

## Class 2

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### Chapter 3. Discussion of Vital-Qi Corresponding to the Heaven

生气通天论篇第三

1)

Huang Di:

“Now,  
since antiquity, that which communicates with heaven,  
the basis of life,  
is based in yin and yang.

Between heaven and earth and  
within the six [cardinal points] uniting [the world]  
all the qi within the nine regions <and the nine orifices> ,  
<the five depots, the twelve sections>  
communicate with the qi of heaven.

<It generates five; its qi are three.>

If this [qi of heaven] is offended repeatedly,  
then evil qi harms man.

[Hence] this [qi of heaven] is the basis of one’s lifespan.

3-15-1

The qi of the hoary heaven,  
it is clear and pure, and as a result the mind is in order.  
If one lives in accordance with it, then the yang qi is strong.  
Even if there is a robber evil,  
it cannot bring any harm.

This [is so because one] follows the sequence of the seasons.  
Hence, when the sages  
concentrated essence and spirit,  
and when they ingested the qi of heaven  
they communicated with the spirit brilliance.  
If one misses the [sequence of the seasons],

then internally the nine orifices are closed,  
and externally muscles and flesh are congested.  
The guard qi dissipates.<sup>10</sup>  
This is called self injury;  
it is the deletion of qi.<sup>12</sup>

**Key:**

**Root of life --- yin yang (qi)**

**Life activity --- universe: balance**

**Prevent disease**

2)

That which comes to life through yin,  
it originates from the five flavors.  
The five mansions of the yin,  
they [may also] receive harm from the five flavors.<sup>81</sup>

Hence,  
when the flavors [consumed] are excessively **sour**,  
this causes the liver qi to overflow,<sup>82</sup> and  
the [flow of the] spleen qi will be interrupted. <sup>83</sup>  
When the flavors [consumed] are excessively **salty**,  
the qi of the major bones<sup>84</sup> is fatigued,  
the muscle[-flesh] is shortened and  
the qi of the heart is repressed.<sup>85</sup>  
When the flavors [consumed] are excessively **sweet**,  
the qi of the heart pants and there is fullness;  
the color is black.  
The qi of the kidneys is not balanced. <sup>86</sup>

When the flavors [consumed] are excessively **bitter**,  
the qi of the spleen is not soggy,  
and the qi of the stomach is strong.<sup>87</sup>  
When the flavors [consumed] are excessively **acid**,  
sinews and vessels are worn out<sup>88</sup> and slacken,  
and essence and spirit perish.<sup>89</sup>

3-22-4

Hence,  
if one carefully balances the five flavors,  
the bones are upright,<sup>90</sup> and the sinews are soft.  
As a result, qi and blood flow,

and the interstice structures are closed.  
If such [a state has been reached],  
the bones and the qi will be firm.  
If the Way is carefully observed as the law [demands],  
the mandate of heaven will last long.

### Chapter 39. Discussion of Enumeration of Pain

举痛论篇第三十九

I know that the hundred diseases<sup>45</sup> are generated by the qi.<sup>46</sup>

When one is angry, then the qi rises.

When one is joyous, then the qi relaxes.

When one is sad, then the qi dissipates.

When one is in fear, then the qi moves down.

In case of cold the qi collects;

in case of heat, the qi flows out.

When one is frightened,

then the qi is in disorder.<sup>47</sup>

When one is exhausted, then the qi is wasted.

When one is pensive, then the qi lumps together.

These nine qi are not identical.

Which diseases generate [these states]?"

39-221-9

Qi Bo:

“When one is angry, then the qi moves contrary [to its regular course].

In severe cases, [patients] spit blood and there is outflow of [undigested] food.<sup>48</sup>

Hence,

the qi rises.

49

When one is joyous, then the qi is in harmony and the mind is unimpeded.

The camp [qi] and the guard [qi] pass freely.

Hence,

the qi relaxes.<sup>50</sup>

When one is sad, then the heart connection is tense.

The lobes of the lung spread open and rise and the upper burner is impassable.

51

The camp [qi] and the guard [qi] do not disperse.

Heat qi is in the center.

Hence,

the qi dissipates.<sup>52</sup>

39-222-1

When one is in **fear**, then the essence withdraws.<sup>53</sup>

When it withdraws, then the upper burner becomes closed.  
When it is closed, then the qi turns back.  
When it turns back, then the lower burner becomes distended.  
Hence,  
the qi does not move.<sup>54</sup>

When one is **cold**, then the interstice structures close and the qi does not move.  
Hence,  
the qi collects.<sup>55</sup>

When one is **hot**, then the interstice structures open and the camp [qi] and guard [qi] pass through.  
Sweat flows out profusely.  
Hence,  
qi flows out.<sup>56</sup>

39-222-4

When one is **frightened**, then  
the heart has nothing to lean on,  
the spirit has nowhere to return, and  
one's deliberations have nowhere to settle.  
Hence,  
the qi is in disorder.

<sup>57</sup>

When one is **exhausted**, then one's breath is panting and sweat leaves [the body].  
Both outside and inside, [the limits] are exceeded.<sup>58</sup>  
Hence,  
the qi is wasted.<sup>59</sup>

When one is **pensive**, then the heart has a place to be,<sup>60</sup>  
the spirit has a place to turn to and  
the proper qi stays [at one location] and does not move.  
Hence,  
the qi lumps together.”

<sup>61</sup>

**Key: pathogenesis of nine qi and clinic symptom**

1) diseases are from disorder of qi

Irregular emotions			Up, dispersing, exhausted, exhausted .....	
Exo QF	→	Disorder of qi	Contraction, escaping	Disease occurrence
Over strain			exhausted	

## 2. nine kinds of qi disorders

Anger— qi up	LV qi up: red face/eyes, headache, dizziness, vomiting blood LV qi transversely attacking: diarrhea, abd distension, poor appetite
Joy -- sluggish	HT qi sluggish: fatigue, tearing, loss of UB controlling, lasting laughing, even mania
Sad -- reducing	HT/LU stg: stuffy chest, shortness of breath, fatigue, depression
Terror -- down	KI qi damaging: lower abd distension, loss control of UB and bowels, spermatorrhea,
Fright	HT shen damaging: convulsion, dementia
Thinking -- stagnation	SP damaging: chest/abd distension, loss of appetite, diarrhea,
Cold -- contracting	Impairing yang qi: aversion to cold, fever, no sweating, headache or abd pain, loose stool
Heat -- escaping	Opening Chou LI: fever, sweating, dizziness, fatigue, pale complexion, faint pulse
Overstrain -- exhaustion	Damage essence/qi in interior + disperse yang at exterior: shortness of breath, sweating

## Chapter Seventy-fourth: Great Topic on Supreme Truth and Importance.

至真要大论篇第七十四

[Huang] Di:

“I should like to hear about the trigger underlying a disease.”

Qi Bo:

“All [diseases with] wind [causing] swaying and dizziness,  
without exception they are associated with the liver.340

All [diseases with] cold [causing] contracting and pulling in,  
without exception they are associated with the kidneys.341

All [diseases with] dammed up qi [resulting in chest] pressure,  
without exception they are associated with the lung.342

All [diseases with] dampness [causing] swelling and fullness,  
without exception they are associated with the spleen.343

All [diseases with] heat [causing] pressure and spasm,  
without exception they are associated with fire.344

All pain [diseases with] itch and sores,  
without exception they are associated with the heart.345

74-538-8

All recession [diseases with] hardening or outflow,  
without exception they are associated with the lower [parts of the body].346

All [cases of] limpness [with] panting and vomiting,  
without exception they are associated with the upper [parts of the body].347

All [cases of] clenched [teeth], chattering [teeth], and shivering,  
as if [the patient] had lost his spirit guard,  
without exception they are associated with fire.348

All [cases of] tetany and stiff nape,  
without exception they are associated with dampness.349

All [cases of qi] countermovement rushing upward,  
without exception they are associated with fire.350

All [cases of] distension and abdominal enlargement,  
without exception they are associated with heat.351

All [cases of] overexcitement and jumping in craziness,  
without exception they are associated with fire.352

74-539-3

All [cases of] sudden rigidity,  
without exception they are associated with wind.353

All diseases accompanied by sounds,  
with a beating like the beating of a drum,  
without exception they are associated with heat.354

All diseases [such as] *fu*-swelling,  
 pain, soreness, and shock,  
 without exception they are associated with fire.355

All types of contortions and  
 [all diseases of] watery fluids being turbid,  
 without exception they are associated with heat.356  
 74-539-6

All diseases of watery fluids  
 being extremely clear and cool,  
 without exception they are associated with cold.357

All [cases of] vomiting sour [matter],  
 sudden outpour, and downward pressing,  
 without exception they are associated with heat.”358  
 74-539-7

Hence when the *Great Essential* states:  
 ‘Carefully watch the trigger underlying a disease;  
 in each case control what is associated with it.  
 Where there is something, search for it;  
 where there is nothing, search for it, [too].  
 What abounds, punish it;  
 what is depleted, punish it, [too].359

First of all, one must [take into account] the five dominations.360  
 Open [the flow of] blood and qi and  
 cause their regulation and have them reach [everywhere],  
 to achieve a harmonious balance,’  
 then this means just the same.”

**Key: nineteen types of pathogenesis**

1. content of nineteen types of pathogenesis

of five zang organs:

wind	Tremor, dizziness	LV
cold	contraction	KI
	Oppressed chest	LU

damp	Swelling, distension	SP
	Pain, skin disorders (rash, carbuncle, abscess)	HT/fire

of the up and lower

(flaccid, ) asthma, vomiting	upper
Diarrhea, faint/cold	lower

of six climatic factors

wind	Sudden, stiffness,	
cold	Diseases of Water, clear/thin/cold	
damp	Stiff neck	
fire	Delirium, unconsciousness	
	(moving) upwards	
	Mania, irritability	
	“lockjaw, chills”	
	Swelling, scared?	
heat	Fullness of abd, (sound inside) (drum)	
	Abd distension (fullness)	
	Convulsion, unclear urine	
	Vomiting (acid), violent diarrhea	



## 2. significance of clinical practice

analyzing syndrome to seek **causes**

irritability/restlessness/heat feeling --- fire excessive exterior

mania -----fire, interior

analyzing syndrome to seek **location**

swelling --- water/damp over flow to skin ---- damp --- SP --- 4 limbs

fullness/distention –water/damp interior / abd

analyzing syndrome to distinguish nature of disease

water (thin, clear, cold) ----- cold

water (unclear) ----- heat

different SD in same disease, different diseases with same SD

stiffness ---- wind

stiff neck --- damp

spasm/tremor --- heat

delirium/tremor –fire