

HISTORY OF DEVELOPMENT OF THE THEORY OF INFECTIOUS DISEASES IN CHINESE MEDICINE

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WARRING STATES PERIODS (476-221 BC)

Although the study of Wen Bing diseases did not become an independent subject until the Qing dynasty, its origins date back to the Nei Jing.

The Nei Jing mentions causes, symptoms, pulse and treatment of Wen Bing diseases in chapters 3, 5, 31, 32, 33, 71 and 74 of the Su Wen and chapters 23 and 74 of the Ling Shu.



For example, chapter 3 of the Su Wen says:

“If Cold attacks in winter it will cause Warm disease (Wen Bing) in spring time.”

Chapter 4 of the Su Wen says:

“Jing is the root of the body, if it is stored and guarded in winter Warm diseases will not occur in Spring”

The Nan Jing in chapter 58 mentions 5 types Shang Han:

Attack of Wind	Attack of Cold (Shang Han)	Damp- Warm (Shi Wen)	Heat disease	Warm disease (Wen Bing)
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It would therefore appear from this statement that Shang Han diseases included Warm diseases.

HISTORY OF WEN BING THEORY

HAN – TANG DYNASTY (BC 206 – AD 907)

Zhang Zhong Jing is the main physician who studied external diseases. Even though the Shang Han Lun deals mainly with diseases from Cold, it does also include Wen Bing diseases.



Throughout the book there are prescriptions to clear Heat. The theory of the Six Stages is part of the study of diseases from Cold and was developed by Zhang Zhong Jing, as we shall see below the Tai Yang stage includes Wind Heat and Wen Bing diseases were included under Shang Han diseases.

Wang Shu He of the Jing (AD 265 – AD 420) dynasty also studied Wen Bing diseases and he discussed Heat, malaria, Wind Heat, Toxic Heat and epidemic Heat.



Guo Yuen Fang of Sui dynasty (AD 581 – AD 618) described 34 syndromes of Wen Bing diseases and he emphasised the contagious nature of Heat diseases.

The Qian Jin Yao Fang by Sun Simiao and the Wai Tai Mi Yao of the Tang dynasty (AD 618 – AD 907) dealt extensively with the treatment and prevention of Wen Bing diseases.



SONG - YUAN DYNASTY (960-1368)

During the Song dynasty the study of Wen Bing diseases began to be separated from that of Shang Han diseases. In previous dynasties, physicians relied on the Shang Han Lun to treat Wen Bing diseases. With the expansion of population and urbanisation many more types of external diseases appeared and doctors began to realise that the Shang Han Lun theories could not guide them when treating all Wen Bing diseases and that they had to develop new theories.



For example, during the Song dynasty Zhu Gong said that using Ma Huang Tang or Gui Zhi Tang from the Shang Han Lun could have different therapeutic results according to season, place or person. Some doctors dared to forgo the rigid convention that stated “*the method should not depart from Shang Han, the prescription should follow Zhong Jing.*”

These doctors dared to break away from rigid conventions, they began to say that one cannot use Pungent, Warm herbs for Heat diseases and that one should use Pungent, Cold herbs instead. In particular a doctor called He Jian who proposed this theory, hence after that there was the saying “*in diseases from Cold follow Zhong Jing, in diseases from Heat follow He Jian.*”

Wang An Tao said that Wen Bing diseases should not be called Shang Han and that Wen Bing diseases are caused by Latent Heat and should therefore be treated by clearing Heat in the interior.

MING – QING DYNASTY (368 - 1911)

Wu You Ke (1582-1652) was a foremost physician in the study of Wen Bing diseases in the Ming dynasty, he wrote the Wen Yi Lun, a study of Warm epidemics. With this book the study of Wen Bing diseases was firmly established as an independent subject. Dr Wu said explicitly that Wen Bing diseases fall outside the scope of Shang Han diseases for three reasons:

- 1) Wen Bing diseases are caused by a perverse Qi (Li Qi 戾 气) and no matter whether old or young, strong or weak, people will succumb to it (i.e. He emphasised the contagious nature of Warm diseases)
- 2) The Pathogenic factor enters via the nose or mouth (in Shang Han diseases, the Pathogenic factor enters via the skin)
- 3) The main treatment is based on dispersing and expelling

During the Qing dynasty, the identification of patterns according to Four levels and Three burners were developed and became the kernel of Wen Bing pattern differentiation.

Ye Tian Shi (1667-1746) gave the greatest contribution to the development of Wen Bing theory, he developed the identification of patterns according to Four levels and many prescriptions for Wen Bing diseases. His main work was called Wen Bing Lun published in 1746.



Wu Ju Tong (1758-1836) developed the identification of patterns according to the Three Burners and his main work was the Wen Bing Tiao Bian. He was from Huaiyin in Jiangsu province. He is the formulator of Yin Qiao San.

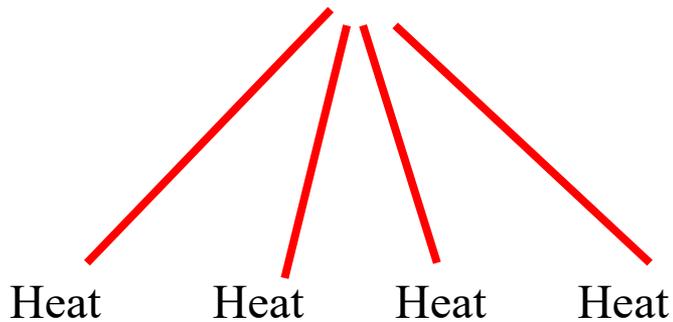


To sum up, up to the Tang dynasty, the study of Wen Bing diseases was not an independent study. The scope of the Shang Han Lun was therefore very broad. In a broad sense the term Shang Han Lun referred to all exterior diseases, whether from Cold or Warm diseases.

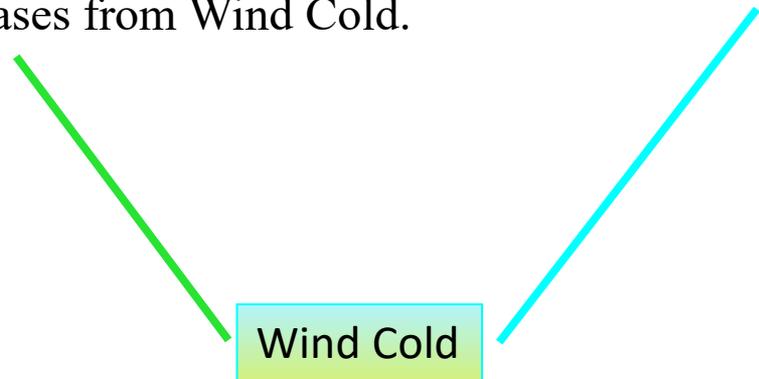


During the Song, Ming and Qing dynasties a separate study of Wen Bing diseases started and it gradually came outside the scope of Shang Han diseases.

The scope of Wen Bing diseases became very wide, even indicating all diseases with Heat.



At the same time, the scope of Shang Han diseases became narrow to indicate only exterior diseases from Wind Cold.



Therefore the term Shang Han has two meanings a broad and a narrow one.

In a broad sense (prevalent until the Song dynasty) it refers to all exterior diseases, including Wen Bing diseases.

In a narrow sense (prevalent from the Song dynasty onwards) it refers specifically to diseases from invasions of Wind Cold.

THE KIDNEYS AND WEN BING

Ye Tian Shi said that lurking Cold resides in the Kidneys

Ye also advocated treating the KI to protect from Wen Bing with salty and cold herbs. Also tonify Kidney-Yin in patient with recalcitrant fever after a macular eruption

Liu Bao Yi (1842-1900) believed that Wen Bing Lurking Pathogen is in the Kidneys and that the severity of Kidney-Yin Xu correlates with the severity of the disease. To do this, he added Dan Dou Chi and Xuan Shen to Huang Qin Tang.

Kidney-Jing is basis for immune resistance to Wen Bing diseases. Chapter 4 of Su Wen: *“If Jing is guarded in Winter, there will be no development of Spring-Heat in the Spring”*

Kidney-Yang Xu basis for invasion of Lurking Cold

Ye Tian Shi: Latent Heat caused by Lurking Cold in Kidneys due to Kidney-Yin Xu

KI Xu is the cause of development of Latent Pathogenic Factor.

Wu Tang (late 18th century) uses a military metaphor to illustrate the role of the Kidneys in the protection from invasion of external pathogenic factors:

“When Cold encounters a person with exhaustion of Kidney-Qi such that the Jing rattles around inside and with draining of sweat on the outside from overwork of the body, it takes advantage of the situation. Similar types of Qi follow each other and therefore Cold enters in the territory of Shao Yin. As Kidney-Yang is restrained, it is unable to attack the Cold even if it advances and the Cou Li is constricted. When withdrawing, there is no way back, and so Cold looks for something between advancing and withdrawing, it must follow the tactic of becoming forcibly entrenched in the Membrane [Huang] Source.”

Notice the military metaphor that is of clear Legalist influence.