

Summary of Chapter 8 of the Líng Shū

Běn Shén – The Diseases caused by Spiritual Activities

For: Nelson, Liansheng Wu and Andrew, Qi Wu, Yellow Emperor's Canon Internal Medicine [2].

Paragraph 1

Huáng Dì's question.

Paragraph 2

Yīn Jīng + Yáng Jīng = activities of life = spirit.

Hún (Soul) = function of consciousness.

Pò (Inferior Spirit) = faculty of motion.

Shén (Mind, Heart) = settlement to a matter from outside.

Yì (Idea) = when heart recalls something and leaves an impression.

Pondering = when one studies the changing conditions repeatedly according to understanding.

Consideration = a remote inferring acquired from pondering.

Wisdom = when one makes a corresponding decision to settle the matter after pondering.

Paragraph 3

To preserve health:

- adapt to cold-hot weather agreeably with the four seasons.
- keep moods of over-joy and anger in harmony.
- balance of motion and rest.
- control over-abundance of Yīn and Yáng.

Paragraph 4

Excessive	Injures	Causes
Terror and pondering		wastage of Yīn.
Sorrow	internal viscera	functional activities of vital energy are exhausted → patient dies.
Overjoy		dispersion of energy → can no more be stored.
Melancholy		impediment and stagnation of functional activities of vital energy.
Fury		mania and abnormality.
Terror		unrestraint of vital energy due to unrest of spirit.

Paragraph 5 - 9

Zàng	Excessive	Injures	Causes
Xīn	Terror and pondering	Spirit (Shén)	One will not be able to control oneself. Muscular prominence will become deteriorative and muscle will be consuming and falling. Hair becomes withered, complexion becomes abnormal. Will die in winter.
Pí	Melancholy	Idea (Yì)	Patient becomes depressed, disquieted and reluctant to lift limbs (due to weakness). Hair becomes withered, complexion becomes abnormal. Will die in spring.
Gān	Melancholy	Soul (Hún)	Failure of storing Xuè of Gān, atrophy of external genitals, spam of muscles, pain of bones in both hypochondria. Hair becomes withered, complexion becomes abnormal. Will die in autumn.
Fèi	Overjoy	Inferior spirit (Pò)	Syndrome of mania, patient's consciousness becomes disorderly, will not be able to observe anything, skin becomes withered. Hair becomes withered, complexion becomes abnormal. Will die in summer.
Shèn	Fury	Will (Zhì)	Forgetfulness, pain in loins and spine, is unable to face up and down willingly. Hair becomes withered, complexion becomes abnormal. Will die in late summer.

Paragraph 10

Five Zàng store refined energy and must not be injured.

Observe patient to know over-abundant and deficient condition of Jīng, Shén, Hún, etc.

If refined energy of five Zàng injured, then cannot be cured by acupuncture.

Paragraph 11

Zàng	Stores	X dwelling place of Y	If Xū, then	If Shí, then
Gān	Xuè	Xuè → Soul (Hún)	mood of terror	become angry
Pí	Yíng Qì	Yíng Qì → Idea	dullness of	abnormal

			motion of four limbs, disharmony of five viscera.	distention, menoxenia, dyschesia, dysuria
Xīn	Spirit	Mài (blood vessels) → Spirit (Shén)	sadness	syndrome of unceasing laughing
Fèi	Qì (breaths)	Qì → Inferior Spirit (Pò)	Stuffy nose, dyspnea, short breath	rapid breathing, fullness feeling in chest
Shèn	Jīng	Jīng → Will (Zhì)	cold hands and feet	abdominal distention, five Zàng are in disharmony.

Bibliography

- [1] Wiseman, N. and Feng, Ye, *A practical dictionary of Chinese Medicine*, paradigm publications, 1998.
- [2] Nelson, Liansheng Wu and Andrew, Qi Wu, *Yellow Emperor's Canon Internal Medicine*, China Science & Technology Press, 1999.
- [3] Unschuld, P., *Huang Di Nei Jing, nature, knowledge, imagery in an ancient Chinese medical text*, University of California Press, 2003.