.

Since protracted evil and recent evil energies are combating, disease will occur suddenly.

Paragraph 5

See [2].

Bibliography

- [1] Wiseman, N. and Feng, Ye, *A practical dictionary of Chinese Medicine*, paradigm publications, 1998.
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- [3] Unschuld, P., *Huang Di Nei Jing, nature, knowledge, imagery in an ancient Chinese medical text*, University of California Press, 2003.