

**STUDY ON WU-JUTONG'S DAMP-HEAT THEORY AND HIS
CLINICAL APPLICATION OF HERBS IN TREATING DAMP-HEAT
DISEASE**

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ABSTRACT

Damp-heat is a kind of Warm diseases which is presented as Heat characteristic manifestation and in concert with Dampness. Wu-JuTong, one of the Warm diseases medical experts advanced Triple burner Syndrome Differentiation to diagnose warm-heat disease, and this differential diagnosis method is crucial for diagnosing Damp-heat diseases which characteristic by permeating all three burners. His treatise "Detailed analysis of Warm diseases" and "Wu-JuTong's collection of Case Histories" brought a hugely influential to subsequent generations in treating Damp-heat diseases. **OBJECTIVES:** Study on Wu-JuTong's Damp-heat theory based on his book, "Detailed Analysis of Warm Diseases" and study his clinical application of herbs in treating Damp-heat diseases based on "Wu-JuTong's collection of Case Histories". Through this, classifying the Damp-heat typed disease described in his book, and identifying the syndrome differentiation used in diagnose Damp-heat diseases, as well as to investigate the treatment principle. Besides that, it aims to determinate the prohibition in treating Damp-heat. As for the study in clinical application, it proposed finding out the most commonly used herbs group and most commonly used herbs in treating Damp-heat diseases. **METHODS:** This research is applied analyzing and calculating methods of the journals, references books and etc. literature reviews that related to it, so that concluded out the Damp-heat typed disease, syndrome differentiation, treatment principle, prohibitions, and the most common used herbs group and herbs in treating Damp-heat diseases. **RESULTS AND CONCLUSIONS:** Triple burner syndrome differentiation is based on the characteristic of Damp pathogen, the development of the disease and the pathological changes of Organs and viscera, to divide the course of disease into Upper burner, Middle burner and Lower burner. The main treatment principle is clearing Heat as well as resolving Dampness; the disease should be dispelled out via the efficient way. For resolving Dampness methods, there could be "dispersing upwardly", "smoothing Middle burner" and "leaching out downwardly", based on the location of the diseases. The result of the clinical application of herbs in treating Damp-heat diseases was presented as: Result 1-Water regulating and Dampness resolving herb group is the most frequently used herb group in treating Damp-heat disease. Result 2 - From the collected 103 Damp-heat cases with the following-up treatment cases, the most commonly used herbs in treating Damp-heat diseases is Fu Ling which belongs to Water-regulating and Dampness resolving group, as for Result 3 that collected 62 Damp-heat cases without the following-up treatment cases, has the similar result with result 2, means Fu Ling is still the highest frequency in Result 3. From the result obtained, it can be concluded that Wu-JuTong tended to use Water-regulating and Dampness resolving herb group as a part of prescription in treating Damp-heat diseases, among those herbs, Fu Ling is the one that is used most often.

Key words: "吴鞠通"; "湿热"; "温病条辨"; "吴鞠通医案"; "三焦辨证"

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APPROVAL

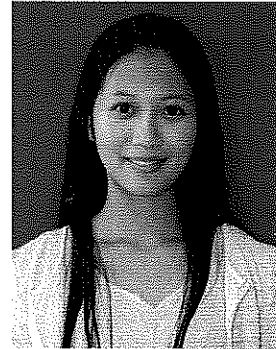
It is hereby certified that I have read this project paper entitled “**Study on Wu-JuTong’s Damp-heat theory and his clinical application of herbs in treating Damp-heat disease**” by TEH SUI WOAN, and in my opinion it is satisfactory in terms of scope, quality and presentation as fulfillment of the requirement Bachelor in Traditional Chinese Medicine (Hons) (BTCMI) course.

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DECLARATION

I hereby declare that this project is entirely my own work except where due references are made.



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NOTE ON THE TRANSLATION OF CHINESE TERM

I used initial capitals for the terms that are specific to Chinese medicine. For example: Spleen and Stomach. Spleen is one of the five Organs-Zang, and Stomach is one of the six Viscera-Fu in Chinese Medicine. Spleen and Stomach performs the function of transporting and transformation of food, it can be served as digestive system in western medicine, and even sort of endocrine system. The definition and function of Spleen and Stomach in Chinese medicine is wider than the real organs in anatomy. Therefore, I used initial capital for the terms to differentiate it with its original meaning. Moreover, it is difficult to translate Chinese terms when a term has many facets and different meanings in different contexts. Because of this, the term that translated would be impossible to be right in every situation. In this case, I left the Chinese term in pinyin and put the Chinese term after it, still I will further explain it in the bracket after the term.

TABLE OF CONTENTS

ABSTRACT	II
ACKNOWLEDGEMENT	III
APPROVAL	IV
DECLARATION	V
NOTE ON THE TRANSLATION OF CHINESE TERM	VI
TABLE OF CONTENT	VII
LIST OF THE TABLE	IX
CHAPTER 1: INTRODUCTION	1-11
1.1 Definition of "Damp-heat"	1
1.2 Origin of Damp-heat	1
1.3 Introduction of Wu-JuTong	5
1.4 Brief Introduction on "Detailed Analysis on Warm Disease- Wen Bing Tiao Bian"	7
1.5 Brief introduction on "Wu-JuTong's collection of Case Histories"	8
1.6 Research Objectives	9
1.7 Significant of the research	9
CHAPTER 2 : LITERATURE REVIEW	12-33
2.1 Classification of Warm diseases from "Detailed Analysis of Warm diseases-Wen Bing Tiao Bian"	12
2.2 Introduction of Damp-heat type warm disease based on "Detailed Analysis of Warm diseases-Wen Bing Tiao Bian"	13
2.3 Characteristics of Damp-heat pathogen	14
2.4 Etiology of Damp-heat based on "Detailed Analysis of Warm diseases-Wen Bing Tiao Bian"	15
2.5 Clinical features of Damp-heat disease based on "Detailed Analysis of Warm diseases-Wen Bing Tiao Bian"	16
2.6 Pathogenesis of Damp-heat from "Detailed Analysis of Warm diseases-Wen Bing Tiao Bian"	18
2.7 Syndrome Differentiation of Damp-heat Disease based on "Detailed Analysis of Warm diseases- Wen Bing Tiao Bian"	20
2.8 Treatment Principle based on "Detailed Analysis of Warm diseases-Wen Bing Tiao Bian"	24
2.9 Prohibition in treating Damp-heat diseases	29
2.10 Ancient Literature Review	30
CHAPTER 3: RESEARCH METHODOLOGY	34-37
3.1 Collection of Data	34

3.2 Induction and compilation of data	34
3.3 Method of Analyzing Data	35
CHAPTER 4: RESULTS	38-41
CHAPTER 5 : DISCUSSION	42-54
CHAPTER 6: CONCLUSION	55
CHAPTER 7: FUTURE DIRECTION	56
REFERENCES	57-61

LIST OF TABLE

Table 1: Frequency of each herbs category in treating Damp-heat disease from < Analysis on " <i>Wu-JuTong's collection of Case Histories</i> " >	39
Table 2: 10 most common used herbs in 103 Damp-heat cases including following-up treatment cases	40
Table 3: 10 most common used herbs in 62 Damp-heat cases without following-up cases	41

CHAPTER 1: INTRODUCTION

1.1 Definition of Damp-heat

From the view of the concept on pathogen, Damp-heat pathogen is a kind of combination pathogen which is combined by heat pathogen and damp pathogen. Hence, Damp-heat has the characteristic of Heat manifestation and Dampness manifestation, it is commonly presented as slow progression, and course of disease is lingering and intractable. (He , 2010)

According to “*Zhong Yi Da Chi Dian*” (Chinese Medicine Dictionary 中医大辞典), Damp-heat syndrome is explained in two ways:

1. In broadly speaking, Damp-heat syndrome means the disease that is caused by combination of Damp-heat pathogen, for instance: Damp-heat type jaundice, Damp-heat type diarrhea, Damp-heat type leucorrhea and etc.
2. In a narrow sense, Damp-heat syndrome is a type of febrile diseases.

1.2 The origin of Damp-heat

“Damp-heat” can be traced back to the era when Inner Canon was written. During Qin and Han dynasty (秦汉时期), the term of “Damp-heat” has no an exact meaning from ancient books, yet the word can be found earliest in “Yellow Emperor Inner Canon-HuangDi NeiJing”(黄帝内经). (Chen et al., 2013)

The statement form “Su Wen- Sheng Qi Tong Tian Lun” (素问-生气通天论):

“因于湿，首如裹，湿热不攘，大筋痠短，小筋弛长，短为拘挛，弛长为痿”

“Attacked by Dampness, people will feel that their heads are as heavy as being bound. If Damp-heat is not resolved in time, they will make the large sinew contracted and the small sinew relaxed, causing the contracted sinew spasmodic and the relaxed sinew flaccidity.”

“Damp-warmth” which has the similar meaning with “Damp-heat” was earliest to be seen from “the classic on medical problem-Nan Jing” (难经), it stated that “Damp-warmth” is a kind of Heat disease from Typhoid disease – ShangHan(伤寒) in broadly meaning, from the chapter 58 medical problem (五十八难), it is said that:

“伤寒有五：有中风，有伤寒，有湿温，有热病，有温病。”

“There are 5 type of disease divided from Typhoid disease: disease attacked by Wind pathogen-ZhongFeng (中风), Typhoid (伤寒), Damp-warmth (湿温), heat disease (热病), and warm disease (温病)”

Hence, Damp-warmth was divided as an independent category from Typhoid disease. (Sheng, 2003)

As the weather was too dry during that time, the Damp-warmth disease was rarely occurred. Hence, there was no much treatise about damp-heat related disease. (Huang, 2010)

During Han dynasty, Zhang-ZhongJing (张仲景) who has been called “physician-sage (医圣)” was the first that created syndrome differentiation method and treatment principle to Dampness related disease. His book, “Treatise on Typhoid- miscellaneous disease (伤寒论杂病)” introduced that YinChengHao decoction (茵陈蒿汤) should be prescribed for treating Jaundice caused by YangMing- Damp-heat occurred internally; as for the patient that invaded by exogenous pathogen and has internal Damp-heat symptoms as well, MaHuang LianQiao ChiXiaoDou decoction (麻黄连翘赤小豆汤) should be prescribed. If Damp-heat stagnated at Triple Burner syndrome, which the heat

condition is severer, the ZhiZi BoPi decoction (栀子柏皮汤) will be used. Because of him, syndrome differentiation and treatment principle for Damp-heat disease was gradually separated. His work comes to be hugely influential to subsequent generation. (Li and Liu, 2001)

As for Jin and Tang dynasty (晋唐时期), Wang-ShuHe (王叔和) mentioned the term “Damp-warmth” in his book “classic on taking pulse-MaiJing” (脉经). The original text stated:

“伤寒有湿温，其人常伤于湿，因而中暑，湿热相搏，则发湿温。病若两胫逆冷，腹满又胸，头目苦痛，妄言，治在足太阴，不可发汗。”

“Typhoid disease can be subcategorized as Damp-warmth. Patient was attacked by Damp pathogen, and if the patient suffered from sunstroke, there is a condition that Damp pathogen fight against with Heat pathogen, which result in the occurrence of Damp-warmth. If patient has the symptoms of feeling cold on both calf, feeling of abdomen distension, feeling of headache and eyes pain, delirium, the treatment is treating Foot- TaiYin and Sweating method is prohibited.”

From the statement above, he stated the causes of Damp-warmth disease, the diagnosis of Damp-warmth as well as the treatment for treating Damp-warmth. (Huang, 2013)

During Tang Dynasty, Sun-SiMiao (孙思邈) wrote “BeiJi Qian Jin Yao Fang (备急千金要方)” and “Qian Jin Yi Fang (千金翼方)” described several formulas and the prevention for Damp-heat disease. (Chen, et al. , 2013)

At the stage of Song, Jin and Yuan Dynasty (宋、金元朝), the causes, syndrome differentiation, treatment principle and prohibition about Damp-heat disease had a great progress.

Zhu-Gong 朱肱 from Song Dynasty stated that to treat Damp-warmth , BaiHu add Cang Zhu decoction (白虎加苍术汤) should be used, as it can clear heat as well as dispel Dampness. Based on “Yellow Emperor Inner Canon-HuangDi NeiJing”, “Classic on Medical Problem- NanJing” and “Treatise on Typhoid disease and miscellaneous disease” on the Damp-heat related content, he further elaborated Dampness disease. (He, 2010)

During Jin and Yuan era, Liu-HeJian (刘河间) was the first who advanced the theory which “accumulation of Dampness will form heat (聚湿成热)”, in his view “if Damp pathogen was not dispelled, it stagnate , accumulate and then transform into heat, Damp-heat is formed then.” (湿邪不去, 蕴郁积聚, 即可化热, 而为湿热) . These views had quite important significant to describe the causes and pathogenesis of Damp-heat disease. (Sheng, 2003)

Throughout Ming Dynasty and Qing Dynasty (明朝, 清朝), Warm disease theory underwent maturation. As the thought of febrile disease theory rise, Typhoid disease and warm disease were distinguished. With the set-up of Febrile diseases’ concept, the pattern identification, treatment determination were clearer and more completed. Especially Qing Dynasty, Defense-Qi-Nutrition-Blood(卫气营血) and Triple Burner concept were developed to form a single complete system of warm disease etiologies, pattern, pulses, and treatments. (Jian and Garry Seifert, 2000)

One of the four warm disease medical experts (温病四大家) , Ye-TianShi has a treatise on febrile disease named “*Wen Re Lun* (温热论)”, there is a chapter discussed about Dampness. “Guide to clinical medical records-Lin Zheng Zhi Nan Yi An” (临症指南医案) collected his clinical medical records with prescription which consisted of the treatment of the disease that caused by Summer-damp (暑湿) and Damp-turbidity (湿浊)

Xue-ShengBai (薛生白), also a warm disease medical expert, wrote a book called “Damp-heat disease monograph- Shi ReBing Pian” (湿热病篇) which enriched the content of the warm disease system by focusing on the causes and pathogenesis, pattern identification, and treatment principle of Damp-heat disease. (Jian and Garry Seifert, 2000)

Another warm disease medical expert, Wu-JuTong (吴鞠通) expanded on the ideas of Ye-TianShi by developing a system of differential diagnosis based on pathological changes in the triple burner. He summarized his findings and published them in his “Detailed Analysis of Warm Disease- WenBing Tian Bian” (温病条辨), in this book, he establish Damp-warmth as an independent disease. (Lv, 2003) He used the method of triple burner syndrome differentiation to identify Damp-heat disease. This kind of identification was widely used for identifying Damp-heat disease till now.

After him, there are still few physicians' work contribute to the development of Damp-heat. Wang-MengYing(王孟英) clearly stated the characteristic and pathology of Damp-heat; Lei-Shaoyi (雷少逸) introduced Damp-heat disease and Damp-warmth disease separately, his summed up the causes and pathogenesis, syndrome differentiation as well as the treatment determination which dedicated to clinical application. (Sheng, 2003)

1.3 Brief introduction to Wu-JuTong

Wu-JuTong (1758-1836) was born in a poor family; he studied Confucianism since he was small. When he was 19 years old, his father passed away due to illness. The death of his father due to mistreated by physician make him determined to be a physician.

When he was at the age of 26, he held a post as “ChaoXu 抄胥” in BeiJing imperial library. As he was in charge of transcribing, he had the chance to access to a large number of collections of famous physicians’ medical books. Therefore, he was devoting his effort to read and study intensively in “Yellow Emperor Inner Canon-SuWen 黄帝内经-素问”, “treatise on Typhoid disease 伤寒论”, “Treatise on Acute Epidemic Warmth 瘟疫论” and other classical medical treasured treatise.

He was so impressed by Ye-TianShi’s treatise “Wen Re Lun (温热论)”, thus he was painstaking in studying it for ten years.

Once, the outbreak of plague epidemic occurred at JingDu (京都) resulted in many death. Most of the physicians treating the patient by using the method of treating Typhoid disease, it was mistreated often. With the knowledge he obtained from the study during past few years and the treatment determination as well as the pattern identification that he summed up from his study, he determined to have a try on treating patient. Dozens of patients’ condition was serious, yet Wu-JuTong managed to bring them through. Because of this, he became an outstanding physician in capital.

Wu-JuTong also realized that physicians were always acquainted with the treatment for Typhoid disease; they have no experiences in treating Warm disease. Thus, they preferred the method of treating Typhoid disease, this brought countless innocent death.

Hence, Wu-JuTong determined to write a treatise on Warm disease so as to inspire others. After 10 years, he finished his masterpiece “Detailed Analysis of Warm Disease-WenBingTiaoBian” (温病条辨). Besides, “YiYi Bing Shu 医医病书” and “Wu-JuTong’s collection of Case Histories 吴鞠通医案” were written after that. (Li and Sun, 2009)