

## Summary of Chapter 22 of the Sù Wèn

Zàng Qí Fǎ Shí Lùn – On the Relation Between Energies of Five Viscera and the Four Seasons

### Paragraph 1

Huáng Dì wants to know about the efficacy and failure of the concept of taking the principles that govern the five Zàng organs and applying them to the seasons and five elements (Wǔ Xíng) in diagnosis and treatment.

Qí Bó tells that the Wǔ Xíng in the concept to use.

### Paragraph 2, 3, 4, 5, 6

Huáng Dì wants to know the details.

Zàng	in charge of	when <zàng> in <channel>, it is <X>	<days> (heavenly stems) associate with <element>, and then Zàng's energy is prosperous	Characteristic of Zàng	Treatment
<b>Gān</b>	Spring (season of Wood)	Gān, Zú Juéyīn Jīng, Yīn Wood. Dǎn, Zú Shàoyáng Jīng, Yáng Wood.	Jiǎ & Yǐ, Wood	Impetuous	moderate with Sweet taste
<b>Xīn</b>	Summer (season of Fire)	Xīn, Shǒu Shǎoyīn Jīng, Yīn Fire. Xiǎo Cháng, Shǒu Tàiyáng Jīng, Yáng Fire.	Bǐng & Dīng, Fire	Dispersing	gather with sour taste
<b>Pí</b>	Long Summer (season of earth)	Pí, Zú Tàiyīn Jīng, Yīn Earth. Wèi, Zú Yángmíng Jīng, Yáng Earth.	Wù & Jǐ, Earth	Wet	dry with Salty taste
<b>Fèi</b>	Autumn (season of Metal)	Fèi, Shǒu Tàiyīn Jīng, Yīn Metal. Dà Cháng, Shǒu Yángmíng Jīng, Yáng Metal.	Gēng & Xīng, Metal	Goes up adversely	purge with Bitter taste
<b>Shèn</b>	Winter (season of Water)	Shèn, Zú Shǎoyīn Jīng, Yīn Water. Páng Guāng, Zú Tàiyáng Jīng, Yáng Water.	Rén & Guǐ, Water	Dry	moisten with Acid taste

**Paragraph 7, 8, 9, 10, 11**

When disease in	could be recovered in	if not recovered, it will aggravate in	if patient does not die in <season>, disease will protract in <SN>	Will turn to better when	take care of
Gān	Summer	Autumn	Autumn, Winter	Spring next year	avoiding Wind-evil
Xīn	Long Summer	Winter	Winter, Spring of next year	Summer (Fire is prosperous)	not wearing warm cloths, nor making hot food.
Pí	Autumn	Spring	Spring, Summer	Long Summer	not taking cold food, not overeat, avoid living in wet places or wearing wet clothes.
Fèi	Winter	Summer next year	Summer, Long Summer	Autumn	not taking cold food, nor to under dress
Shèn	Spring	Long Summer	Long Summer, Autumn	Winter	not taking fried and scorched food, food and rink that is too hot, not wear clothes being warmed nearby fire (dryness-heat)

<zàng> disease	turn better in days	if not recovered, then aggravates on days	if not aggravated then, it will be protracting on days	but will turn better on days
Gān	Bǐng & Dīng (Fire)	Gēng & Xīn (Metal)	Rén & Guǐ (Water)	Jiǎ & Yǐ (Wood)
Xīn	Wù & Jǐ (Earth)	Rén & Guǐ (Water)	Jiǎ & Yǐ (Wood)	Bǐng & Dīng (Fire)
Pí	Gēng & Xīn (Metal)	Jiǎ & Yǐ (Wood)	Bǐng & Dīng (Fire)	Wù & Jǐ (Earth)
Fèi	Rén & Guǐ (Water)	Bǐng & Dīng (Fire)	Wù & Jǐ (Earth)	Gēng & Xīn (Metal)
Shèn	Jiǎ & Yǐ (Wood)	Wù & Jǐ (Earth)	Gēng & Xīn (Metal)	Rén & Guǐ (Water)

**Note:** Xiāng Kè, the controlling cycle (restraining relationship), is omitted here. This cycle was added later to the Wǔ Xíng model.

<zàng> disease	turn to better at	turn to worse at	become calm down at
Gān	Dawn	Dusk	Midnight
Xīn	Noon	Midnight	Dawn
Pí	two-hour of Wèi (13:00-15:00)*	Dawn	Dusk
Fèi	Dusk	Noon	two-hour of Wèi (01:00-03:00)
Shèn	Midnight	two-hour of Chén (07:00-09:00), Xū (19:00-21:00), Chǒu (01:00-03:00), Wèi (13:00-15:00) *	Dusk

\* all belonging to element Earth.

Xié-Qì of	should be <action> with <taste> medicine	When <action> is needed	medicine of <taste> taste should be used to <action> Zàng's Qì	When <action> is needed	medicine of <taste> taste should be used to <action>
Gān	dispersed, Acrid	invigoration	Sour, replenish	purgation*	Acrid, clear away the Fire of Gān
Xīn	softened, Salty	invigoration	Salty, replenish	purgation*	Sweet, purge
Pí	moderated, Sweet	purgation	Bitter, purge**	invigoration	Sweet, replenish
Fèi	restrained, Sour	invigoration	Sour, replenish	purgation	Acrid, purge***
Shèn	reinforced, Bitter	invigoration,	Bitter, replenish	purgation	Salty, purge***

**Notes:**

\* Maoshing Nì, [4: 91] writes: "sedation"

\*\* Maoshing Nì, [4: 92] writes: "sedated"

\*\*\* Maoshing Nì, [4: 92] writes: "sedate"

**Paragraph 12**

When Xié-Qì invades the body:

- the visceral disease is caused by the day-associated element energy which is overcoming. (*when controlling element 'over controls'. Xiāng Cheng – overwhelming relationship*)
- it will be recovered on the day of the associated element it produces (*son element via Xiāng Shēng – engendering relationship*)
- will be aggravated in the day of the associated element restricts oneself (*by controlling element via Xiāng Kè – restraining relationship*)
- will become stalemated on the day of the associated element that produces itself (*the mother element*)
- will turn to the better when reaching the time of the element that associates to itself. (*its own element*)

**Paragraph 13, 14, 15, 16, 17**

Zàng	Symptoms when Shí	Symptoms when Xū	To treat needle
Gān	pain in hypochondrium radiating to lower abdomen, anger	blurry vision, deafness, fear	Juéryīn Jīng and Shàoyáng Jīng. *
Xīn	chest pain, distention of hypochondrium, pain under armpit, fullness of chest with pain radiating to scapula and inner portion of arms	swelling of chest and abdomen which causes pain of hypochondrium, loin and back	Shǎoyīn and Tàiyáng Jīng, beneath the tongue until bleeding. **
Pí	heaviness, hungry, weakness of muscles, difficulty walking, pain of feet	abdominal flatulence, borborygmus, diarrhea with undigested food	lateral sides of Tàiyáng and Yángmíng Jīng, then needle points of Shàoyáng until bleeding

Fèi	cough, shortness of breath, upper back pain, sweating and pain of buttocks (genitals)	shortness of breath, difficulty maintaining continuity of breathing, dry throat, unable to sigh	lateral sides of Tàiyīn and Zú Tàiyáng Jīng, and Shǎoyīn Jīng of the inner side of Juéyīn Jīng until bleeding
Shèn	swelling in lower abdomen, asthma, dyspnea, sluggishness and heaviness, night sweats, aversion to wind	chest pains (fullness), abdominal pain, unhappiness	Shǎoyīn and Tàiyáng until bleeding

**Notes:**

\* When Gān-Qì Nì (counterflow), then pain in the eyes, deafness, swelling of cheeks. Needle Juéyīn Jīng and Shào yáng Jīng until bleeding.

\*\* If condition changes, needle Wěizhōng (BL-40) until bleeding. According to Maoshing Ni [4:93] the point should be Yīnxī HE-6.

The Yellow Emperor's Canon of Medicine part I (Library of Chinese Classics), writes Xīzhōng, which is an indication to Xī-cleft points in general.

**Paragraph 18**

Zàng	Colour	Characteristic when ill	So,
Gān	Green	urgent	moderate with food of Sweet taste.
Xīn	Red	dispersing	gathered by taking Sour food.
Fèi	White	adversing	purged with food of Bitter taste.
Pí	Yellow	wet	dried by taking food of Salty taste.
Shèn	Black	dry	moistened by taking food of Acrid taste.

Food with taste	has function of
Acrid	dispersing
Sour	collecting (astringent)
Sweet	moderating (harmonizing)
Bitter	drying
Salty	softening

**Paragraph 19**

Five kinds of	are
cereals	for nourishing the body
fruits	for supplementing
meats	for invigorating
vegetables	for recuperating

Every taste has its specific function.

When treating, use the five tastes properly according to the specific conditions of the four seasons and the five viscera.

## 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.
- [4] Maoshing Ni, *The Yellow Emperor's Classic of Medicine*, Shambala, 1995.